

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

DATES: 19 JUNE - 06 JULY 2025

Metro

SUPER market

where value meets service



38⁹⁹

Family Favorite
Rice
2 KG



133⁹⁹

Top Score
Super Maize Meal
10 KG



39⁹⁹

Marathon White
Sugar
2 KG



79⁹⁹

Realgood
Chicken Mixed
Portions
1.5 KG



21⁹⁹

Clover
UHT Milk
1 Ltr



27⁹⁹

Polana Pasta
Asst
1 KG



39⁹⁹

Jungle Oats
1 KG



64⁹⁹

Family Favorite
Cooking Oil
2 Ltr



26⁹⁹

Wellington's
Tomato Original
Recipe Sauce
700 ML



35⁹⁹

Crystal Gold
Mayonnaise
750 G



109⁹⁹

Boskop
Boerewors
p/kg

189⁹⁹

A Grade Rump Steak
p/kg

119⁹⁹

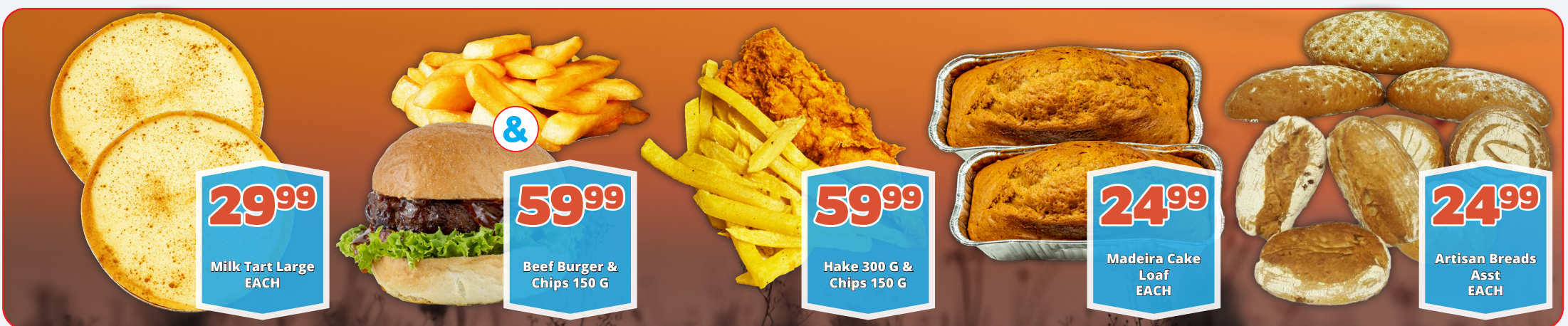
Lamb Stew
p/kg

79⁹⁹

Beef Shin
p/kg

119⁹⁹

Beef Lean Mince
p/kg



29⁹⁹

Milk Tart Large
EACH

59⁹⁹

Beef Burger &
Chips 150 G

59⁹⁹

Hake 300 G &
Chips 150 G

24⁹⁹

Madeira Cake
Loaf
EACH

24⁹⁹

Artisan Breads
Asst
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.



129⁹⁹

Parmalat Gouda or Cheddar Cheese 850 G

49⁹⁹

McCain Mixed Vegetables 1 KG

26⁹⁹

Hartlief Sandwich Ham 100 G

12⁹⁹

Champion Liver Spread 100 G

Each 64⁹⁹
62⁹⁹

I & J Fish Fingers 400 G

19⁹⁹

Rhodes Chakalaka Asst 410 G

12⁹⁹

Robertson's Rajah Curry Powder Asst 50 G

11⁹⁹

Imana No.1 Soup Box Asst 200 G

29⁹⁹

Family Favorite Luncheon Meat 300 G

Each 22⁹⁹
21⁹⁹

Tetley Black Tea 52's

17⁹⁹

Simba Potato Chips Asst 120 G

15⁹⁹

Oreo Biscuits Asst 128.8 G

Each 25⁹⁹
23⁹⁹

Haribo Sweets 100 G

39⁹⁹

Brookes Oros 2 Ltr

18⁹⁹

Rietfontein Juice Asst 1 Ltr

14⁹⁹

Dettol Bath Soap Asst 175 G

ANY 2 FOR 100

Sanex Shower Gel Asst 500 ML

55⁹⁹

Vaseline Ladies or Men Cream / Lotion 400 ML

Each 39⁹⁹
37⁹⁹

Nivea Deodorant Asst 150 ML

39⁹⁹

Colgate Charcoal Toothpaste 100 ML

42⁹⁹

Comfort Fabric Softener Value Pack Refill Asst 800 ML

94⁹⁹

OMO Auto Washing Powder 2 KG or Capsules 385 ML or Liquid Detergents 1.5 Ltr

29⁹⁹

Handy Andy Cream Asst 750 ML

Each 81⁹⁹
79⁹⁹

Windhoek Draught NRBs 6 x 440 ML

179⁹⁹

Richelieu Brandy 750 ML

19⁹⁹

Airoma Air Freshener Asst 210 ML

Each 199⁹⁹
195⁹⁹

Bobtail Dry Dog Food 8 KG

89⁹⁹

Whiskas Dry Cat Food 900 G

349⁹⁹

Jack Daniels Whiskey 750 ML

229⁹⁹

Anthonij Rupert Optima Wine 750 ML