

M
METRO
MARKET
Partenaire Intermarché

WEEKEND OFFERS

FROM 18 TO 21 OCTOBER, 2024

UP TO
40%
DISCOUNT



GHAZIR HIGHWAY

OFFERS VALID WHILE STOCKS LAST

DID YOU KNOW?

CORN CAN BE EATEN FRESH OFF THE COB, ROASTED, BOILED, OR GRILLED. IT CAN ALSO BE GROUND INTO CORNMEAL FOR BAKING, POPPED AS POPCORN, OR PROCESSED INTO PRODUCTS LIKE CORN OIL OR CORNFLAKES.

34 LBP
,990
PCS

CORN



29 LBP
,990
KG

CABBAGE



44 LBP
,990
KG

TOMATO



149 LBP
,990
KG

PEACH



69 LBP
,990
KG

CLEMENTINE

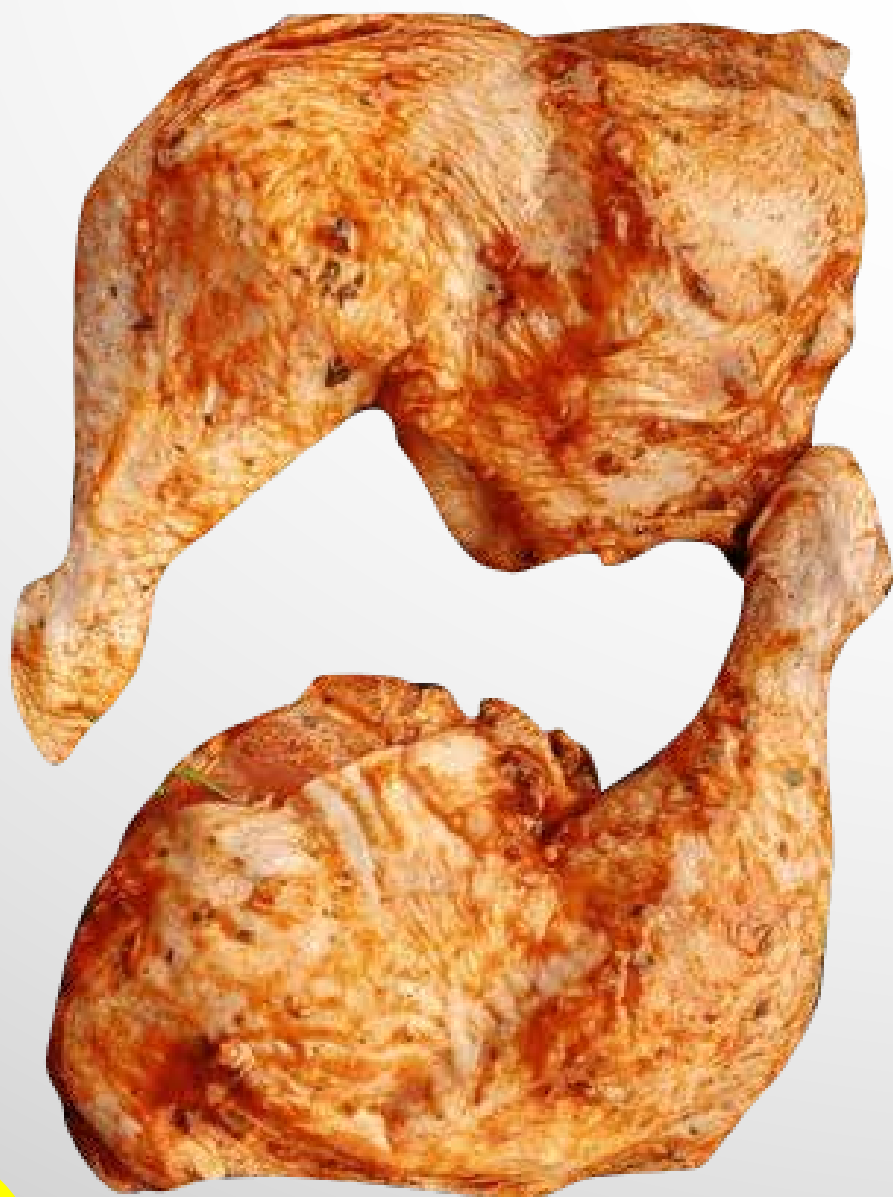
DID YOU KNOW?

