

**Metro**  
**SUPER**  
 market

**WHERE VALUE**  
**MEETS SERVICE**

where value meets service

16 December 2024 - 05 January 2025

Nelson Mandela Ave, Swakop

Helidoor Str, Eros, Windhoek

Sam Nujoma Ave 58, Walvis Bay



**33.99**  
 each  
 Bokomo  
 Corn Flakes  
 500 G



**75.99**  
 each  
 Clover Butro  
 500 G



**18.99**  
 each  
 Koo Mix  
 Veggies Asst  
 410 G



**112.99**  
 each  
 Champion Super  
 Maize Meal  
 10 KG



**20.99**  
 each  
 Coke  
 2 Ltr



**21.99**  
 each  
 Hinds Brown  
 Spice Large  
 Asst



**37.99**  
 each  
 B-Well  
 Mayonnaise  
 Asst  
 750 G



**20.99**  
 each  
 First Choice  
 UHT Milk  
 1 Ltr



**42.99**  
 each  
 Natures  
 Garden Peas /  
 Sweetcorn  
 750 G



**49.99**  
 each  
 McCain Mixed  
 Veg  
 1 KG



**114.99**  
 each  
 Bakers  
 Snacktime Asst  
 800 G



**21.99**  
 each  
 Family  
 Favorite  
 Tomato Sauce  
 700 ML



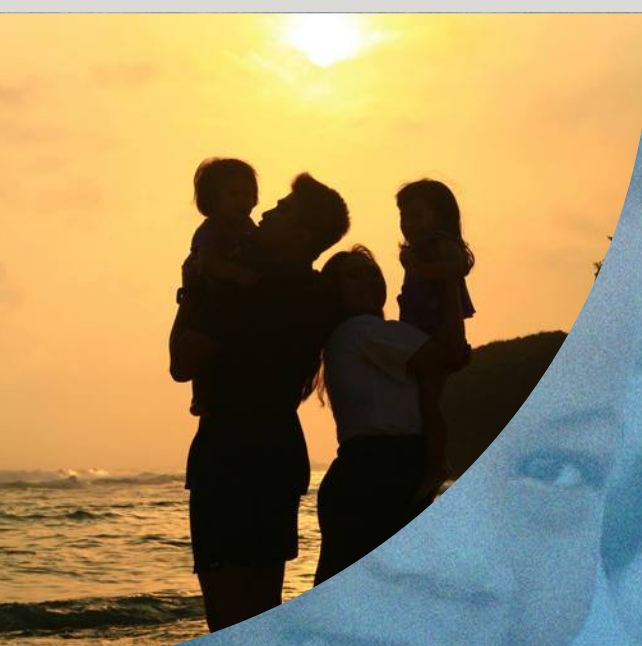
**24.99**  
 each  
 Family  
 Favorite  
 Sunflower Oil  
 750 ML



