

**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><b>61<sup>99</sup></b>      each      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><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>Realgood Chicken IQF Mixed Portions          1.5 KG</p>	<p>Top Score          Maize Meal          5kg</p>	<p>Hazeldene Mixed Fruit Jam          600 G</p>	<p>Rama Original          500 G</p>	<p>Bursty's Orange/Naartjie Squash          2lt</p>

 <p><b>139<sup>99</sup></b>      each      Ricoffy      750g</p>	 <p><b>19<sup>99</sup></b>      each      Clover UHT      Milk      1 Ltr</p>	 <p><b>39<sup>99</sup></b>      each      Sugar King      White Sugar      2kg</p>	 <p><b>26<sup>99</sup></b>      each      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      Nice Rice      2kg</p>	 <p><b>21<sup>99</sup></b>      each      Family      Favorite      Tomato Sauce      700 ML</p>	 <p><b>24<sup>99</sup></b>      each      Family      Favorite      Sunflower Oil      750 ML</p>	 <p><b>29<sup>99</sup></b>      each      FF Mayonnaise      750g</p>	 <p><b>Each</b>  <b>18<sup>99</sup></b>      Rewards Card!  <b>17<sup>99</sup></b>      each</p>
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 <p><b>46<sup>99</sup></b>      each      Sky Hand      Washing      Powder      2 KG</p>	 <p><b>19<sup>99</sup></b>      CLEANING COMBO      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>
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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

**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