

# Metro SUPER market

## WHERE VALUE MEETS SERVICE

16-22 September 2024

Nelson Mandela Ave, Swakop



**Each 72<sup>99</sup> each**  
**Rewards Card! 71<sup>99</sup> each**

Realgood Chicken IQF Mixed Portions  
1.5 KG



**61<sup>99</sup> each**

Top Score Maize Meal  
5kg



**Each 27<sup>99</sup> each**  
**Rewards Card! 26<sup>99</sup> each**

Hazeldene Mixed Fruit Jam  
600 G



**2 FOR 50**

Rama Original  
500 G



**Each 28<sup>99</sup> each**  
**Rewards Card! 27<sup>99</sup> each**

Bursty's Orange/Naartjie Squash  
2lt



**139<sup>99</sup> each**

Ricoffy  
750g



**19<sup>99</sup> each**

Clover UHT Milk  
1 Ltr



**39<sup>99</sup> each**

Sugar King White Sugar  
2kg



**26<sup>99</sup> each**

Liquifruit Juice  
1lt



**2 FOR 30**

Willards Crinkle Chips  
2 x 125 G



**39<sup>99</sup> each**

Nice Rice  
2kg



**21<sup>99</sup> each**

Family Favorite Tomato Sauce  
700 ML



**24<sup>99</sup> each**

Family Favorite Sunflower Oil  
750 ML



**29<sup>99</sup> each**

FF Mayonnaise  
750g



**Each 18<sup>99</sup> each**  
**Rewards Card! 17<sup>99</sup> each**

Aromat Refill  
200g





**46<sup>99</sup> each**

Sky Hand Washing Powder  
2 KG



**19<sup>99</sup> each**

CLEANING COMBO

Polagric 400ml & Albex Bleach 750ml

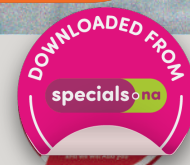


**Each 29<sup>99</sup> each**  
**Rewards Card! 28<sup>99</sup> each**

Family Favorite Bubble Bath  
2 Ltr

A brand you can TRUST

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**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 Assortment 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