

Metro

SUPER market

WHERE VALUE MEETS SERVICE

30 August- 15 September 2024

189⁹⁹ each
Realgood Chicken IQF Mixed Portions 4 KG

94⁹⁹ each
Potatoes 7 KG

79⁹⁹
Mutton Bulk Pack p/kg

2 FOR 30
Simba Chips 2 x 120g

2 FOR 25
Twizza Cooldrink Asst 2 Ltr

Each 99⁹⁹ each
Rewards Card! 98⁹⁹ each
Champion Super Maize Meal 10 KG

Each 149⁹⁹ each
Rewards Card! 148⁹⁹ each
Jacobs Instant Coffee 200g

Each 9⁹⁹ each
Rewards Card! 8⁹⁹ each
Romi Brick 500g

Each 112⁹⁹ each
Rewards Card! 109⁹⁹ each
Parmalat Gouda / Cheddar 850 G

39⁹⁹ each
Family Favorite Rice 2 KG

28⁹⁹ each
All Gold Tomato Sauce 700 ML

8⁹⁹ each
Hugo's Baked Beans 410 G

56⁹⁹ each
Sunpick Sunflower Oil 2 Ltr

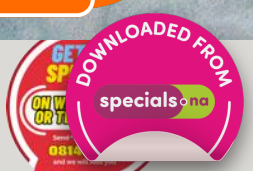
19⁹⁹ each
Clover UHT Milk 1 Ltr



139⁹⁹ COMBO
Potatoes 2 KG | Carrots 1 KG | Onions 2 KG | Cabbage | Beetroot 1 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.



English Cucumber Each **19⁹⁹** each

Cabbage Each **24⁹⁹** each

2 FOR **20** Avocados EACH

Beetroot 1KG **15⁹⁹** each

Pineapple Each **19⁹⁹** each

Yellow Apples 1KG **19⁹⁹** each

Banana Loose p/kg **19⁹⁹**

Loose Tomatoes p/kg **25⁹⁹**

Spinach p/pack **14⁹⁹**

Onions 3 KG **39⁹⁹**

Carrots 1KG **18⁹⁹** each Rewards Card!

Raisin Bread **14⁹⁹** each

64⁹⁹ SALAD COMBO
Lettuce | Cucumber | Tomatoes 1 KG

74⁹⁹ FRUIT COMBO
3 x 1kg
Avos in Poly 1KG | Banana in Poly 1KG | Pear 1KG

Bakpro Everyday Bread **11⁹⁹** each

PUNNET

BAGS

BAGS

Nectarines 500G **54⁹⁹** each

Naartjies 1KG **19⁹⁹** each

Lemons 1KG **19⁹⁹** each

Cheese & Onion Bread Each **24⁹⁹** each

Pie Asst & Reboost 500 ML **28⁹⁹** each Rewards Card! **29⁹⁹** each

Milk Tart Medium Each **14⁹⁹** each Rewards Card! **15⁹⁹** each

Sponge Cake Vanilla / Chocolate Each **58⁹⁹** each Rewards Card! **59⁹⁹** each

Sweet Buns 6's **19⁹⁹** 6's

Banana Loaf Each **19⁹⁹** each

Rainbow Cake Slab Each **24⁹⁹** each



39⁹⁹ p/kg
Chicken Necks p/kg



39⁹⁹ p/kg
Pork Trotters p/kg



54⁹⁹ p/kg
Oshiwambo Chicken p/kg



39⁹⁹ p/kg
Pork Tails p/kg



13⁹⁹
Chicken Curry p/100 G



11⁹⁹
Beef Stew p/100 G



29⁹⁹
Russian & Chips



79⁹⁹
Beef Grounded Mince p/kg



89⁹⁹
Boskamp Wors p/kg



79⁹⁹
Pork Bulk Pack p/kg



139⁹⁹
Beef Rump Steak p/kg



99⁹⁹
Steak Pack p/kg



Each **350** Rewards Card!
345

MEAT COMBO

Braaiwors 1 KG | Beef Stew 1 KG | Mutton Stew 1 KG | Chicken Mixed Portions 1 KG | Ground Beef Mince 1 KG