CHICKEN ESCALOPE ARE COMMONLY BREADED IN FLOUR, EGG, AND BREADCRUMBS BEFORE BEING PAN-FRIED OR BAKED. THE BREADING ADDS A CRISPY TEXTURE AND HELPS LOCK IN THE MOISTURE OF THE CHICKEN.



**8^{\$}
8.49**
KG

CHICKEN ESCALOPE



**2^{\$}
2.49**
KG

BBQ CHICKEN LEGS



**9^{\$}
9.49**
KG

BEEF CUBES



**9^{\$}
9.69**
KG

BEEF CORODN BLEU

DID YOU KNOW?

SALMON IS ONE OF THE BEST NATURAL SOURCES OF OMEGA-3 FATTY ACIDS, WHICH SUPPORT HEART HEALTH, REDUCE INFLAMMATION, AND PROMOTE BRAIN FUNCTION. THESE HEALTHY FATS CAN ALSO HELP IMPROVE SKIN AND HAIR QUALITY.



4^{\$}
4.40
200 G

NORWEGIAN SALMON STEAKS



15^{\$}
9.99
KG

NORWEGIAN SALMON



9^{\$}
.49
KG

IJAJ



3^{\$}
4.99
KG

FISH FILLET



4^{\$}
9.99
KG

**RABBIT FISH
MWASTA**

DID YOU KNOW?

BRIE IS A GOOD SOURCE OF PROTEIN, CALCIUM, AND VITAMIN B12, IMPORTANT FOR BONE HEALTH, MUSCLE FUNCTION, AND ENERGY PRODUCTION. WHILE IT IS HIGHER IN FAT THAN SOME CHEESES, ITS RICH FLAVOR MEANS A LITTLE GOES A LONG WAY.



