



metro
FOOD MARKET

BLOEMFONTEIN

VALID 24/10/2025 TO 06/11/2025

WIN 58" X4 NEW 2025 UHD 4K Hisense

R2000 VOUCHER X1 X25

Hulett's White Sugar

HULETT'S WHITE SUGAR 2.5kg

R49⁹⁵

WHITE STAR SUPER MAIZE MEAL 10kg

R89⁹⁵

SPEKKO RICE 10kg

R129⁹⁵

FARM FOODS CAKE FLOUR 10kg

R96⁹⁵

Dewfresh Full Cream Milk Long Life UHT 6x1L

R79⁹⁵

NOLA PURE SUNFLOWER OIL 2L

R59⁹⁵

JACOBS KRÖNLING COFFEE 200g

R129⁹⁵

Jungle Oats 1kg

R29⁹⁵

BOKOMO VEET-BIX 900g

R44⁹⁵

Stork COUNTRY SPREAD 1kg

R36⁹⁵

ALL GOLD TOMATO SAUCE 700ml

R29⁹⁵

NOLA MAYONNAISE 750g

R32⁹⁵

BULL BRAND CORNED MEAT 300g

R19⁹⁵

RAINBOW FROZEN CHICKEN MIXED PORTIONS 4kg

R149⁹⁵

SUPREME CHICKEN LEG QUARTERS 5kg

R249⁹⁵

Baby Soft Fresh White 18 Rolls

R109⁹⁵

MAQ AUTO WASHING POWDER 3kg

R79⁹⁵

GRAPES RED GLOBE PUNNET

R39⁹⁵

POTATOES 7kg

R49⁹⁵

WATERMELONS

MANAGER SPECIAL

ONIONS 2kg

R19⁹⁵

SEE BUTCHERY SPECIALS IN-STORE

METRO HAMPER R899⁹⁵ per hamper

BEEF MINCE 2kg
PORK BRAAI CHOPS 2kg
BEEF STEW (BONE IN) 2kg
MUTTON BRAAI CHOPS 2kg
KAMEELHOUT BOEREWORS 2kg

MUSHROOMS BUTTERFLY SLICED 250g

BUY 2 FOR R50⁰⁰

APPLES GOLDEN DELICIOUS EC2ND 1.5kg K2

R24⁹⁵

APPLES RED DELICIOUS EC2ND 1.5kg K2

R24⁹⁵

CROWN PRINCE PUMPKIN LOOSE

R49⁹⁵

NECTARINES YELLOW FLESH PUNNET

R34⁹⁵

GREEN BEANS VALUE BAG

R24⁹⁵

TERMS AND CONDITIONS

PRICES VALID UNTIL 06/11/2025 ONLY AT METRO FOOD MARKET AND METRO LIQUOR, BLOEMFONTEIN. METRO FOOD MARKET AND METRO LIQUOR RESERVES THE RIGHT TO LIMIT QUANTITIES. * PRICES INCLUDE VAT. * ALL WELCOME. * E + OE. * SELECTED PRODUCTS HAVE BEEN STYLED FOR PHOTOGRAPHY. * NO BUYING CARDS NEEDED, DEBIT/CREDIT CARDS ACCEPTED.



