

# Metro SUPER market

## WHERE VALUE MEETS SERVICE

16-22 September 2024

Nelson Mandela Ave, Swakop

 <p><b>Each</b> <b>72<sup>99</sup></b> Rewards Card! <b>71<sup>99</sup></b> each</p> <p>Realgood Chicken IQF Mixed Portions 1.5 KG</p>	 <p><b>61<sup>99</sup></b> each</p> <p>Top Score Maize Meal 5kg</p>	 <p><b>Each</b> <b>27<sup>99</sup></b> Rewards Card! <b>26<sup>99</sup></b> each</p> <p>Hazeldene Mixed Fruit Jam 600 G</p>	 <p><b>2 FOR</b> <b>50</b> Rama Original 500 G</p>	 <p><b>Each</b> <b>28<sup>99</sup></b> Rewards Card! <b>27<sup>99</sup></b> each</p> <p>Bursty's Orange/Naartjie Squash 2lt</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

 <p><b>139<sup>99</sup></b> each</p> <p>Ricoffy 750g</p>	 <p><b>19<sup>99</sup></b> each</p> <p>Clover UHT Milk 1 Ltr</p>	 <p><b>39<sup>99</sup></b> each</p> <p>Sugar King White Sugar 2kg</p>	 <p><b>26<sup>99</sup></b> each</p> <p>Liquifruit Juice 1lt</p>	 <p><b>2 FOR</b> <b>30</b> Willards Crinkle Chips 2 x 125 G</p>
----------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------

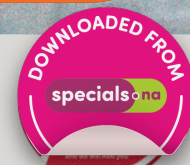
 <p><b>39<sup>99</sup></b> each</p> <p>Nice Rice 2kg</p>	 <p><b>21<sup>99</sup></b> each</p> <p>Family Favorite Tomato Sauce 700 ML</p>	 <p><b>24<sup>99</sup></b> each</p> <p>Family Favorite Sunflower Oil 750 ML</p>	 <p><b>29<sup>99</sup></b> each</p> <p>FF Mayonnaise 750g</p>	 <p><b>Each</b> <b>18<sup>99</sup></b> Rewards Card! <b>17<sup>99</sup></b> each</p> <p>Aromat Refill 200g</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



 <p><b>46<sup>99</sup></b> each</p> <p>Sky Hand Washing Powder 2 KG</p>	 <p><b>19<sup>99</sup></b> CLEANING COMBO</p> <p>Polagric 400ml &amp; Albex Bleach 750ml</p>	 <p><b>Each</b> <b>29<sup>99</sup></b> Rewards Card! <b>28<sup>99</sup></b> each</p> <p>Family Favorite Bubble Bath 2 Ltr</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

A brand you can TRUST

ALL PRICES AND ILLUSTRATIONS ARE CORRECT AT THE TIME OF GOING TO THE PRESS. HOWEVER THE MANAGEMENT OF METRO CANNOT BE HELD RESPONSIBLE FOR ANY CHANGES OR PRINTING ERRORS THAT MAY OCCUR. ALL PRICES ADVERTISED INCLUDE VAT UNLESS OTHERWISE STATED E&OE WHILE STOCK LAST. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



**139<sup>99</sup>**  
VEGGIE COMBO

Potatoes 2 KG | Beetroot 1 KG | Carrots 1 KG | Cabbage

**59<sup>99</sup>**  
SALAD COMBO

Butter Lettuce | Cucumber | Tomatoes 1 KG

**2 FOR 30**  
Cadbury Dairy Milk Slabs Asst 2 x 80g

**19<sup>99</sup>**  
6's  
Garlic Buns

**2 FOR 50**  
Beef Burger 2's

**39<sup>99</sup>**  
6's  
Vetkoek Sliders

**16<sup>99</sup>**  
Mello Hamburger Buns 6's

**69<sup>99</sup>**  
Beef Brisket p/kg

**350**  
MEAT COMBO

Braaiwors 1 KG | Beef Stew 1 KG | Mutton Stew 1 KG | Chicken Mixed Portions 1 KG | Ground Beef Mince 1 KG

**89<sup>99</sup>**  
each  
Metro Braaiwors p/kg

**79<sup>99</sup>**  
Beef Grounded Mince p/kg

**24<sup>99</sup>**  
each  
Apple Asst 1 KG

**24<sup>99</sup>**  
each  
Banana Loose - 600 G

**29<sup>99</sup>**  
each  
Snitzel Brotchen EACH

**9<sup>99</sup>**  
each  
Cream Doughnuts EACH

**18<sup>99</sup>**  
Playgirl / Playboy Roll On Asst 50 ML

**22<sup>99</sup>**  
Aquafresh Toothpaste 100 ML

**89<sup>99</sup>**  
each  
Rewards Card!  
**88<sup>99</sup>**  
each  
EpiMax Cream Asst 400 ML

**24<sup>99</sup>**  
each  
Old Spice Body Spray 150 ML

**129<sup>99</sup>**  
each  
Baby Soft 2Ply 18's

**Metro LIQUOR market**

**18+ ADULTS ONLY**

**79<sup>99</sup>**  
each  
Brutal Fruit Ciders Cans 6 x 500 ML

**78<sup>99</sup>**  
each  
Windhoek Draught Can 6 x 500 ML

**56<sup>99</sup>**  
each  
Sunkissed Wines Asst 750ml

**79<sup>99</sup>**  
each  
Oshitufi Red Wine 3lt