~~3.86~~
1 \$
200 G

50%
DISCOUNT

BRIE CHEESE



~~2.60~~
2 \$
200 G

15%
DISCOUNT

KASHKAVAL COW CHEESE



~~3.29~~
2 \$
200 G

30%
DISCOUNT

WHITE CHEDDAR CHEESE



3 \$
200 G

SUPERIOR HAM
JAMBON



1 \$
200 G

MORTADELLA
WITH OLIVES



~~2.11~~
1 \$
200 G

20%
DISCOUNT

ITALIAN MORTADELLA



~~2.87~~
2 \$
200 G

15%
DISCOUNT

TURKEY MORTADELLA



**25%
DISCOUNT**



Plein Soleil

**15%
DISCOUNT**



~~2.95~~
2.65
1.8 L

**10%
DISCOUNT**

**BRUNA OIL
SUNFLOWER OIL**



~~4.50~~
3.60
200 G X 2

**20%
DISCOUNT**

**PLEIN SOLEIL
UNSALTED BUTTER VALUE PACK**



~~5.90~~
4.70
1L

**20%
DISCOUNT**

**BRAVO CREM
FOR COOKING**



~~9.25~~
3.70
1L

**60%
DISCOUNT**

**BRIDEL
MY DESSERT CREAM
WHIPPING CREAM 35.1%**



~~11.20~~
6 \$.75
 75 CL
40% DISCOUNT

WILLIAM LAWSON'S
 BLENDED SCOTCH WHISKY



~~5.98~~
4 \$.65
 70 CL
20% DISCOUNT

GLENBEVY
 BLENDED SCOTCH WHISKY



~~7.50~~
6 \$.55
 1L
15% DISCOUNT

SCOTTISH LEADER
 ORIGINAL
 BLENDED SCOTCH WHISKY



~~9.49~~
7 \$.15
 75 CL
25% DISCOUNT

VAT 69
 BLENDED SCOTCH WHISKY



~~40.90~~
32 \$.90
 75 CL
20% DISCOUNT

GLENFIDDICH
 AGED 12 YEARS
 SINGLE MALT SCOTCH WHISKY



~~21.96~~
16 \$.95
 75 CL
25% DISCOUNT

DEWAR'S
 AGED 12 YEARS
 BLENDED SCOTCH WHISKY



~~28.00~~
21 \$.99
 70 CL
20% DISCOUNT

GREY GOOSE
 VODKA



~~6.50~~
5 \$.20
 75 CL
20% DISCOUNT

DOMAINE DES TOURELLES
 WHITE WINE



~~5.94~~
4 \$.50
 6 PACKS
25% DISCOUNT

MARETTI
 OVEN BAKED BRUSCHETTE CHIPS



25% DISCOUNT



4 @ 1 \$

1 \$
1.00
15 G X 4

CADBURY
FLAKE CHOCOLATE



3 @ 1 \$

1 \$
1.00
28 G X 3

CADBURY
BUBBLY CHOCOLATE



5+1

~~3 \$~~
~~3.70~~

3 \$
2.25
22G X 6

10% DISCOUNT

CADBURY
SANDWICH SNACK!



4+1

2 \$
2.79
33.3 G X 5

**BUY 4
GET 1
FREE**

MILKA
LEO MILK CHOCOLATE



3+1

3 \$
3.79
47 G X 4

**BUY 3
GET 1
FREE**

CÔTE D'OR
DARK CHOCOLATE



3+1

3 \$
3.79
47 G X 4

**BUY 3
GET 1
FREE**

CÔTE D'OR
MILK CHOCOLATE

FROM 1 TO 31 OCTOBER, 2024



100 ANTI-INFLATION PRODUCTS

UP TO
30%
DISCOUNT



GHAZIR HIGHWAY

OFFERS VALID WHILE STOCKS LAST



~~4.35~~
3 \$.89
 200 G

10% DISCOUNT

SYLPHIDE
 EMMENTAL FONDANT CHEESE



~~7.40~~
6 \$.10
 6 PORTIONS X 5 PACKS

20% DISCOUNT

KIRI
 SPREADABLE CREAM CHEESE



~~2.68~~
2 \$.39
 140 G

10% DISCOUNT

KIRI
 DIP & CRUNCH



~~5.99~~
4 \$.19
 200 ML X 4

30% DISCOUNT

PUCK
 COOKING CREAM



~~13.99~~
11 \$.99
 2 KG

15% DISCOUNT

PUCK
 SHREDDED MOZZARELLA



~~12.50~~
11 \$.20
 1.8 KG

10% DISCOUNT

PUCK
 SHREDDED PIZZA TOPPING



~~4.35~~
3 \$.75
 500 G

15% DISCOUNT

PUCK
 PROCESSED CHEESE



~~3.98~~
3 \$.49
 275 G

10% DISCOUNT

KAVAL
 KASHKAVAL COW CHEESE



~~7.96~~
6 \$.99
 550 G

10% DISCOUNT

KAVAL
 KASHKAVAL COW CHEESE



~~5.64~~
4 \$.25
 1 L + 20 CL FREE

25% DISCOUNT

MASTER MARTINI
 MASTER GOURMET CHEF
 FOR COOKING



UP TO
25%
DISCOUNT




~~4.29~~
3.49
1 KG

20% DISCOUNT

CAPTAIN FISHER
WHITE FISH FILLET
GOURMET



~~8.56~~
6.90
31/40

20% DISCOUNT

CAPTAIN FISHER
MEDIUM SHRIMPS
TAIL OFF



~~7.59~~
5.99
51/60

20% DISCOUNT

CAPTAIN FISHER
SMALL SHRIMPS
TAIL OFF



~~4.79~~
3.79
400 G

20% DISCOUNT

CAPTAIN FISHER
BREADED CALAMARI RINGS
CAPRICES



~~5.65~~
5.09
300 G X 2

10% DISCOUNT

CAPTAIN FISHER
BREADED FISH BURGERS



4 PACK
250 ml

Red Bull
ENERGY DRINK

~~6.20~~
5.27
4 X 250 ML

15% DISCOUNT

RED BULL
ENERGY DRINK

RAUCH
SEIT 1919.

