

**Metro**  
**SUPER**  
 market

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

where value meets service

21 November - 8 December 2024

Nelson Mandela Ave, Swakop



Heliodoor Str, Eros, Windhoek

Sam Nujoma Ave 58, Walvis Bay

<p><b>29.99</b> each        Family Favorite Mayonnaise 750 G</p>	<p><b>28.99</b> each        Family Favorite Luncheon Meat 300 G</p>	<p><b>14.99</b> each        Polana Pasta Ass't 500 G</p>	<p><b>62.99</b> each        Top Score Super Maize Meal 5 KG</p>	<p><b>20.99</b> each        Coke 2 Ltr</p>
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<p><b>89.99</b> each        Realgood Chicken Thighs 1.5 KG</p>	<p><b>79.99</b> each        Parmalat Butter 500 G</p>	<p><b>49.99</b> each        Country Fresh Ice Cream 1.8 Ltr</p>	<p><b>39.99</b> each        Clover Fresh Milk 2 Ltr</p>	<p><b>33.99</b> each        Kellogg's Corn Flakes 500 G</p>
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<p><b>26.99</b> each        Wellington's Original Recipe Tomato Sauce 700 ML</p>	<p><b>28.99</b> each        Nola Sunflower Oil 750 ml</p>	<p><b>21.99</b> each        Robertson's Brown Spice Large Ass't</p>	<p><b>38.99</b> each        Sugar King White Sugar 2 KG</p>	<p><b>29.99</b> each        Plush Supreme Surface Cleaner 300 ML</p>
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<p><b>89.99</b> each        Sunlight Handwashing Powder 3 KG</p>	<p><b>19.99</b> each        Jik Bleach Ass't 750 ML</p>	<p><b>129.99</b> each        Baby Soft Toilet Paper 2 ply 18's</p>
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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.







- Lettuce • Cucumber
- Clover Feta Cheese 200 G
- Tomatoes 1 KG

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



**99<sup>99</sup>**  
Potatoes  
7kg



**19<sup>99</sup>**  
Carrots  
1 KG



**29<sup>99</sup>**  
Onions  
2kg



**29<sup>99</sup>**  
Tomatoes  
1kg



**79<sup>99</sup>**  
Watermelon



**49<sup>99</sup>**  
White Grapes  
each



**89<sup>99</sup>**  
Beef Mince  
p/kg



**89<sup>99</sup>**  
Traditional  
Metro  
Boerewors  
p/kg



**89<sup>99</sup>**  
Pork Texan  
Steak  
p/kg



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



**89<sup>99</sup>**  
Beef Brisket  
p/kg



**149<sup>99</sup>**  
Beef Oxtail  
p/kg



**44<sup>99</sup>**  
Peaches  
each



**49<sup>99</sup>**  
Nectarines  
each



- Potatoes 7 KG
- Butternuts 3 KG
- Onions 3 KG

**169<sup>99</sup>**  
VEG COMBO



**11<sup>99</sup>**  
Chicken  
Schnitzels  
p/100g



**49<sup>99</sup>**  
2 x Chicken  
Pieces, Chips &  
Coke 600 ML



**12<sup>99</sup>**  
Beef Stew  
p/100 G



2 FOR

**50**  
Beef Burgers  
x2



**29<sup>99</sup>**  
Schnitzel  
Brötchen  
EACH



**39<sup>99</sup>**  
Asst Mini Tarts  
6's



Pie Asst & Switch Energy Drink  
500 ML



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



**11<sup>99</sup>**  
French Loaf  
450 G



**19<sup>99</sup>**  
Mini Ring  
Doughnuts  
6's



**15<sup>99</sup>**  
Garlic Rolls  
6's



**5<sup>99</sup>**  
Panini Buns  
EACH





**42<sup>99</sup>** each  
Teekanne  
Flavoured Tea  
Asst  
60 G



**149<sup>99</sup>** each  
Ricoffy Coffee  
750g



**47<sup>99</sup>** each  
Clover  
Creamel  
750 G



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



**109<sup>99</sup>** each  
Parmalat Cheese  
Gouda/Cheddar  
900 G



**49<sup>99</sup>** each  
Tastic Rice  
2kg



**22<sup>99</sup>** each  
Lazenby  
Worcester  
Sauce  
250ml



**37<sup>99</sup>** each  
Ina Paarman's  
Spice Asst  
200 ML



**15<sup>99</sup>** each  
Knorrox Soup  
Asst  
400 G



**22<sup>99</sup>** each  
Everyday  
Yoghurts  
500gr



**14<sup>99</sup>** each  
Manhattan  
Marshmallows  
150 G



**12<sup>99</sup>** each  
Baumann's  
Marie Biscuits  
150 G



**41<sup>99</sup>** each  
Black Cat  
Peanut Butter  
Asst  
400 G



**35<sup>99</sup>** each  
Lorenz  
Saltlets Sticks  
250 G



**17<sup>99</sup>** each  
Lays Chips  
Asst  
105g



**39<sup>99</sup>** each  
All Gold  
Strawberry  
Jam 450g



**34<sup>99</sup>** each  
Bokomo  
Traditional  
Oats  
1KG



**84<sup>99</sup>** each  
Deepcatch  
Seafood Mix  
700 G



**39<sup>99</sup>** each  
Clover Feta  
Cheese  
200 G



**47<sup>99</sup>** each  
McCain Mixed  
Vegetables  
1KG



**98<sup>99</sup>** each  
Chicken Tizers  
Strips  
1KG



**19<sup>99</sup>** each  
Rhodes Mixed  
Veg  
410g



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



**18<sup>99</sup>** each  
Kensington  
Sauce Asst  
88 ML



**38<sup>99</sup>** each  
Jan Braai  
Sosatie Sauce  
750ml



**19<sup>99</sup>** each  
Rhodes Nectar  
Juice Asst  
1Ltr



**28<sup>99</sup>** each  
Koo Fruit  
Cocktail  
410g



**13.99** each  
Johnson's Baby Soap 100 G

**39.99** each  
Johnson's Pet Jelly 250ml

**ANY 2 FOR 49.99** each  
Pampers Wipes 56 / 64's

**239.99** each  
Pampers Nappies or Pants Jumbo Pack

**59.99** each  
Nivea Shower Gel / Creme 500 ML

**29.99** each  
Panado Tablets 24's

**69.99** each  
Compral Pain Powders 38's

**29.99** each  
Kotex Maxi Pads Value Pack

**14.99** each  
Dettol Soap Asst 175 G

**49.99** each  
Colgate Total Toothpaste 75 ML

**54.99** each  
Vaseline Lotion or Cream Asst 400 ML

**24.99** each  
Yardley Roll-On Asst 50 ML

**59.99** each  
Pantene Shampoo / Conditioner 400 ML

**69.99** each  
Satskin Bubble Bath 2 Ltr

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

**249.99** each  
Canine Cuisine Dogfood Asst 6 KG

**42.99** each  
Bobtail Gravy Chunks Multipack Asst 8 x 85 G

**19.99** each  
Airoma Air Freshner 210 ML

**29.99** each  
Sunlight Dishwashing Liquid 750ml

**28.99** each  
Handy Andy Cream 750 ML

**169.99** each  
STB Steam Iron EACH

**22.99** each  
Asst Ceramic Coffee Mugs

**249.99** each  
S/Steel Condement Set EACH

**99.99** each  
Christmas Deco Balls EACH

**129.99** each  
Christmas Deco Balls EACH