36 LESSING AVENUE ESTOIRE
051 101 1650

Nescafe Ricoffy R129⁹⁵

Joko Tagless Tea R49⁹⁵

Laager Rooibos Tea R69⁹⁵

Ellis Brown Creamer R49⁹⁵

Enrasta 3-in-1 Coffee R66⁹⁵

Milo R16⁹⁵

Cup Soup R74⁹⁵

Kellogg's Corn Flakes R69⁹⁵

All Bran R69⁹⁵

Yum Yum Peanut Butter R29⁹⁵

Thokoman Peanut Butter R79⁹⁵

Bovril Spread R49⁹⁵

Blue Ribbon Classic Bread R34⁹⁵

Polana Macaroni Spaghetti or Elbow R50⁰⁰

Farm Foods Parboiled White Rice R26⁹⁵

Bull Brand Meatballs R29⁹⁵

Glenryck Pilchards R21⁹⁵

Lucky Star Shredded Tuna R19⁹⁵

Rhodes Baked Beans in Tomato Sauce R9⁹⁵

Rhodes Sliced Beetroot R26⁹⁵

Bisto Original Gravy Powder R17⁹⁵

Imana Super-Sheba Potjie Mix R30⁰⁰

Knorr Stock Cubes R36⁹⁵

Wellington's Sweet Chilli Sauce R39⁹⁵

Knorr Honey Mustard Dressing R34⁹⁵

Gold Cross Condensed Milk R33⁹⁵

Danone Ultra Mel Custard R21⁹⁵

Golden Cloud Muffin Mix R29⁹⁵

First Choice UHT Milk R85⁰⁰

Denmar Fresh Milk R26⁹⁵

Denmar Maas R26⁹⁵

Clover Family Snack Yogurt R19⁹⁵

Excella Whirl Salad Cream R29⁹⁵

Bliss Double Cream Yogurt R39⁹⁵

Low Fat Fruit Cocktail Yogurt R29⁹⁵

Cheddar Flavoured Full Cream Processed Cheese R89⁹⁵

Denmar Gouda or Cheddar Cheese R99⁹⁵

Eskort Diced Bacon R109⁹⁵

Eskort Round Cut Bacon R99⁹⁵

UniCo Catering Bacon R99⁹⁵

Meat Mania Sandwich Ham R59⁹⁵

Meat Mania Smoked Viennas R82⁹⁵

Simply Chicken Vinnas R99⁹⁵

Farmhouse Dairymaid Ice Cream R44⁹⁵

Eskort Shoulder Bacon R21⁹⁵

Harvestime Mixed Vegetables R27⁹⁵

Meat Mania Russian R94⁹⁵

I&J Beefers R99⁹⁵

Fish Fingers R79⁹⁵

Crisp & Chunky R69⁹⁵

Supreme Chicken R169⁹⁵

Supreme Chicken Burgers R159⁹⁵

Supreme Chicken Drumsticks R219⁹⁵

Supreme Chicken Thighs R336⁹⁵

BROOKES ORANGE SQUASH 2L **R 36⁹⁵**

MAGALIES TROPICAL BURST 5L **R 179⁹⁵**

FUSION DAIRY BLEND 1L **R 10⁹⁵**

TROPIKA 2L **R 24⁹⁵**

LIQUI FRUIT 1L **R 29⁹⁵**

RHODES NECTAR JUICE ASSTD 6x200ml **R 29⁹⁵**

BROOKES ORANGE SQUASH 2L **R 36⁹⁵**

ENERGAD 500ml **R 11⁹⁵**

SWITCH ENERGY DRINK 6x500ml **R 44⁹⁵**

BAKERS CHOICE ASSORTED BISCUITS 1kg **R 139⁹⁵**

COCO-COLA COOLDRINK 2L **R 24⁹⁵**

FANTA COOLDRINK 2L **R 17⁹⁵**

