

**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>
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 <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>
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 <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>
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 <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>
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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

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

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

**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