

MAKING FRESH AFFORDABLE

Metro fresh

where value meets freshness

MOOLA MADNESS

GET MORE FOR LESS!!

Metro Fresh is situated in Kleine Kuppe at Metro Hyper

PRICES VALID: 19 AUGUST - 08 SEPTEMBER 2024

FRUITS

- Lemons 1Kg (Bag) **17⁹⁹**
- Red Apples 1.5Kg (Bag) **29⁹⁹**
- Naartjies Loose P/Kg **24⁹⁹**
- Bananas Loose P/Kg **19⁹⁹**
- Pineapple each **19⁹⁹**
- Strawberries Punnet 250g **36⁹⁹**
- Blueberries Punnet 125g **29⁹⁹**
- Nectarines Punnet 500g **54⁹⁹**
- Plums Punnet 500g **54⁹⁹**
- Avocado 1Kg (Poly Bag) **27⁹⁹**

VEGETABLES

- Cocktail Tomatoes Punnet 250g **16⁹⁹**
- Tomatoes 1Kg (Bag) **29⁹⁹**
- Potatoes Medium 7Kg (Bag) **99⁹⁹**
- Onions Medium 7Kg (Bag) **99⁹⁹**
- Carrots 1Kg (Bag) **19⁹⁹**
- Cabbage Green each **19⁹⁹**
- Butternut P/Kg **11⁹⁹**
- Sweet Potatoes P/Kg **24⁹⁹**
- Slice & Dice Pumpkin + Butternut **12⁹⁹**
- Spinach Pillow Pack each **13⁹⁹**

SUPER Veg Combo

178 Combo

Potatoes 4Kg + Onions 3Kg + Carrots 3Kg + Butternut 3Kg Cabbage each

Salad Combo

100 Combo

Cocktail Tomatoes 250g + Lettuce each + English Cucumber each + Red Radish 250g + Knorr Salad Dressing 340ml

Fruit Combo

100 Combo

Apples 1.5Kg + Oranges 1Kg + Naartjies 1Kg + Bananas 1Kg



Check out our Café and Grab and Go in store for a variety of ready made meal options

Find us on:



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

BUTCHERY

*Export Beef cuts
(no fat/sinew/boneless)

Metro
fresh
where value meets freshness

Butchery Family Pack

1350
Combo

Ground Beef Mince 2Kg + Boerewors 2Kg + Lamb Mixed Chops 2Kg + Mutton Mixed Chops 2Kg + Pork Mixed Cuts 2Kg + Beef Stew 2Kg + Beef Tenderized Steaks 2Kg + Chicken Portions 2Kg

Butchery Family Combo

350
Combo

Beef Ground Mince 1kg + Epte Braaiwors 1kg Mutton Stew 1kg Chicken Braai Pack 1kg

Cold Meat Combo

150
Combo

Russian 1kg + Viennas 1kg + Sandwich Ham 150g + Salami 150g + Mixed Polony 200g + Liver Spread