150 MEAT COMBO 3 x 1kg

Pork Tail 1 KG | Pork Trotters 1 KG | Chicken Back 1 KG



2 x Chicken Pieces, Chips & Coke 330ml can

Each **39⁹⁹** each Rewards Card!
38⁹⁹ each



69⁹⁹
Beef Short Rib p/kg



59⁹⁹
Mixed Polony p/kg



OR

59⁹⁹
Smoked Viennas / Russian p/kg



39⁹⁹
Chilli Chaka Sizzler p/kg



34⁹⁹ each
Pap & Wors & Coke Can



2 FOR
20
Hotdogs 2's



Whole Grilled Chicken EACH

Each **89⁹⁹** each Rewards Card!
88⁹⁹ each



Pizza Square Each

Each **17⁹⁹** each Rewards Card!
16⁹⁹ each



14⁹⁹ each
Vetkoek with Mince



29⁹⁹ each
Kapana Brotchen & Coke Can 330 ML

2 FOR
50
Renown French Polony 2 x 750 G

BOTH FOR
50
King Polony 500g & King Viennas Smoked 320 G

9.99 each
Champion Liver Spread 100 G

23.99 each
WDS Sandwich Ham 100 G

Clover Feta Cheese 200 G
Each 36.99 each
Rewards Card!
35.99 each

2 FOR
30
Clover Sliced Cheese 2 x 100 G

39.99 each
Fairview Brie or Camembert 125 G

Hartlief Back Bacon 150 G
Each 35.99 each
Rewards Card!
34.99 each

34.99 each
Hartlief Salami 100 G

39.99 each
Farmhouse Ice Cream Asst 2 Ltr

36.99 each
Harvestime Potato Chips 900 G

Rama Original 1kg
Each 53.99 each
Rewards Card!
52.99 each

69.99 each
Clover Butro Spread 500 G

2 FOR
50
Clover Cream/ Sour Cream 2 x 250 ML

36.99 each
Clover Full Cream Milk 2 Ltr

34.99 each
Harvestime Mixed Veg 900g

59.99 each
Dr Oetker Pizza Base 4's

29.99 each
Realgood Chicken Liver 1 KG

49.99 each
Waldschmidt Large Eggs 18's

Each 36.99 each
Rewards Card!
35.99 each
Sea Harvest Fish Cakes 300g

16.99 each
Oshikandela Sweet Milk 500 ML

14.99 each
Clover Numel 1Ltr

29.99 each
Clover Custard 1Ltr

2 FOR
20
Snack Pack 6 x 50 G

69.99 each
I & J Fish Fingers 600 G

Marathon White Sugar 5 KG | Champion Super Maize Meal 5 KG | Bokomo Vetkoek Flour 5 KG | Pasta Grande Pasta Asst 3 KG
Each 299⁹⁹
Rewards Card! 298⁹⁹

Family Favorite Luncheon Meat 400 G
Family Favorite Pilchards in Tomato Sauce 400 G
Each 27⁹⁹
Each 24⁹⁹

Get 3 For 50 COMBO
 Rhodes Mixed Veggies 400 G | Rhodes Curried Veggies 400 G | Rhodes Chakalaka Asst 400 G