RAUCH
AMAZING APPLE
NECTAR
SPARKLING

RAUCH
OUTSTANDING ORANGE
DRINK

RAUCH
GRACEFUL GRAPE
DRINK

~~1.00~~
0.85
355 ML

15% DISCOUNT

RAUCH
JUICES
EACH SOLD SEPARATELY

mastro
Digestive
Whole Wheat Delightful Biscuit
بسكويت القمح الكامل اللذيذ

mastro
Digestive

~~2.38~~
1.29
2 X 135 G

-20% SPECIAL OFFER

MASTRO
DIGESTIVE BISCUITS

mastro
choc-olé
14+2 FREE

Vanilla Cream Filled Cookies
بسكويت قشدة الفانيليا

~~2.38~~
2.10
30 G X 16

10% DISCOUNT

MASTRO
CHOCO-OLÉ
VANILLA CREAM FILLED COOKIES

mastro
HAZELNUT

mastro
CHOCOLATE

mastro
Wafers

~~0.22~~
0.19

15% DISCOUNT

MASTRO
WAFERS
EACH SOLD SEPARATELY

القزّي
AL KAZZI
Quality Nuts
Since 1980

**10%
DISCOUNT**



equia

**30%
DISCOUNT**



ELEPHANT
BAKED SQUEEZED PRETZELS

~~1.79~~
1.52
160 G

**15%
DISCOUNT**

ELEPHANT
BAKED SQUEEZED PRETZELS
EACH SOLD SEPARATELY

ELEPHANT
BAKED SQUEEZED PRETZELS
SEA SALT

~~0.47~~
0.40
40 G

**15%
DISCOUNT**

ELEPHANT
BAKED SQUEEZED PRETZELS
SEA SALT

ELEPHANT
BAKED SQUEEZED PRETZELS
HONEY MUSTARD & ONION

~~0.92~~
0.78
70 G

**15%
DISCOUNT**

ELEPHANT
BAKED SQUEEZED PRETZELS
EACH SOLD SEPARATELY



دانو DANO
اليومي
خليط مجفف من الحليب
المتزوج الدسم والزيت النباتي

عرض خاص -20%
SPECIAL OFFER
2 x 750g

~~10.12~~
8.05
2 X 750 G

20% DISCOUNT

DANO
POWDER MILK



poppins
Corn Flakes

1kg + 250g FREE
مجاناً 250g

Low in Fat
قليل الدهون

6.67
1 KG

POPPINS 1.25 kg
FAMILY PACK CORN FLAKES
+ FREE CORN FLAKES | 250 G



Sante
NO GLUCOSE-FRUCTOSE SYRUP
NO PALM OIL
NO ADDED WHEAT

Granola
fruit
strawberry
cranberry
cherry

~~3.07~~
2.60
350 G

15% DISCOUNT

SANTE
GRANOLA FRUITS
STRAWBERRY | CRANBERRY | CHERRY



Sante
NO GLUCOSE-FRUCTOSE SYRUP
NO PALM OIL
NO ADDED WHEAT

Granola
chocolate
pieces of chocolate

~~3.07~~
2.60
350 G

15% DISCOUNT

SANTE
GRANOLA CHOCOLATE
PIECES OF CHOCOLATE



Sante
No palm oil
No added wheat

GOLD Granola
nuts & honey
orangey & mild

~~3.34~~
2.84
300 G

15% DISCOUNT

SANTE
GOLD GRANOLA
NUTS & HONEY



Sante
fruit
muesli
dates, cranberries,
bananas, apples

~~2.76~~
2.35
350 G

15% DISCOUNT

SANTE
MUESLI FRUITS
DATES, CRANBERRIES, BANANAS, APPLES



Kellogg's

15% DISCOUNT

Includes: FROST LOOPS, FROSTIES, CRUNCHY NUT, SPECIAL K, SMACKS, COCO POPS, CORN FLAKES, Sultana Bran, GRANOLA, Rice Krispies, and SPECIAL K 83.