Rib Eye P/Kg
149⁹⁹

Rump Steak P/Kg
149⁹⁹

Sirloin Steak P/Kg
149⁹⁹

Pork Spare Rib P/Kg
129⁹⁹

Pork Rashers P/Kg
99⁹⁹

Pork Chipolatas P/Kg
89⁹⁹

Ground Mince P/Kg
79⁹⁹

Boerewors P/Kg
89⁹⁹

Beef Stew P/Kg
69⁹⁹

Mutton Bulk Pack P/Kg
79⁹⁹

Lamb Braai Rib P/Kg
89⁹⁹

Chicken Breast Fillets P/Kg
79⁹⁹

Chicken Flatties P/Kg
69⁹⁹

Chicken Gordon Blu P/Kg
89⁹⁹

Pork Trotters P/Kg
39⁹⁹

Trimmed Beef Rib P/Kg
34⁹⁹

Chicken Backs P/Kg
34⁹⁹

Sosaties Assorted P/Kg
119⁹⁹

Beef Tongue P/Kg
89⁹⁹

Beef Oxtail P/Kg
139⁹⁹

FOODS

Metro fresh

where value meets freshness



All Gold
Tomato Sauce
700ml
29⁹⁹



Buffet Olives
Assorted
300g
29⁹⁹



Velha
Asparagus
Salad Cuts 430g
34⁹⁹



C & B
Mayonnaise
750g
38⁹⁹



Nescafé
Gold Coffee
200g
159⁹⁹



Nam Milk
Fresh Milk
2Ltr
38⁹⁹



Parmalat
Salted Butter
500g
79⁹⁹



Rama
Spread Tub
1Kg
49⁹⁹



Arla Cheese
Slices Assorted
200g
29⁹⁹



Parmalat
Cheese
850g
109⁹⁹



President
Feta Cheese
400g
65⁹⁹



Parmalat Daily
Snack Yoghurt
4 x 100g
17⁹⁹



Flora
Regular/Light
Spread 500g
39⁹⁹



Waldschmidt
Large Eggs
18's
45⁹⁹



Farmhouse
Ice-Cream
Assorted 2Ltr
48⁹⁹



Natures Garden
Country Mix
900g
46⁹⁹



Natures Garden
Steakhouse
Chips 1Kg
52⁹⁹



I & J
Fish Fingers
600g
69⁹⁹



Golden
Pockets Retail
6 x 110g
59⁹⁹



Dr. Oetker
Nice & Easy
Meals 350g
59⁹⁹

LIQUOR



Graca
White or Rosé
750ml
58⁹⁹



KWV Laborie
Red Wine
750ml
79⁹⁹



Van Loveren
Merlot
750ml
82⁹⁹



Fairview
Red Wine
Assorted 750ml
119⁹⁹



Van Lovern
Retief Cape
Blend 750ml
119⁹⁹

Liquor Not For Sale To Persons Under The Age Of 18. Metro Liquor Supports Responsible Alcohol Consumption.

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MOOLA MADNESS

GET MORE FOR LESS!!



MUCH MORE SPECIALS IN-STORE!

Get MORE for your MOOLA!!

Get MORE for your MOOLA!!

Save N\$15.00

49⁹⁹ EACH

Kellogg's Corn Flakes 1Kg

Get MORE for your MOOLA!!

49⁹⁹ EACH

Bokomo Weet-Bix 900g

Save N\$12.00

69⁹⁹ EACH

Clover Butro Spread 500g

Get MORE for your MOOLA!!

or

145⁹⁹ EACH

Jacobs Krönung Coffee 200g or Pouch 230g

Get MORE for your MOOLA!!

18⁹⁹ EACH

Fanta Soft Drinks Assorted 2Ltr

49⁹⁹ EACH

Rama Spread Brick 1Kg

2 For N\$39.99

85g

Goldcrest Smoked Mussels

LANCEWOOD

900g

99⁹⁹ EACH

LANCEWOOD

CHEDDAR

900g

KEEP REFRIGERATED

Lancewood Cheese Assorted 900g

3 For N\$49.99

Excellent Mushroom Pieces & Stem 400g

Best Price!

37⁹⁹ EACH

Clover Milk 2Ltr

125⁹⁹ EACH

Baby Soft Toilet Paper 2Ply 18's

Get MORE for your MOOLA!!

219⁹⁹ EACH

Gallo Olive Oil 750ml

Get MORE for your MOOLA!!

56⁹⁹ EACH

Sunpick Sunflower Oil 2Ltr

Perishables

85⁹⁹ EACH

Realgood IQF Chicken Thighs 1.5Kg

82⁹⁹ EACH

Realgood Premium Braai Pack 1.5Kg

Get MORE for your MOOLA!!

26⁹⁹ EACH

Realgood Liver Tub 500g

39⁹⁹ EACH

McCain Mixed Veg. 1Kg

Get MORE for your MOOLA!!

