

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 each
Rewards Card! 71⁹⁹ each

Top Score Super Maize Meal
5kg
61⁹⁹ each
Top Score Maize Meal 5kg

Hazeldene Mixed Fruit Jam
600 G
Each 27⁹⁹ each
Rewards Card! 26⁹⁹ each

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

Bursty's Orange/Naartjie Squash
2lt
Each 28⁹⁹ each
Rewards Card! 27⁹⁹ each

Nescafe Ricoffy
750g
139⁹⁹ each
Ricoffy 750g

Clover UHT Milk
1 Ltr
19⁹⁹ each
Clover UHT Milk 1 Ltr

Sugar King White Sugar
2kg
39⁹⁹ each
Sugar King White Sugar 2kg

Liquifruit Juice
1lt
26⁹⁹ each
Liquifruit Juice 1lt

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

Nice Rice
2kg
39⁹⁹ each
Nice Rice 2kg

Family Favorite Tomato Sauce
700 ML
21⁹⁹ each
Family Favorite Tomato Sauce 700 ML

Family Favorite Sunflower Oil
750 ML
24⁹⁹ each
Family Favorite Sunflower Oil 750 ML

FF Mayonnaise
750g
29⁹⁹ each
FF Mayonnaise 750g

Aromat Refill
200g
Each 18⁹⁹ each
Rewards Card! 17⁹⁹ each



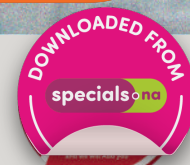
Sky Hand Washing Powder
2 KG
46⁹⁹ each
Sky Hand Washing Powder 2 KG

Polagric 400ml & Albex Bleach 750ml
CLEANING COMBO
19⁹⁹

Family Favorite Bubble Bath
2 Ltr
Each 29⁹⁹ each
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