UP TO 30% DISCOUNT

BOILED CHICKPEAS READY TO EAT 400g	L MOUDAMM READY TO EAT 400g	HUMMUS TAHINI READY TO EAT 400g	ANS & CHICKPEA READY TO EAT 400g	WHOLE MUSHROOM READY TO EAT 400g	SLICED MUSHROOM READY TO EAT 400g	SWEET CORN READY TO EAT 340g
0 \$.57	0 \$.52	0 \$.62	0 \$.57	1 \$.09	1 \$.19	0 \$.88



-20%

3 \$.69 **20% DISCOUNT**

400 G X 2

ORLY
GREEN PEAS



10% CASHBACK




2 \$.28

1 \$.95 **15% DISCOUNT**

400 G

ORLY
GREEN PEAS & BABY CAROTS



4 \$.50

3 \$.15 **30% DISCOUNT**

400 G X 2

MONARCH
SLICED MUSHROOMS



4 \$.66

3 \$.25 **30% DISCOUNT**

400 G X 2

MONARCH
WHOLE MUSHROOMS



~~4.95~~
4 \$
200 G X 3
10% DISCOUNT

PLEIN SOLEIL
WHITE TUNA IN OIL



~~5.50~~
4 \$
185 G | 2+1 FREE
10% DISCOUNT

MARINA BLUE
WHITE TONGOL MEAT TUNA IN VEGETABLE OIL



~~3.30~~
2 \$
430 G
25% DISCOUNT

AMORA
GOURMET MUSTARD



~~3.45~~
2 \$
125 G X 3
15% DISCOUNT

MONARCH
SARDINES IN VEGETABLE OIL



~~6.02~~
5 \$
800 GR
10% DISCOUNT

SHAHIN
LEBANESE TAHINA



~~3.21~~
2 \$
