

# Metro SUPER market

WHERE VALUE  
MEETS SERVICE

16-22 September 2024

Nelson Mandela Ave, Swakop

**Realgood Chicken IQF Mixed Portions**  
1.5 KG  
Each 72<sup>99</sup> each  
Rewards Card! 71<sup>99</sup> each

**Top Score Super Maize Meal**  
5kg  
61<sup>99</sup> each  
Top Score Maize Meal 5kg

**Hazeldene Mixed Fruit Jam**  
600 G  
Each 27<sup>99</sup> each  
Rewards Card! 26<sup>99</sup> each

**Rama Original 70% Fat Spread**  
2 FOR  
50  
Rama Original 500 G

**Bursty's Orange/Naartjie Squash**  
2lt  
Each 28<sup>99</sup> each  
Rewards Card! 27<sup>99</sup> each

**Nescafe Ricoffy**  
750g  
139<sup>99</sup> each  
Ricoffy 750g

**Clover UHT Milk**  
1 Ltr  
19<sup>99</sup> each  
Clover UHT Milk 1 Ltr

**Sugar King White Sugar**  
2kg  
39<sup>99</sup> each  
Sugar King White Sugar 2kg

**Liquifruit Juice**  
1lt  
26<sup>99</sup> each  
Liquifruit Juice 1lt

**Willards Crinkle Chips**  
2 x 125 G  
2 FOR  
30  
Willards Crinkle Chips 2 x 125 G

**Nice Rice**  
2kg  
39<sup>99</sup> each  
Nice Rice 2kg

**Family Favorite Tomato Sauce**  
700 ML  
21<sup>99</sup> each  
Family Favorite Tomato Sauce 700 ML

**Family Favorite Sunflower Oil**  
750 ML  
24<sup>99</sup> each  
Family Favorite Sunflower Oil 750 ML

**FF Mayonnaise**  
750g  
29<sup>99</sup> each  
FF Mayonnaise 750g

**Aromat Refill**  
200g  
Each 18<sup>99</sup> each  
Rewards Card! 17<sup>99</sup> each



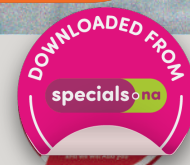
**Sky Hand Washing Powder**  
2 KG  
46<sup>99</sup> each  
Sky Hand Washing Powder 2 KG

**Polagric 400ml & Albex Bleach 750ml**  
CLEANING COMBO  
19<sup>99</sup>

**Family Favorite Bubble Bath**  
2 Ltr  
Each 29<sup>99</sup> each  
Rewards Card! 28<sup>99</sup> 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.





**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