**49.99**  
 each  
 Marathon  
 White Sugar  
 2.5 KG



**49.99**  
 each  
 Tastic Rice  
 2 KG



**89.99**  
 each  
 Sunlight  
 Washing  
 Powder  
 3 KG



**28.99**  
 each  
 Sunlight  
 Dishwashing  
 Liquid Refill  
 750 ML



**29.99**  
 each  
 Domestos  
 Asst  
 750 ML



**65.99**  
 each  
 Mousson  
 Foam 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.



- Onions 2 KG
- Carrots 1 KG
- Tomatoes 1 KG
- Potatoes 2 KG

**129<sup>99</sup>**  
Veggies Combo

- Watermelon
- Spanspek

**79<sup>99</sup>**  
SALAD COMBO

**9<sup>99</sup>**  
Malva Pudding  
p/100gr

**299<sup>99</sup>**  
Serves 6  
Savoury Platter  
EACH

**149<sup>99</sup>**  
Beef Sirloin  
Steak  
p/kg

**119<sup>99</sup>**  
Boneless Beef  
Brisket  
p/kg

**109<sup>99</sup>**  
Pork Belly Whole  
Roast  
p/kg

**159<sup>99</sup>**  
Frozen Duck  
p/kg

- Corned Beef
- Pickled Tongue
- Gammon

**159<sup>99</sup>**  
p/kg  
Xmas Hamper

**19<sup>99</sup>**  
each  
Mangoes  
EACH

- White Grapes 500 G
- Red Grapes 500 G

**64<sup>99</sup>**  
Grapes Combo

- Nectarines
- Peaches

**69<sup>99</sup>**  
BOTH FOR

**29<sup>99</sup>**  
each  
Plums  
500 G

**29<sup>99</sup>**  
each  
Green Peppers  
500 G

**6<sup>99</sup>**  
Potato Salad  
p/100 G

**18<sup>99</sup>**  
Lamb Leg  
Roast  
100 G

**18<sup>99</sup>**  
each  
Gammon  
Glazed  
p/100 G

**99<sup>99</sup>**  
each  
Whole Grilled  
Chicken  
EACH

**39<sup>99</sup>**  
each  
Peach /  
Pineapple Tart  
EACH

**39<sup>99</sup>**  
each  
Sponge Plain 8"  
Choc / Vanilla  
EACH

**18<sup>99</sup>**  
Lamb Leg  
Roast  
100 G

**79<sup>99</sup>**  
each  
Xmas Themed  
Cake  
EACH

**109<sup>99</sup>**  
Fruit Cake  
EACH

**79<sup>99</sup>**  
each  
Festive Party  
Bread  
EACH

200 G + 30 G EXTRA\*

**JACOBS**

OR

**JACOBS**

**169<sup>99</sup>** each  
Jacobs Krönung Jar or Pouch 200 / 230 G

**Laager**  
Rooibos Tea

**22<sup>99</sup>** each  
Laager Rooibos Tea 40's

**Ellis Brown**  
So Much More\*

**62<sup>99</sup>** each  
Ellis Brown Creamer 750 G

**Jungle**  
Oats

The original favourite

**47<sup>99</sup>** each  
Rewards Card!  
**46<sup>99</sup>** each  
Jungle Oats 1KG

**hartlief**

BACK BACON

**39<sup>99</sup>** each  
Hartlief Back Bacon 150 G

**Bakers Romany Creams**  
Classic Choc  
CHOC COCONUT BISCUITS

**Bakers Romany Creams**  
Cappuccino  
COCONUT BISCUITS  
CAPPUCCINO FLAVOURED

**31<sup>99</sup>** each  
Bakers Romany Creams Asst 200 G

**Lays**

**18<sup>99</sup>** each  
Lays Chips Asst 105 G

**KitKat**  
MILK & COCOA

**45<sup>99</sup>** each  
Nestlé Mini Bag EACH

**ALL GOLD**  
SMOOTH APRICOT JAM

**26<sup>99</sup>** each  
Rewards Card!  
**25<sup>99</sup>** each  
All Gold Superfine Apricot Jam 450 G

**hartlief**

SANDWICH HAM

**25<sup>99</sup>** each  
Hartlief Sandwich Ham 100 G

**DANONE**

**ULTRA MEL**  
Smooth and Creamy

**29<sup>99</sup>** each  
Clover Ultra Mel Custard 1KG

**FATIMA'S FAVOURITE FOODS**  
PUFF PASTRY  
READY TO FILL

**22<sup>99</sup>** each  
Rewards Card!  
**21<sup>99</sup>** each  
Fatima Puff Pastry 400g

**parmalat**  
gouda flavoured full processed cheese

**29<sup>99</sup>** each  
Parmalat Cheese Slices 200 G

