

Metro

# SUPER market

where value meets service



69<sup>99</sup>

Family Favorite Pasta Asst 3 KG



129<sup>99</sup>

Top Score Super Maize Meal 10 KG



39<sup>99</sup>

Sugar King White Sugar 2 KG



104<sup>99</sup>

Realgood Chicken Mixed Portions 2 KG



49<sup>99</sup>

McCain Country Crop or Mix Veg 1 KG



21<sup>99</sup>

First Choice Milk 1 Ltr



29<sup>99</sup>

Bokomo Traditional Oats 1 KG



19<sup>99</sup>

Original Coke ONLY 2 Ltr



149<sup>99</sup>

Jacobs Krönung Instant Coffee or Pouch Asst 200 / 230 G



Each 32<sup>99</sup> Rewards Card! 31<sup>99</sup>

All Gold Tomato Sauce 700 ML



ANY 2 29<sup>99</sup>

Kensington Sauce Asst 88 ML



65<sup>99</sup>

Family Favorite Cooking Oil 2 Ltr



149<sup>99</sup>



37<sup>99</sup>

Party Bread EACH



45<sup>99</sup>

Mini Cream Cake Vanilla / Choc / Red Velvet EACH



99<sup>99</sup>

Boskamp Braaiwors p/kg



99<sup>99</sup>

Chicken Breast Fillets p/kg



109<sup>99</sup>

Beef Mince p/kg



49<sup>99</sup>

Mini Beef Burger or Mini Vetkoek 6's



28<sup>99</sup>

Biltong & Cheese Garlic Loaf EACH



19<sup>99</sup>

Hot Cross Buns 6's



119<sup>99</sup>

Pork Spare Ribs Marinated p/kg



99<sup>99</sup>

Pork Bulk Pack p/kg

89<sup>99</sup>

Beef Stew p/kg



**29<sup>99</sup>**  
Clover Custard  
1 Ltr

**27<sup>99</sup>**  
Clover Cream  
250 G

**27<sup>99</sup>**  
Hartlief Sand-  
wich Ham  
100 G

**54<sup>99</sup>**  
McCain  
Skinny Fries  
1 KG

**69<sup>99</sup>**  
Each  
Rewards  
Card!  
**68<sup>99</sup>**  
I & J  
Fish Finger  
600 G

**69<sup>99</sup>**  
Parmalat  
Cheddar or  
Gouda Cheese  
400 G

**39<sup>99</sup>**  
Each  
Rewards  
Card!  
**38<sup>99</sup>**  
Laager  
Rooibos  
Teabags  
80's

**59<sup>99</sup>**  
Jacobs Krönung  
Cappuccino Asst  
10's

**139<sup>99</sup>**  
Ricoffy  
Refill Pouch  
800 G

**22<sup>99</sup>**  
Amajoya  
Toffee Asst  
100 G

**42<sup>99</sup>**  
COMBO  
Simba Chips  
120 G &  
B-Well Dip

**26<sup>99</sup>**  
Mr. Sweet  
Speckled Eggs  
Asst  
100 / 125 G

**19<sup>99</sup>**  
Lucky Star  
Shredded Tuna  
Water / Oil  
170 G

**28<sup>99</sup>**  
Family Favorite  
Luncheon Meat  
300 G

**54<sup>99</sup>**  
COMBO  
Crystal Gold  
Mayonnaise &  
Tomato Sauce  
750 G / 700 ML

**29<sup>99</sup>**  
Crystal Gold  
Sweet Chilli  
700 ML

**36<sup>99</sup>**  
C & B  
Mayonnaise  
750 G

**21<sup>99</sup>**  
Knorr Aromat  
Canister  
200 G

**44<sup>99</sup>**  
Sunlight Fabric  
Softener Asst  
2 Ltr

**129<sup>99</sup>**  
Each  
Rewards  
Card!  
**127<sup>99</sup>**  
Twinsaver  
2 Ply Toilet  
Paper 18's

**229<sup>99</sup>**  
Huggies  
Gold Unisex  
Value Pack

**18<sup>99</sup>**  
Kotex  
Maxi Pads Asst  
8's / 10's

**13<sup>99</sup>**  
Each  
Rewards  
Card!  
**12<sup>99</sup>**  
Lux Bath Soap  
Asst  
175 G

**ANY 2 FOR  
99<sup>99</sup>**  
Sanex  
Shower Gel Asst  
500 ML

**89<sup>99</sup>**  
OMO Auto  
Washing Powder  
2 KG or Liquid  
1.5 Ltr or  
Capsules 16's

**65<sup>99</sup>**  
Pantene  
Shampoo or  
Conditioner  
400 ML

**39<sup>99</sup>**  
Each  
Rewards  
Card!  
**37<sup>99</sup>**  
Nivea Deodorant Asst  
150 ML

**49<sup>99</sup>**  
Vaseline  
Body Lotion or  
Cream  
400 ML

**84<sup>99</sup>**  
Windhoek  
Draught Can  
Beer  
6 x 500 ML

**179<sup>99</sup>**  
Richelieu  
Brandy  
750 ML

**39<sup>99</sup>**  
Colgate Total  
Toothpaste Asst  
75 ML

**39<sup>99</sup>**  
Family Favorite  
Pine Gel  
1 KG

**189<sup>99</sup>**  
Each  
Rewards  
Card!  
**185<sup>99</sup>**  
Bobtail Dog Food 8 KG or  
Bobtail 2in1 6.5 KG

**449<sup>99</sup>**  
Bennett Read Cool  
Touch Kettle  
1.7 Ltr

**115<sup>99</sup>**  
Beyerskloof  
Pinotage Wine Asst  
750 ML

**179<sup>99</sup>**  
Gordon's Dry Gin  
750 ML