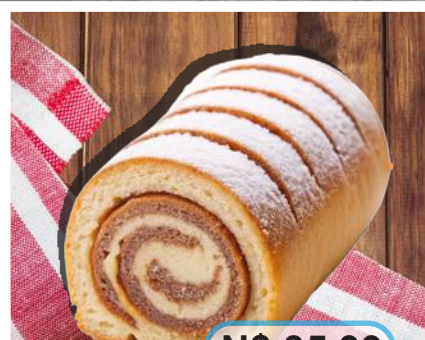


DATES: 22 AUGUST - 07 SEPTEMBER 2025

Nelson Mandela Ave, Swakop
Heliodoor Str, Eros, Windhoek
Sam Nujoma Ave 58, Walvis Bay

Metro
SUPER
market
where value meets service

WSK
NOW AVAILABLE
WALVIS & SWAKOP
ONLY



N\$ 35.99
Swiss Roll Asst



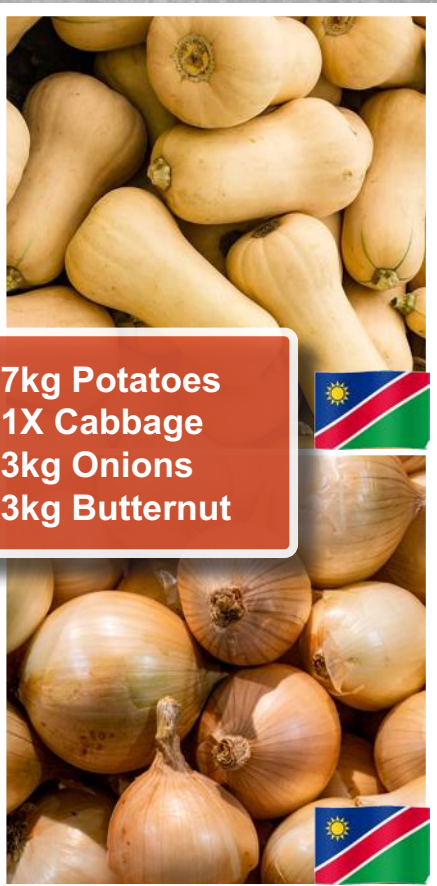
N\$ 79.99
Black Forest Cake



N\$ 24.99
Cheese Rolls 6's



239⁹⁹
VEG. COMBO



7kg Potatoes
1X Cabbage
3kg Onions
3kg Butternut



N\$ 29.99
Naartjies 1 kg



N\$ 29.99
Banana Loose p/kg



N\$ 29.99
Tomatoes 1 kg



COMBO
N\$ 149.99
Whole Grilled Chicken +
6X Brötchens + Coke 2ltr



N\$ 59.99
Chicken Mini Burger 6's



N\$ 29.99
Breakfast Brötchen



N\$ 24.99
Kapana Brötchen



N\$ 99.99
Beef Mince p/kg



499⁹⁹
BRAAI COMBO
6x Lamb Chops
6x Pork Chops
6x Boerewors
6x Beef Rashers
6x Beef Sosatie
6x Buffalo Wings



N\$ 189.99
Beef Ribeye Steak p/kg

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.





34⁹⁹

Harvestime
Frozen Mixed
Vegetables
900 g



79⁹⁹

Real Good
Chicken IQF
Mixed Portion
1.5 kg



36⁹⁹

Hartlief salami
100 g



74⁹⁹

Clover
Butiro
500 g



117⁹⁹

Parmalat
Cheddar or
Gouda
850 g



19⁹⁹

Nammilk
UHT
1 Ltr



156⁹⁹

Jacobs
Krönung Jar
or Pouch
200 g/230 g



10⁹⁹

Pasta Grandé
Pasta Asst
500 g



129⁹⁹

Top Score
Mazie Meal
10 kg



39⁹⁹

Marathon White
Sugar
2 kg



39⁹⁹

Tastic
Rice
2 kg



31⁹⁹

All Gold
Tomato Sauce
700 ml



ANY 1 FOR

11⁹⁹

Cadbury
Countlines



17⁹⁹

Simba
120 g



20⁹⁹

Coca Cola
Original Only
2 Ltr



27⁹⁹

Rhodes
Juice 100%
1 Ltr



64⁹⁹

Family Favourite
Cooking Oil
2 Ltr



37⁹⁹

C & B
Mayonnaise
750 g



129⁹⁹

Family Favorite
2PLY Toilet Paper
18's



VALUE PACK

79⁹⁹

Protein Feed
Shampoo/
Conditioner
500 ml



45⁹⁹

Protex or
Palmolive
Shower Gel
500 ml



ANY 2 FOR

28⁹⁹

Dettol Bath
Soap
175 g



59⁹⁹

Nivea
Cream / Lotion
400 ml



BOTH FOR

59⁹⁹

Nivea
Deodorant 150 ml
+ Roll on
50 ml



ANY 1 FOR

89⁹⁹



28⁹⁹

Sunlight
Dish Washing
Liquid
750 ml



49⁹⁹

Comfort
Value Pack
800 ml



19⁹⁹

Sunlight
Pine Gel
500 ml



299⁹⁹

Canine Cuisine
Dry Adult
6 kg



239⁹⁹

Whiskas
Dry Adult Cat
Food
2.7 kg

Omo Auto Washing Powder 2 kg/Omo Auto Liquid 1.5 Ltr/Omo Auto Capsules 385 ml

Metro
LIQUOR
market



82⁹⁹

Castle Lite
Cans
6 x 500 ml



82⁹⁹

Windhoek Draught
Cans
6 x 500 ml



399⁹⁹

Jameson
Irish Whiskey
750 ml



109⁹⁹

Beyerskloof
Pinotage
750 ml



335⁹⁹

Jägermeister
Liqueur
750 ml



179⁹⁹

KWV
3 Year
Brandy
750ml