**LANCEWOOD**  
CHEDDAR

**LANCEWOOD**  
GOUDA

**99<sup>99</sup>** each  
Lancewood Gouda / Cheddar 600 G

**hartlief**

COCKTAIL VIENNAS

**58<sup>99</sup>** each  
Hartlief Cocktail Viennas 275 G

**JIMMY'S STEAKHOUSE SAUCES**

**42<sup>99</sup>** each  
Jimmy's Steakhouse Sauce 750 ML

**WELLINGTON'S**  
Sweet Chilli SAUCE

**44<sup>99</sup>** each  
Rewards Card!  
**43<sup>99</sup>** each  
Wellington's Sweet Chilli Sauce 700 ML

**MRS BALL'S**  
CHILLI CHUTNEY  
RISSIE BLATJANG

**34<sup>99</sup>** each  
Mrs Balls Chutney Asst 470 G

**Goodburry**  
MUSHROOMS Sliced

**23<sup>99</sup>** each  
Rewards Card!  
**22<sup>99</sup>** each  
Goodburry Mushrooms Sliced 400 G

**TOP ONE**

CORNED MEAT

**33<sup>99</sup>** each  
Rewards Card!  
**32<sup>99</sup>** each  
Top One Corned Meat 300 G

**Knorr Aromat**  
ORIGINAL Seasoning

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

**KOO**  
Fruit Cocktail in Syrup

**29<sup>99</sup>** each  
Koo Fruit Cocktail 410 G

**Nestlé**  
caramel treat dairy dessert

**36<sup>99</sup>** each  
Nestlé Treat 360 G

**KRUSH**  
100% FRUIT JUICE BLEND

**29<sup>99</sup>** each  
Krush Juice 100% Asst 1Ltr

**KNORROX**

SOYA MINCE

**24<sup>99</sup>** each  
Knorrox Soya Mince Asst 400 G

Johnson's baby petroleum jelly, baby soap, and Huggies Gold Unisex diapers and Pure Wipes.

- Johnson's Petroleum Jelly 500 ML: **59.99** each
- Johnson's Baby Soap 175 G: **16.99** each
- Huggies Gold Unisex Value Pack: **229.99** each
- Huggies Wipes 4 Pack 56's: **89.99** each

Handy Andy Cream Eucalyptus 750 ML.

- Handy Andy Cream Eucalyptus 750 ML: **29.99** each
- Rewards Card! **28.99** each

Compral Pain Powders, Dettol Body Wash, Lux Bath Soap, and Always Sanitary Pads.

- Compral Pain Powders 24's: **49.99** each
- Rewards Card! **48.99** each
- Dettol Body Wash 600 ML: **59.99** each
- Lux Bath Soap Asst 175 G: **12.99** each
- Always Sanitary Pads 9/10's: **19.99** each

Comfort Fabric Conditioner VP Refill 800 ML.

- Comfort Fabric Conditioner VP Refill 800 ML: **39.99** each

Nivea Roll-On Asst, Gentle Magic Skincare Soap, Gill 2 in 1 Shampoo, and Darling Yaki Braid Asst.

- Nivea Roll-On Asst 50 ML: **24.99** each
- Gentle Magic Skincare Soap 100 G: **11.99** each
- Gill 2 in 1 Shampoo 400 ML: **79.99** each
- Darling Yaki Braid Asst: **9.99** each

Sensodyne Fresh Mint / Multi Care 75 ML.

- Sensodyne Fresh Mint / Multi Care 75 ML: **49.99** each

Bobtail Dog Food, Husky Dog Food Cans Asst, Airoma Freshener Asst, Toilet Duck, and Johnson's Aqueous Body Cream.

- Bobtail Dog Food 8 KG: **189.99** each
- Husky Dog Food Cans Asst 775 G: **31.99** each
- Airoma Freshener Asst 210 ML: **19.99** each
- Toilet Duck 500 ML: **21.99** each
- Rewards Card! **19.99** each
- Johnson's Aqueous Body Cream Adult 350 ML: **39.99** each

Metro LIQUOR market products: Castle Lite Beer Cans, Protea Wines, Count Pushkin Vodka, and Drostdy Hoff White Wine.

- Castle Lite Beer Cans 6 x 500 ML: **69.99** each
- Protea Wines Asst 750 ML: **79.99** each
- Count Pushkin Vodka 750 ML: **149.99** each
- Drostdy Hoff White Wine 5 Ltr: **159.99** each

**18+ ADULTS ONLY**