White Star Instant Porridge Asst 1 KG
Each 19⁹⁹

Jungle Oats 1 KG
Each 39⁹⁹

Kellogg's Corn Flakes Flexi Bag 400 G
Each 29⁹⁹

Knorr Soup Packets 4 x 50 G
4 FOR 18⁹⁹

Imbo Soup Mix 500 G
Each 13⁹⁹

EQUATES TO N\$ 4.74

Imbo Soup Mix 500 G
Each 13⁹⁹

Ilovo Golden Syrup 240 G
Each 19⁹⁹

Supreme Peanut Butter 400 G
Each 19⁹⁹

Family Favorite Mixed Fruit Jam 520 G
Each 16⁹⁹

Brookes Oros 2 Ltr
Each 37⁹⁹
Rewards Card! 36⁹⁹

Bokomo Veet-Bix 450 G
Each 28⁹⁹

Bull Brand Mince Asst 400 G
Each 19⁹⁹

Bokomo Vetkoek Flour 5 KG
Each 75⁹⁹

Best Choice White Sugar 2 KG
Each 36⁹⁹
Rewards Card! 35⁹⁹

Marathon L/Brown Sugar 2 KG
Each 36⁹⁹
Rewards Card! 35⁹⁹

Clover Creamel 125 G
Each 9⁹⁹

Koffiehuis Pronto Bags 250 G
Each 49⁹⁹

Rhodes Nectar Juice asst 2x1Ltr
2 FOR 30

Rietfontein Juice Asst 1Ltr
Each 19⁹⁹

Family Favorite Dairy Blend 1Ltr
Each 9⁹⁹

Thirsti Still/Sparkling Water 500 ML
4⁹⁹

Glen Tagless Rooibos Tea 40's
Each 23⁹⁹

Tea Time Teabags 100's
Each 17⁹⁹

Glen Tagless Rooibos Tea 40's
Each 23⁹⁹

Tea Time Teabags 100's
Each 17⁹⁹



76⁹⁹ each

Nestlé Hot Chocolate 500 G



Nescafé Ricoffy 100 G

Each 25⁹⁹ each
Rewards Card!
23⁹⁹ each



29⁹⁹ each

Clover Condensed Milk 385 G



29⁹⁹ each

Nestlé Ideal Evaporated Milk 380 G



14⁹⁹ each

Manhattan Mallows Asst 150 G



6 FOR

10

Robertsons Envelope Spice 6 x 7 G



Each 18⁹⁹ each
Rewards Card!
17⁹⁹ each

Robertsons Rajah Curry Powder 100 G



24⁹⁹ each

Top Class Spice Mix Asst 350 G



9⁹⁹ each

Boston Vinegar Asst 750 ML

EQUATES TO N\$ 1.66



11

Nik-Naks Strip Asst 5 x 22 G

3 FOR

30

Bakers Topper Biscuits Asst 3 x 120 G



2 FOR

40

Bakers Eet-Sum-Mor Biscuits Asst 2 x 200 G



Each 8⁹⁹ each
Rewards Card!
7⁹⁹ each

Family Favorite Lemon Cream Biscuits 150 G



8⁹⁹ each
Family Favorite Marie Biscuits 150 G



19⁹⁹ each

Manhattan Gums Asst 125 G



Each 17⁹⁹ each
Rewards Card!
16⁹⁹ each

Candy Tops Eclairs 50's



29⁹⁹ each

Nivea Shower Gel / Cream 250 ML



19⁹⁹ each

Nivea Roll On Asst 50 ML



12⁹⁹ each

Swankie Roll On Asst 50 ML



10⁹⁹ each

Amajoya Sweets Asst 75 G



Each 19⁹⁹ each
Rewards Card!
18⁹⁹ each

Colgate Double Action Toothbrush



29⁹⁹ each

Colgate Charcoal Toothpaste 100 ML



2 FOR

30

Colgate Toothpaste 100 ML



34⁹⁹ each

Nivea Aerosol Deo Asst 150 ML



3 FOR

30

Nestlé Count Lines Asst 40/49G

36⁹⁹ each
Satisfin Bubble Bath Asst 1Ltr

39⁹⁹ each
Bodidoc Tissue Oil Lotion 500 ML

24⁹⁹ each
Clere Body Lotion 400 ML

9⁹⁹ each
Vaseline Petroleum Jelly 50 ML

3 FOR 30
Sta-Soft DOY Pack Asst 3 x 500 ML

3 FOR 30
Palmolive Asst 3 x 150 G

9⁴⁹ each
Protex Bath Soap 150 G

Each 55⁹⁹ each
Rewards Card!
54⁹⁹ each
Pantene Shampoo / Conditioner 400 ML

24⁹⁹ each
Aquamarine Shampoo or Conditioner 400 ML

TWIN PACK
Viva Bar Soap Twinpack 2 x 200 G

24⁹⁹ each

Each 12⁹⁹ each
Rewards Card!
11⁹⁹ each
Gentle Magic Skincare Lotion 125 ML

9⁹⁹ each
Gentle Magic Skincare Soap 100 G

19⁹⁹ each
Clere Pure Glycerine 100 ML

Each 34⁹⁹ each
Rewards Card!
33⁹⁹ each
Clere Petroleum Jelly Asst 250 ML

14⁹⁹ each
Lil-Lets Tampons 10's

Each 19⁹⁹ each
Rewards Card!
18⁹⁹ each
Duck Toilet Cleaner 500 ML

49⁹⁹ each
Sunlight Hand Washing Powder 2 KG

25⁹⁹ each
Mr. Sheen Multi Surface Cleaner Asst 300 ML

14⁹⁹ each
Glade Air Freshener Asst 180 ML

6⁹⁹ each
Nina Femme Sanitary Pads 8's

24⁹⁹ each
Handy Andy Cream Asst 750 ML

17⁹⁹ each
Jik Bleach 750 ML

24⁹⁹ each
Sunlight Dishwashing Liquid Refill 750 ML

35⁹⁹ each
Family Favorite Pine Gel 1Ltr

14⁹⁹ each
Stayfree Maxi Pads 10's

3 FOR
39
 J & J Baby Soap
 3 x 100 G

39⁹⁹
 each
 J & J Baby Lotion
 200 ML

29⁹⁹
 each
 Pampers Sensitive Wipes
 64's

26⁹⁹
 each
 Savlon Antiseptic
 125 ML

29⁹⁹
 each
 Family Favorite Toilet Paper 1 Ply 10's

12⁹⁹
 each
 Infacare Juice Asst
 200 ML

34⁹⁹
 each
 Lennon Cough Mixture Asst
 50 ML

26⁹⁹
 each
 Compral Pain Tablets
 24's

25⁹⁹
 each
 Costa Candles
 400 G

104⁹⁹
 each
 Rewards Card!
103⁹⁹
 each
 Carlton 2 ply Toilet Paper 18's

8⁹⁹
 each
 Kiwi Shoe Polish
 50 ML

19⁹⁹
 each
 Contour Basin
 42 CM
 1's

149⁹⁹
 each
 Teco 3 Pcs Pot Set

4⁹⁹
 each
 Soft Touch 1 Ply EACH

54⁹⁹
 each
 Goldenmarc Dustpan Set

99⁹⁹
 each
 Contour Lift Bin
 25 Ltr

46⁹⁹
 each
 Rewards Card!
45⁹⁹
 each
 Contour Laundry Basket
 1's

119⁹⁹
 each
 Mop & Broom COMBO

87⁹⁹
 each
 Sunfree Nappies Asst 50's

139⁹⁹
 each
 Total Good Mama Hotplate EACH

12⁹⁹
 each
 Goldenmarc Honeycomb Swab 2 Pack

12⁹⁹
 each
 Epol Dog Food Asst
 400 G

9⁹⁹
 each
 Pamper Cat Food Pouches
 85 G

134⁹⁹
 each
 Family Favorite Dry Dog Food Asst
 7 KG

129⁹⁹
 each
 STB Steam Iron 1's