HENRO CHOC-CHIP / MY SCOTTIES OR MY CRUNCHIES COOKIES ASSORTED SIZES **R 30⁰⁰**

BAKERS KIPS CRACKERS 200g **R 29⁹⁵**

CRISPY CRAVE CRACKERS 100g **R 30⁰⁰**

SIMBA POTATO CHIPS 120g **R 16⁹⁵**

CHEAS NAK NAKS 135g **R 12⁹⁵**

FIESTA TORTILLA CHIPS 150g **R 12⁹⁵**

SIMBA GHOST POPS 100g **R 11⁹⁵**

BEACON ORIGINAL ALLSORTS 150g **R 19⁹⁵**

MISTER SWEET SPECKLED EGGS 125g **R 31⁹⁵**

CADBURY DAIRY MILK 80g **R 17⁹⁵**

JOHNSON'S BABY WIPES 288 **R 99⁹⁵**

Panadol PAEDIATRIC SYRUP 50ml **R 34⁹⁵**

HUGGIES dry comfort DIAPERS BULK PACK **R 129⁹⁵**

Nestle CERELAC 200g **R 34⁹⁵**

PURITY POUCH 110ml **R 70⁰⁰**

always SKIN PROTECTION 8's, 9's, 10's **R 16⁹⁵**

LIL-LETS SMARTFIT TAMPONS 32's **R 52⁹⁵**

Protex Deep Clean TOILET SOAP 175g **R 12⁹⁵**

DOVE BEAUTY CREAM BAR 4's **R 59⁹⁵**

SATISKIN BUBBLE BATH 2L **R 69⁹⁵**

ORGANICS SHAMPOO OR CONDITIONER 1L **R 74⁹⁵**

Colgate ACTIVE SALT TOOTHPASTE 75ml **R 17⁹⁵**

Colgate CHARCOAL GENTLE CLEAN 100ml **R 29⁹⁵**

Vaseline BODY LOTION / CREAM 400ml **R 46⁹⁵**

INGRAM'S THE SKIN DOCTOR MOISTURE PLUS BODY CREAM 450ml **R 44⁹⁵**

STA-SOFT FABRIC CONDITIONER REFILL 500ml **R 50⁰⁰**

SHIELD ROLL ON 50ml **R 19⁹⁵**

NIVEA dry influence NIVEA ROLL ON 50ml **R 27⁹⁵**

Whifree WHIFREE 75ml **R 49⁹⁵**

SUNLIGHT DISHWASHING LIQUID 750ml **R 29⁹⁵**

HANDY ANDY MPC 750ml **R 24⁹⁵**

NEWDEN PINE GEL 1L **R 32⁹⁵**

MR MIN MULTI SURFACE CLEANER 300ml **R 41⁹⁵**

AIROMA 210ml **R 19⁹⁵**

STA-SOFT FABRIC CONDITIONER REFILL 500ml **R 50⁰⁰**

JIK BLEACH 1.5L **R 37⁹⁵**

COMFORT FABRIC SOFTENER VALUE PACK 800ml **R 41⁹⁵**

SUNLIGHT HAND WASHING POWDER 2kg **R 49⁹⁵**

BIO CLASSIC WASHING POWDER 750g **R 54⁹⁵**

BOBTAIL DOG FOOD 8kg **R 189⁹⁵**

OMO AUTO WASHING POWDER 2kg **R 89⁹⁵**

DOOM INSECTS SPRAY 300ml **R 34⁹⁵**

GARBIE SUPER SAVER REFUSE BAGS 20's **R 26⁹⁵**

TOKAI BRAAI BRIKETTE 4kg **R 39⁹⁵**

BUTCH DOG FOOD 320g **R 24⁹⁵**

CATMOR CAT FOOD 4kg **R 159⁹⁵**

EPOL CAT FOOD 2kg **R 74⁹⁵**

PAMPER CAT FOOD 385g **R 19⁹⁵**

VITARITE ADULT PUPPY FLAVOUR



BLOEMFONTEIN

WIN 58" X4 NEW 2025 UHD 4K Hisense 10 Years R2000 VOUCHER X1 X25

VALID 24/10/2025 TO 06/11/2025