400 GR
10% DISCOUNT

SHAHIN
LEBANESE TAHINA



2 \$
1000 G
OCEAN GARDEN
TOMATO PASTE
+ ARBELLA PASTA | 400 G



~~5.07~~
4 \$
800 GR
10% DISCOUNT

SHAHIN
LEBANESE HALAWA VANILLA



~~7.73~~
6 \$
800 GR
10% DISCOUNT

SHAHIN
LEBANESE HALAWA PISTACHIO

~~1.50~~
1 \$.29
1 L X 2

15% DISCOUNT

OCEAN GARDEN
WHITE VINEGAR

~~2.64~~
2 \$.35
255 G

10% DISCOUNT

PLEIN SOLEIL
MUSTARD
+ KETCHUP | 340 G

~~3.10~~
2 \$.49
510 G X 2

20% DISCOUNT

PLEIN SOLEIL
KETCHUP

~~10.50~~
8 \$.45
5 L

20% DISCOUNT

PLEIN SOLEIL
SUNFLOWER OIL

~~11.30~~
8 \$.99
1.8 L X 2

20% DISCOUNT

PLEIN SOLEIL
CANOLA OIL

~~2.15~~
1 \$.72
8 OZ

20% DISCOUNT

MONARCH
MUSTARD

~~2.89~~
2 \$.31
14 OZ

20% DISCOUNT

MONARCH
MUSTARD

~~4.76~~
3 \$.59
500 G | 3+1 FREE

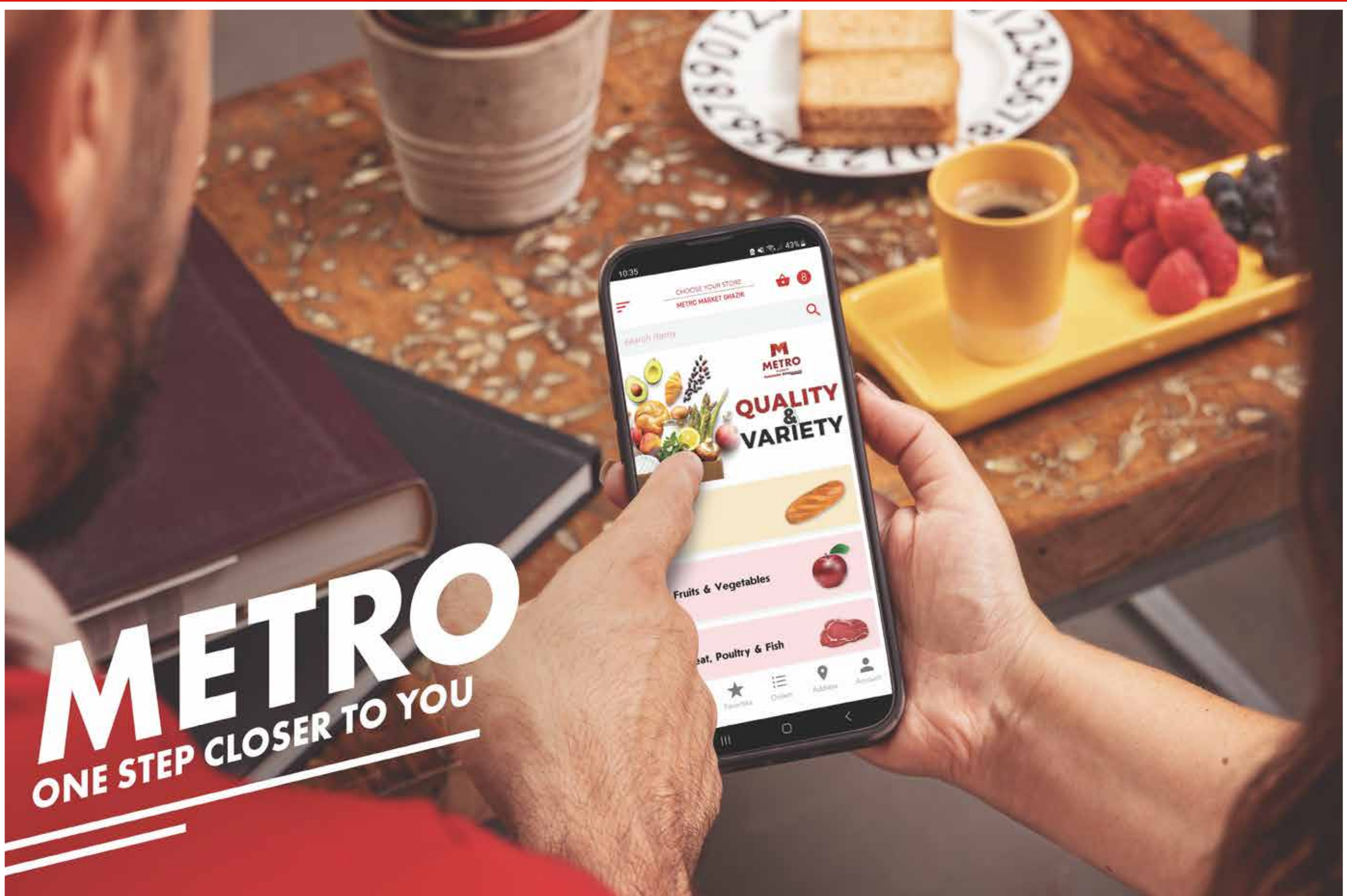
25% DISCOUNT

PANZANI
SPAGHETTI N°5

~~4.76~~
3 \$.59
500 G | 3+1 FREE

25% DISCOUNT

PANZANI
VERMICELLI



METRO
ONE STEP CLOSER TO YOU

GET THE APP NOW



**10% DISCOUNT
ON YOUR FIRST ORDER
PROMOCODE: FIRST10**

