



WINTER Winners

CASH N CARRY & HYPER ONLY



35⁹⁹
EACH

All Gold
Tomato Sauce
700 ML



19⁹⁹
EACH

All Gold
Braai Relish
410 G



10⁹⁹
EACH

Hugo's
Baked Beans
410 G



16⁹⁹
EACH

Koo
Baked Beans
400 G



19⁹⁹
EACH

Koo Mixed Veg
Asst
410 G



20⁹⁹
EACH

Koo Garden
Peas in Brine
400 G



22⁹⁹
EACH

Koo Chakalaka
Asst
410 G



19⁹⁹
EACH

Koo Whole or
Creamstyle
Kernel
410 G



21⁹⁹
EACH

Tastic
Rice
10 KG



42⁹⁹
EACH

Holbrooks
Worcester
Shire Sauce
500 ML



28⁹⁹
EACH

Prima
Luncheon
Roll
280 G



44⁹⁹
EACH

Tastic
Rice
2 KG



65⁹⁹
EACH

All Gold
Strawberry
Jam
900 G



129⁹⁹
EACH

KOO Baked
Beans
3 KG



194⁹⁹
EACH

Ms Balls
Chutney
3 KG



179⁹⁹
EACH

All Gold
Apricot Jam
3.75 KG

A brand you can
TRUST



Metro
"making Happier
Friends"

PRICES VALID: 12 MAY - 22 JUNE 2025



METRO NAMIBIA

ALL PRICES AND ILLUSTRATIONS ARE CORRECT AT TIME GOING TO 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.

Divundu • Eenhana • Gobabis • Grootfontein • Keetmanshoop • Mega-Katima • Mega-Swakopmund • Mariental • Ondangwa • Oshakati • Otjiwarongo • Rundu • Swakopmund • Tsumeb • Walvisbay • Windhoek • Northern Industrial Area • Kongola • Zambezi • Hyper (KLEINE KUPPE) • Metro Lüderitz • Metro Karibib • Metro Oshikango

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CASH N CARRY & HYPER ONLY



36⁹⁹
EACH
Mrs Balls
Chutney Asst
470 G



73⁹⁹
EACH
Mrs Balls
Chutney Asst
1.1 KG



30⁹⁹
EACH
Koo
Beetroot
780 G



41⁹⁹
EACH
C & B
Mayonnaise
750 G



20⁹⁹
EACH
All Gold
Tomato &
Onion Mix
410 G



10⁹⁹
EACH
Koo
Tomato Paste
100 G



10⁹⁹
EACH
All Gold
Tomato Paste
100 G



23⁹⁹
EACH
Lion
Split Peas
500 G



41⁹⁹
EACH
Jungle
Oats
1 KG



60⁹⁹
EACH
Jungle
Taystee
Wheat
1 KG



33⁹⁹
EACH
Lion
Whole
Lentils
500 G



15⁹⁹
EACH
Lion
Soup Mix
500 G



25⁹⁹
EACH
Teeco
Black Tea
100's



42⁹⁹
EACH
Tetley
Pure Green
Tea
102's



9⁹⁹
EACH
Tea Time
Tea
26's



42⁹⁹
EACH
Laager
Rooibos Tea
80's



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CASH N CARRY & HYPER ONLY



209⁹⁹
EACH

A & R
Top Fowl
10 KG



75⁹⁹
EACH

A & R
Budgie Seed
2 KG



59⁹⁹
EACH

A & R
Top Parrot
Mix
1 KG



29⁹⁹
EACH

Epol Dog
Food
820 G



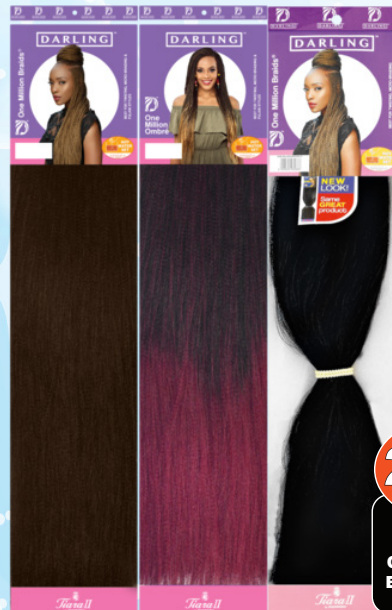
15⁹⁹
EACH

Oral-B 123
40 Medium
Toothbrush
EACH



21⁹⁹
EACH

Inecto
Super Black
28 ML



29⁹⁹
EACH

Darling
One Million
Braids Asst
EACH



9⁹⁹
EACH

Darling
Yaki Braid
Asst
EACH



29⁹⁹
EACH

Pampers
Wipes Asst
56 / 64's



94⁹⁹
EACH

Pampers
Baby Pants
19's - 30's



5⁹⁹
EACH

Minora
Platinum
Blades
5's



75⁹⁹
EACH

Minora II
Disposal
Shavers
24's



27⁹⁹
EACH

Nolene
Bubble Bath
Asst
1 Ltr



21⁹⁹
EACH

Nolene
Petroleum Jelly
Asst
200 ML



18⁹⁹
EACH

Always
Sanitary Pad
8s / 10s



18⁹⁹
EACH

Always
Pantyliners
16s / 20s

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