39⁹⁹ EACH

McCain Stir Fry Assorted 700g

46⁹⁹ EACH

McCain Slap Chips 1Kg

Save N\$8.00

69⁹⁹ EACH

I & J Fish Fingers 600g

86⁹⁹ EACH

Sea Harvest Fish Friday Battered Hake 600g

Get MORE for your MOOLA!!

86⁹⁹ EACH

Chicken Tizers Crumbed Cheese Burgers 975g

115⁹⁹ EACH

Klein Windhoek Schlachtereii Viennas/Russians 2.5Kg

Get MORE for your MOOLA!!

39⁹⁹ EACH

Hartlief Streaky Bacon 150g

59⁹⁹ EACH

Windhoek Schlachtereii Jagdwurst 600g

Get MORE for your MOOLA!!

46⁹⁹ EACH

Clover Cheese Slices Assorted 360g

59⁹⁹ EACH

Emborg Cheese Slices Assorted 150g

49⁹⁹ EACH

Président Camembert or Brie 125g

Get MORE for your MOOLA!!

35⁹⁹ EACH

Clover Feta Cheese Assorted 200g

49⁹⁹ EACH

Fairview Cheese Chevin 100g

Get MORE for your MOOLA!!

35⁹⁹ EACH

Lancewood Cottage Cheese Assorted 230g

39⁹⁹ EACH

Président Cream Cheese Assorted 230g

42⁹⁹ EACH

Parmalat Flavoured Butter 150g

54⁹⁹ EACH

Pancho's Wraps Assorted 6's

Get MORE for your MOOLA!!

79⁹⁹ EACH

Parmalat Salted Butter 500g

29⁹⁹ EACH

Ultramel Custard 1Ltr

Save N\$9.00

26⁹⁹ EACH

Clover Cream 250ml

Get MORE for your MOOLA!!

46⁹⁹ EACH

Nammilk Omaere 2Kg

45⁹⁹ EACH

Waldschmidt Large Eggs 18's

Get MORE for your MOOLA!!

29⁹⁹ EACH

Lancewood Double Cream Yoghurt 1Kg

26⁹⁹ EACH

Clover Bliss Yoghurt 6 x 100g

Get MORE for your MOOLA!!

49⁹⁹ EACH

Country Fresh Ice-Cream Assorted 1.8Ltr

89⁹⁹ EACH

Ola Gino Ginelli Ice-Cream 1.4Ltr

Foods

Save N\$6.00

49⁹⁹ EACH

Tastic Rice 2Kg

26⁹⁹ EACH

Polana Elbows/ Macaroni or Spaghetti 1kg

Any 1 For N\$16.99

Royco Cook in Sauce or Potato Bake each

Both For N\$59.99

Rhodes Gherkins + Beetroot Assorted 780g

Get MORE for your MOOLA!!

18⁹⁹ EACH

Rhodes Chakalaka Assorted 410g

2 For N\$29.99

Lucky Star Shredded Tuna Assorted 170g

Get MORE for your MOOLA!!

24⁹⁹ EACH

Wellington Tomato Sauce 700ml

Each N\$38.99 Rewards Card! N\$37.99

Nando's Sauces 250g or Creamy Sauce 265g

24⁹⁹ EACH

Knorr Salad Dressing Assorted 340ml

Get MORE for your MOOLA!!

29⁹⁹ EACH

Robertson's Master Blend Spices Ass. 200ml

Get MORE for your MOOLA!!

36⁹⁹ EACH

Ina Paarman Spice Assorted 200ml

Each N\$19.99 Rewards Card! N\$18.99

Knorr Aromat Canister 200g

12⁹⁹ EACH

Robertson's Braai & Grill Assorted 200g

65⁹⁹ EACH

Ina Paarman's Bake Mix Assorted each

59⁹⁹ EACH

Jacobs Cappuccino Assorted 10's

Get MORE for your MOOLA!!

41⁹⁹ EACH

Freshpak Rooibos Teabags 80's

Save N\$8.00

49⁹⁹ EACH

Five Roses Tagless Teabags 100's

Get MORE for your MOOLA!!

