

# Metro SUPER market

WHERE VALUE  
MEETS SERVICE

16-22 September 2024

Nelson Mandela Ave, Swakop



**Each**  
**72<sup>99</sup>**  
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>**  
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>**  
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>**  
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>**  
CLEANING COMBO

Polagric 400ml & Albex Bleach 750ml

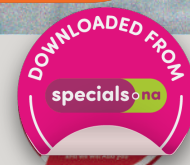


**Each**  
**29<sup>99</sup>**  
Rewards Card!  
**28<sup>99</sup>**  
each

Family Favorite Bubble Bath  
2 Ltr

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>** @s  
Garlic Buns

**2 FOR 50**  
Beef Burger 2's

**16<sup>99</sup>**  
Mello Hamburger Buns 6's

**39<sup>99</sup>**  
Vetkoek Sliders 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 2 Ply 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