

Metro
SUPER
 market

WHERE VALUE
 MEETS SERVICE

16-22 September 2024

Nelson Mandela Ave, Swakop



Realgood Chicken IQF Mixed Portions
 1.5 KG

Each
72⁹⁹
 Rewards
 Card!
71⁹⁹
 each



61⁹⁹
 each
 Top Score
 Maize Meal
 5kg



Hazeldene Mixed Fruit Jam
 600 G

Each
27⁹⁹
 Rewards
 Card!
26⁹⁹
 each



2 FOR
50
 Rama Original
 500 G



Bursty's Orange/Naartjie Squash
 2lt

Each
28⁹⁹
 Rewards
 Card!
27⁹⁹
 each



139⁹⁹
 each
 Ricoffy
 750g



19⁹⁹
 each
 Clover UHT
 Milk
 1 Ltr



39⁹⁹
 each
 Sugar King
 White Sugar
 2kg



26⁹⁹
 each
 Liquifruit
 Juice
 1lt



2 FOR
30
 Willards
 Crinkle Chips
 2 x 125 G



39⁹⁹
 each
 Nice Rice
 2kg



21⁹⁹
 each
 Family
 Favorite
 Tomato Sauce
 700 ML



24⁹⁹
 each
 Family
 Favorite
 Sunflower Oil
 750 ML



29⁹⁹
 each
 FF Mayonnaise
 750g



Each
18⁹⁹
 Rewards
 Card!
17⁹⁹
 each
 Aromat Refill
 200g



46⁹⁹
 each
 Sky Hand
 Washing
 Powder
 2 KG



19⁹⁹
 CLEANING COMBO
 Polagric 400ml & Albex Bleach 750ml



Family Favorite Bubble Bath
 2 Ltr

Each
29⁹⁹
 Rewards
 Card!
28⁹⁹
 each

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.



139⁹⁹
VEGGIE COMBO

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

59⁹⁹
SALAD COMBO

Butter Lettuce | Cucumber | Tomatoes 1 KG

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

19⁹⁹
6's
Garlic Buns

2 FOR 50
Beef Burger 2's

39⁹⁹
6's
Vetkoek Sliders

16⁹⁹
Mello Hamburger Buns 6's

69⁹⁹
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

89⁹⁹
each
Metro Braaiwors p/kg

79⁹⁹
Beef Grounded Mince p/kg

24⁹⁹
each
Apple Asst 1 KG

24⁹⁹
each
Banana Loose - 600 G

29⁹⁹
each
Snitzel Brotchen EACH

9⁹⁹
each
Cream Doughnuts EACH

18⁹⁹
Playgirl / Playboy Roll On Asst 50 ML

22⁹⁹
Aquafresh Toothpaste 100 ML

89⁹⁹
each
Rewards Card!
88⁹⁹
each
EpiMax Cream Asst 400 ML

24⁹⁹
each
Old Spice Body Spray 150 ML

129⁹⁹
each
Baby Soft 2Ply 18's

Metro LIQUOR market

18+ ADULTS ONLY

79⁹⁹
each
Brutal Fruit Ciders Cans 6 x 500 ML

78⁹⁹
each
Windhoek Draught Can 6 x 500 ML

56⁹⁹
each
Sunkissed Wines Asst 750ml

79⁹⁹
each
Oshitufi Red Wine 3lt