29⁹⁹ EACH

Nestlé Condensed Milk 385g

Each N\$65.99 Rewards Card! N\$64.99

Yum Yum Peanut Butter Spread 1Kg

139⁹⁹ EACH

Gold Crest Honey 1Kg

3 For N\$50.00

Bakers Tennis Biscuits Assorted 200g

Both For N\$50.00

Bakers Kips + Salticrax Assorted 200g

2 For N\$40.00

Flanagan's Chips Assorted 120g

4 For N\$85.00

Mr. Sweets Chews/Rascals/Gums/Speckled Eggs 125g

Get MORE for your MOOLA!!

11⁹⁹ EACH

Beacon Maynards Assorted 60g

16⁹⁹ EACH

Lays Chips Assorted 105g

32⁹⁹ EACH

Nestlé Still Water 5Ltr

16⁹⁹ EACH

Fruitree Juice Assorted 1Ltr

Get MORE for your MOOLA!!

36⁹⁹ EACH

Brookes Oros Assorted 2Ltr

24 For N\$179.99

6 For N\$47.99

Mirinda/Pepsi/7up/Mountain Dew 300ml Cans

Cosmetics

Get MORE for your MOOLA!!

39⁹⁹ EACH

Colgate Total Range Assorted 75ml

Each N\$69.99 Rewards Card! N\$67.99

Excl. Total Care

Listerine Mouthwash Assorted 500ml

Get MORE for your MOOLA!!

47⁹⁹ EACH

Vaseline Argan Oil Cream or Lotion 400ml

Both For N\$49.99

Lux Body Wash 400ml + Lux Soap 175g Assorted

Men or Ladies

Any 2 For N\$99.99

Nivea Shower Gel/Creme Assorted 500ml

Men or Ladies

29⁹⁹ EACH

Old Spice Spray Assorted 150ml

Each N\$36.99 Rewards Card! N\$35.99

Mitchum Roll-On Assorted 50ml

Get MORE for your MOOLA!!

69⁹⁹ EACH

Garnier Shampoo or Conditioner 400ml

2x Value Pack

115⁹⁹ EACH

Dettol Antiseptic Liquid 2x750ml

Any 2 For N\$50.00

Always Maxi Duo 16's/18's/20's

Baby

I'm New!

Get MORE for your MOOLA!!

34⁹⁹ EACH

Nestlé Cerelac Infant Cereal Assorted 200g

199⁹⁹ EACH

Nestlé Nido 1+ or 3+ Growing Up Milk 900g

99⁹⁹ EACH

Johnson's Baby Wipes 224's/288's

Each N\$209.99 Rewards Card! N\$205.99

Huggies Gold Unisex Value Pack

Get MORE for your MOOLA!!

Save N\$25.00

449⁹⁹ EACH

Pampers Nappies/Pants Megabox

Cleaning

Get MORE for your MOOLA!!

109⁹⁹ EACH

Mr. Sheen Dishwashing Tablets 32's

GREAT VALUE 30% EXTRA

54⁹⁹ EACH

Mr. Sheen Oxi Stain Remover 520g

Get MORE for your MOOLA!!

139⁹⁹ EACH

Omo Auto Washing Powder 4Kg or Liquid 3Ltr

149⁹⁹ EACH

Ariel Liquid 3Ltr or Capsules 30's

NEW Value Pack

36⁹⁹ EACH

Comfort Value Pack Assorted 800ml

Save N\$6.00

29⁹⁹ EACH

Polagrific Dishwashing Liquid 1.5Ltr

Get MORE for your MOOLA!!

59⁹⁹ EACH

Mr. Muscle Tile Cleaner 1.5Ltr

59⁹⁹ EACH

Sunlight Dish Washing Liquid 1.5Ltr

49⁹⁹ EACH

Handy Andy Household Cleaner 1.5Ltr

Value Pack

49⁹⁹ EACH

Sta-Soft Fabric Conditioner 2Ltr

Value Pack

49⁹⁹ EACH

Air Scents Air Freshener Assorted 3 x 200ml

Pet Food



32⁹⁹ EACH
Montego Classic Dog Food 775g

Get MORE for your MOOLA!!



