

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>29.99 each Family Favorite Mayonnaise 750 G</p>	<p>28.99 each Family Favorite Luncheon Meat 300 G</p>	<p>14.99 each Polana Pasta Assortment 500 G</p>	<p>62.99 each Top Score Super Maize Meal 5 KG</p>	<p>20.99 each Coke 2 Ltr</p>
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<p>89.99 each Realgood Chicken Thighs 1.5 KG</p>	<p>79.99 each Parmalat Butter 500 G</p>	<p>49.99 each Country Fresh Ice Cream 1.8 Ltr</p>	<p>39.99 each Clover Fresh Milk 2 Ltr</p>	<p>33.99 each Kellogg's Corn Flakes 500 G</p>
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<p>26.99 each Wellington's Original Recipe Tomato Sauce 700 ML</p>	<p>28.99 each Nola Sunflower Oil 750 ml</p>	<p>21.99 each Robertson's Brown Spice Large Assortment</p>	<p>38.99 each Sugar King White Sugar 2 KG</p>	<p>29.99 each Plush Supreme Surface Cleaner 300 ML</p>
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<p>89.99 each Sunlight Handwashing Powder 3 KG</p>	<p>19.99 each Jik Bleach Assortment 750 ML</p>	<p>129.99 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

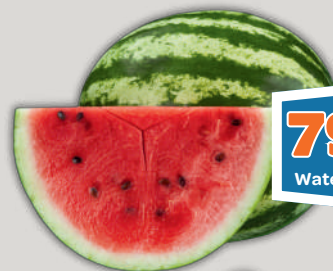
99⁹⁹
SALAD COMBO



99⁹⁹
Potatoes
7kg



29⁹⁹
Onions
2kg



79⁹⁹
Watermelon



19⁹⁹
Carrots
1 KG



29⁹⁹
Tomatoes
1kg



49⁹⁹
White Grapes
each



89⁹⁹
Beef Mince
p/kg



89⁹⁹
Traditional
Metro
Boerewors
p/kg



89⁹⁹
Pork Texan
Steak
p/kg



149⁹⁹
Beef Sirloin
Steak
p/kg



89⁹⁹
Beef Brisket
p/kg



149⁹⁹
Beef Oxtail
p/kg



44⁹⁹
Peaches
each



49⁹⁹
Nectarines
each



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

169⁹⁹
VEG COMBO



11⁹⁹
Chicken
Schnitzels
p/100g



12⁹⁹
Beef Stew
p/100 G

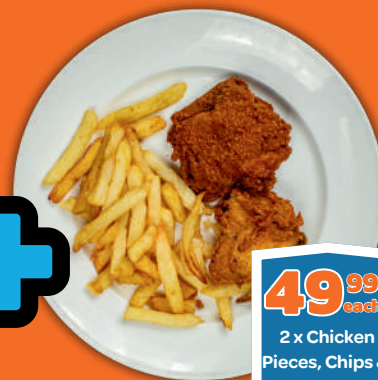


2 FOR

50
Beef Burgers
x2



29⁹⁹
Schnitzel
Brötchen
EACH



49⁹⁹
2 x Chicken
Pieces, Chips &
Coke 600 ML



39⁹⁹
Asst Mini Tarts
6's



Pie Asst & Switch Energy Drink
500 ML

COMBO

Each
29⁹⁹
Rewards
Card!
28⁹⁹
each



11⁹⁹
French Loaf
450 G



19⁹⁹
Mini Ring
Doughnuts
6's



15⁹⁹
Garlic Rolls
6's



5⁹⁹
Panini Buns
EACH



42⁹⁹ each
Teekanne
Flavoured Tea
Asst
60 G



149⁹⁹ each
Ricoffy Coffee
750g



47⁹⁹ each
Clover
Creamel
750 G



36⁹⁹ each
Nestle Treat
360 G



109⁹⁹ each
Parmalat Cheese
Gouda/Cheddar
900 G



49⁹⁹ each
Tastic Rice
2kg



22⁹⁹ each
Lazenby
Worcester
Sauce
250ml



37⁹⁹ each
Ina Paarman's
Spice Asst
200 ML



15⁹⁹ each
Knorrox Soup
Asst
400 G



22⁹⁹ each
Everyday
Yoghurts
500gr



14⁹⁹ each
Manhattan
Marshmallows
150 G



12⁹⁹ each
Baumann's
Marie Biscuits
150 G



41⁹⁹ each
Black Cat
Peanut Butter
Asst
400 G



35⁹⁹ each
Lorenz
Saltlets Sticks
250 G



17⁹⁹ each
Lays Chips
Asst
105g



39⁹⁹ each
All Gold
Strawberry
Jam 450g



34⁹⁹ each
Bokomo
Traditional
Oats
1KG



84⁹⁹ each
Deepcatch
Seafood Mix
700 G



39⁹⁹ each
Clover Feta
Cheese
200 G



47⁹⁹ each
McCain Mixed
Vegetables
1KG



98⁹⁹ each
Chicken Tizers
Strips
1KG



19⁹⁹ each
Rhodes Mixed
Veg
410g



39⁹⁹ each
Hartlief Back
Bacon
150 G



18⁹⁹ each
Kensington
Sauce Asst
88 ML



38⁹⁹ each
Jan Braai
Sosatie Sauce
750ml



19⁹⁹ each
Rhodes Nectar
Juice Asst
1Ltr



28⁹⁹ 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 Freshener 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