BELL'S EXTRA SPECIAL SCOTCH WHISKY 750ml R199⁹⁵	VAT 69 BLENDED SCOTCH WHISKY 750ml R179⁹⁵	JOHNNIE WALKER SCOTCH WHISKY RED LABEL 750ml R269⁹⁵	JAMESON IRISH WHISKY 750ml R369⁹⁵	HARRIER WHISKY 750ml R179⁹⁵	HENNESSY VERY SPECIAL COGNAC 750ml R529⁹⁵	KWV BRANDY 3 YEARS 750ml R189⁹⁵	WELLINGTON V.O. BRANDY 750ml R179⁹⁵	BUFFELS- FONTEIN BRANDY 750ml R189⁹⁵	RICHELIEU BRANDY 750ml R199⁹⁵
CAPTAIN MORGAN DARK RUM 750ml R199⁹⁵	RED HEART RUM 750ml R199⁹⁵	SMIRNOFF VODKA 1818 750ml R159⁹⁵	BELGRAVIA GIN 750ml R149⁹⁵	GORDON'S LONDON DRY GIN 750ml R169⁹⁵	SEDDGWICK'S OLD BROWN SHERRY 750ml R49⁹⁵	JAGER-MEISTER LIQUEUR 750ml R299⁹⁵	WILD AFRICA CREAM LIQUEUR 750ml R129⁹⁵	CACTUS JACK TEQUILA 750ml R129⁹⁵	
RAIN DANCE Sweet Red WINE BOX 3L R99⁹⁵	DURBANVILLE HILLS WHITE CHENIN BLANC 750ml R69⁹⁵	THE WOLF TRAP WHITE WINE 750ml R49⁹⁵	SAINT ANNA WHITE WINE 750ml R49⁹⁵	KWV ROODEBERG RED WINE 750ml R99⁹⁵	KADETTE CAPE BLEND 750ml R129⁹⁵	RUPERT & ROTHSCHILD RED BLEND 750ml R209⁹⁵	4TH STREET WINE BOX 5L R169⁹⁵	ROBERTSON WINERY R129⁹⁵	
JC LE ROUX SPARKLING WINE SAUVIGNON BLANC 750ml R86⁹⁵	JC LE ROUX SPARKLING WINE SAUVIGNON BLANC 750ml R89⁹⁵	BELGRAVIA GIN CAN 24x440ml R469⁹⁵	AMSTEL RADLER BEER CAN 24x500ml R365⁰⁰	BUFFELS- FONTEIN BRANDY & COLA CAN 24x440ml R460⁰⁰	BAHAMIA SPIRIT COOLER CAN 24x440ml R349⁹⁵	PEACH MARTINI R109⁹⁵	SKILPAD- TEPEL WINE T.J.E 6x275ml R109⁹⁵		
HOOGH CIDER CAN SPRITZER 6x440ml R109⁹⁵	BERNINI AMBER 6x500ml R109⁹⁵	SAVANNA DRY CIDER 12x500ml R279⁹⁵	STRONGBOW APPLE CIDER 24x440ml R355⁰⁰	STELLA ARTOIS NRB 24x330ml R299⁹⁵	CORONA BEER NRB 24x330ml R369⁹⁵	CARLING BLACK LABEL BEER 24x340ml R275⁰⁰			
CARLING BLACK LABEL BEER CAN 24x500ml R329⁹⁵	CASTLE LITE BEER CAN 24x500ml R329⁹⁵	CASTLE LITE BEER CAN 24x500ml R89⁹⁵	HANSA PILSENER BEER CAN 6x500ml R79⁹⁵	CASTLE LITE QUARTZ (WITHOUT EMPTIES) 12x750ml R210⁰⁰	CARLING BLACK LABEL QUARTZ (WITHOUT EMPTIES) 12x750ml R218⁰⁰	HEINEKEN BEER 12x650ml R236⁹⁵	CASTLE LITE BEER NRB 24x330ml R269⁹⁵		

#N18

ALCOHOL NOT FOR SALE TO PERSONS UNDER THE AGE OF 18. DRINK RESPONSIBLY.

METRO LIQUOR TRADING HOURS
MONDAY - FRIDAY: 09H00 - 18H00
SATURDAY: 08H00 - 15H00
SUNDAY: 08H00 - 13H00