49⁹⁹ EACH
Petley's Cat Food 3Pack 3 x 185g



79⁹⁹ EACH
Marltons Cat Litter 10Kg



219⁹⁹ EACH
Ideal Adult Cat Food Assorted 5Kg

Get MORE for your MOOLA!!



569⁹⁹ EACH
Ideal Adult Dog Food Assorted 25Kg

Plasticware

Assorted Colours



59⁹⁹ EACH
Penflex Bowl with Salad Servers 3.5Ltr

Get MORE for your MOOLA!!



69⁹⁹ EACH
Addis Bread Saver 5.5Ltr M105140



59⁹⁹ EACH
Addis Container Rectangular 200ml M105133



89⁹⁹ EACH
Addis Oval Tub Virgin Plastic 40Ltr M105181

Get MORE for your MOOLA!!



69⁹⁹ EACH
Plastic Black Chair M101398

Household Items



49⁹⁹ EACH
Goldenmarc Wipes on a roll M134430



39⁹⁹ EACH
Goldenmarc Microfibre Cloth Assorted 3Pack M106672



49⁹⁹ EACH
Goldenmarc Nailsaver Sponges 9Pack M146881



99⁹⁹ EACH
Goldenmarc Long Handle Broom M144498



199⁹⁹ EACH
Goldenmarc Twist Mop M144500



14⁹⁹ EACH
Wiley Tumblers M126588

Get MORE for your MOOLA!!



25⁹⁹ EACH
Glass Beer Mug M124647

Save N\$20.00



349⁹⁹ EACH
HTH Dry Chlorine 4Kg M101633



59⁹⁹ EACH
HTH Shock It 500g M101650

10 Piece



499⁹⁹ EACH
Bon Voyage Bakelite Pot Set 10Piece M132050

Get MORE for your MOOLA!!



4999⁹⁹ EACH
Total Blaze 70cm 6 Burner Full Gas Stove M151575



399⁹⁹ EACH
Bennett Read Steam Iron 2200W M135108



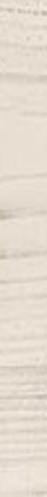
249⁹⁹ EACH
Magneto 4way Surge Protector Plug M151616



349⁹⁹ EACH
Magneto 8way Surge Protector Plug M151617



8599⁹⁹ EACH
Bennett Read Dishwasher 15 Piece



8599⁹⁹ EACH
Bennett Read Front Loader 9Kg

"Vacuum Pack" Bulky Items & Save loads of Space

Both For N\$999.99



4999⁹⁹ EACH
Bennett Read Tough 12 Evo Vacuum + Vacuum Bags 5Pack

Get MORE for your MOOLA!!



4999⁹⁹ EACH
Magneto 2.8KW Petrol Generator M151622

Get a Extra N\$400.00 on your Rewards Card!



7999⁹⁹ EACH
Defy Chest Freezer C530 White M102039

Metro

home

where value meets home

it **UP**

Bedding/Curtains/Scatters/Throws/Bathroom/Towels/Kitchen/Glassware/Plastic/Storage/Rugs/Carpets/Decor/Lighting/Small Appliances

Home



999⁹⁹ EACH

Bennett Read Manual Microwave



499⁹⁹ EACH

Decakila Hand Blender 2in1 1200W

Get MORE for your MOOLA!!



999⁹⁹ EACH

Bennett Read Nutrition Extractor Blender 1000W

Get MORE for your MOOLA!!



499⁹⁹ EACH

Bennett Read Concerto 25 M135175

Get MORE for your MOOLA!!



1699⁹⁹ EACH

Decakila Digital Air Fryer 8Ltr M152284



1299⁹⁹ EACH

Bennett Read Grill Boss 2.0 M152316

Get MORE for your MOOLA!!



169⁹⁹ EACH

Decakila Stainless Steel Kettle 1.8Ltr M152252



699⁹⁹ EACH

Decakila Vacuum Sealer Machine + Bags M152296



6999⁹⁹ EACH

Bennett Read Eco-Tech Washing Machine M137930

Get MORE for your MOOLA!!



6999⁹⁹ EACH

Bennett Read Dishwasher 13 Piece



2999⁹⁹ EACH

Bennett Read Robotic Vacuum Cleaner M139716

Get MORE for your MOOLA!!



1999⁹⁹ EACH

Bennett Read Pet Advance Vacuum Cleaner



1699⁹⁹ EACH

Bennett Read 5 Stage Water Filter System



149⁹⁹ EACH

Contour Round Lift Bin 50Ltr M146497

Get MORE for your MOOLA!!



329⁹⁹ EACH

Goldenmarc SOHO Dinning Cutlery Set 16 Piece

Get MORE for your MOOLA!!



159⁹⁹ EACH

Goldenmarc Twist Mop

Small - N\$159.99
 3/4 - N\$169.99
 Double - N\$199.99
 Queen - N\$219.99
 King - N\$229.99

Hollowfibre Duvet Inners



3/4 - N\$99.99
 Double - N\$109.99
 Queen - N\$129.99

Comforter

Get MORE for your MOOLA!!



149⁹⁹ EACH

Papillow Scatter Ass. 30x60



179⁹⁹ EACH

Papillow Scatter Ass. 50x50

Twinpack



129⁹⁹ EACH

Papillow Pearl Fibre Twinpack Pillows

Get MORE for your MOOLA!!

Metro

NAMIBIA

A Sefalana Group Company

Hyper Liqueur

MOOLA MADNESS

GET MORE FOR LESS!!



CHEAPER BUY THE BOX

Case of 6
N\$479.99
=N\$79.99 each

82⁹⁹ EACH

Kanonkop Kadette Rose 750ml

Get MORE for your MOOLA!!

99⁹⁹ EACH

Beyerskloof Pinotage 750ml

2 For N\$199.99

135⁹⁹ EACH

KWV Roodeberg Red Blend 750ml

Get MORE for your MOOLA!!

135⁹⁹ EACH

Muratie Melck's Red Blend 750ml

Get MORE for your MOOLA!!

179⁹⁹ EACH

Springfield Miss Lucy 750ml

Any 2 For N\$139.99

135⁹⁹ EACH

Perdeberg Classic Wine Assorted 750ml

Any 2 For N\$260.00

135⁹⁹ EACH

Martini Sparkling Assorted 750ml

54⁹⁹ EACH

Underberg Liqueur 750ml

2x 6Pack N\$199.99

154⁹⁹ EACH

Ginologist Cans Assorted 400ml

154⁹⁹ EACH

Cactus Jack Gift Pack 750ml

Save N\$20.00

429⁹⁹ EACH

Jägermeister Liqueur 1Ltr

539⁹⁹ EACH

Hendrick's Gin 750ml

Get MORE for your MOOLA!!

149⁹⁹ EACH

Cape Hope Brandy 750ml

279⁹⁹ EACH

KWV VS Brandy 750ml

Get MORE for your MOOLA!!

1299⁹⁹ EACH

Remy Martin VSOP Cognac 750ml

279⁹⁹ EACH

Tommy Ballards Whisky 750ml

218⁹⁹ EACH

Kahlúa Coffee Liqueur 750ml

Both For N\$178.99

First Watch Whisky 750ml + Coca-Cola 1.25Ltr

Both For N\$221.99

J & B Rare Whisky 750ml + Schweppes Soda Water 1Ltr

Get MORE for your MOOLA!!

349⁹⁹ EACH

Tullamore Dew Irish Whisky 750ml

Liquor Not For Sale To Persons Under The Age Of 18. Metro Liquor Supports Responsible Alcohol Consumption.

Available at: **Hyper (KLEINE KUPPE)**

Bigger, Better and Always CHEAPER!!