

FROM 7 TO 10 FEBRUARY 2025



W E E K E N D  
**OFFERS**

**20%**  
**DISCOUNT**



~~31.99~~

**25.99**

**HENDRICK'S**  
GIN  
70 CL

**GHAZIR HIGHWAY**

OFFERS VALID WHILE STOCKS LAST

## DID YOU KNOW?

BROWN ONIONS ARE PACKED WITH ANTIOXIDANTS AND NATURAL COMPOUNDS THAT SUPPORT IMMUNE HEALTH AND DIGESTION. THEIR RICH, SAVORY FLAVOR MAKES THEM A STAPLE IN COUNTLESS DISHES, FROM SOUPS TO STIR-FRIES.

**-50%**

## BROWN ONION

**36**,990 LBP  
KG



**64** LBP  
990  
KG

## SWEET POTATO



**59** LBP  
990  
KG

## BEETROOT



**159** LBP  
990  
KG

## APPLE GALA



**59** LBP  
990  
KG

## SWEET ORANGE



BACK ON YOUR CARD 9.90

98.99  
KG

10%  
CASHBACK

WAGYU



BACK ON YOUR CARD 6.99

69.90  
KG

10%  
CASHBACK

ANGUS



BACK ON YOUR CARD 5.59

55.90  
KG

10%  
CASHBACK

GRASS FED TENDERLOIN



BACK ON YOUR CARD 3.60

35.99  
KG

10%  
CASHBACK

BLACK ANGUS



BACK ON YOUR CARD 0<sup>s</sup>.63

**10<sup>s</sup>.49**  
KG

**6%**  
CASHBACK

**BEEF CORDON BLEU**



BACK ON YOUR CARD 0<sup>s</sup>.57

**9<sup>s</sup>.49**  
KG

**6%**  
CASHBACK

**MAKANEK**



BACK ON YOUR CARD 0<sup>s</sup>.48

**7<sup>s</sup>.99**  
KG

**6%**  
CASHBACK

**CHICKEN TAOUK**



BACK ON YOUR CARD 0<sup>s</sup>.17

**2<sup>s</sup>.79**  
KG

**6%**  
CASHBACK

**BBQ CHICKEN WINGS**

## DID YOU KNOW?

FISH MEAT IS A GREAT SOURCE OF HIGH-QUALITY PROTEIN, ESSENTIAL VITAMINS, AND OMEGA-3 FATTY ACIDS, WHICH SUPPORT HEART HEALTH, BRAIN FUNCTION, AND MUSCLE GROWTH. A NUTRITIOUS AND DELICIOUS CHOICE FOR ANY MEAL.



## SALMON SLICES

**4<sup>.99</sup> \$**  
200 G



**2<sup>\$</sup>**  
**2.99**  
KG

## FISH FILLET



**7<sup>\$</sup>**  
**.50**  
KG

## SHRIMPS 40-50



~~7.00~~  
**6 \$ .20**  
200 G

**10% DISCOUNT**

**FROMAGER D'AFFINOIS**  
COW'S CHEESE  
WITH BLACK TRUFFLE



~~5.28~~  
**3 \$ .99**  
200 G

**25% DISCOUNT**

**KASHKAVAL**  
SHEEP'S CHEESE

**DON'T MISS OUT!**  
**BATARD AUX NOIX**

**10% DISCOUNT**





~~4.00~~  
**2 \$ .99**  
200 G

**25% DISCOUNT**

**SCHARDINGER**  
PYRENERO



~~2.25~~  
**1 \$ .99**  
200 G

**10% DISCOUNT**

**FONDEL**  
EDAM CHEESE



**1 \$ .40**  
200 G

**MORTADELLA**  
WITH OLIVES



~~2.89~~  
**1 \$ .10**  
200 G

**60% DISCOUNT**

**ELPOZO**  
HAM SHOULDER FOR SANDWICHES



~~2.52~~  
**1 \$ .99**  
200 G

**20% DISCOUNT**

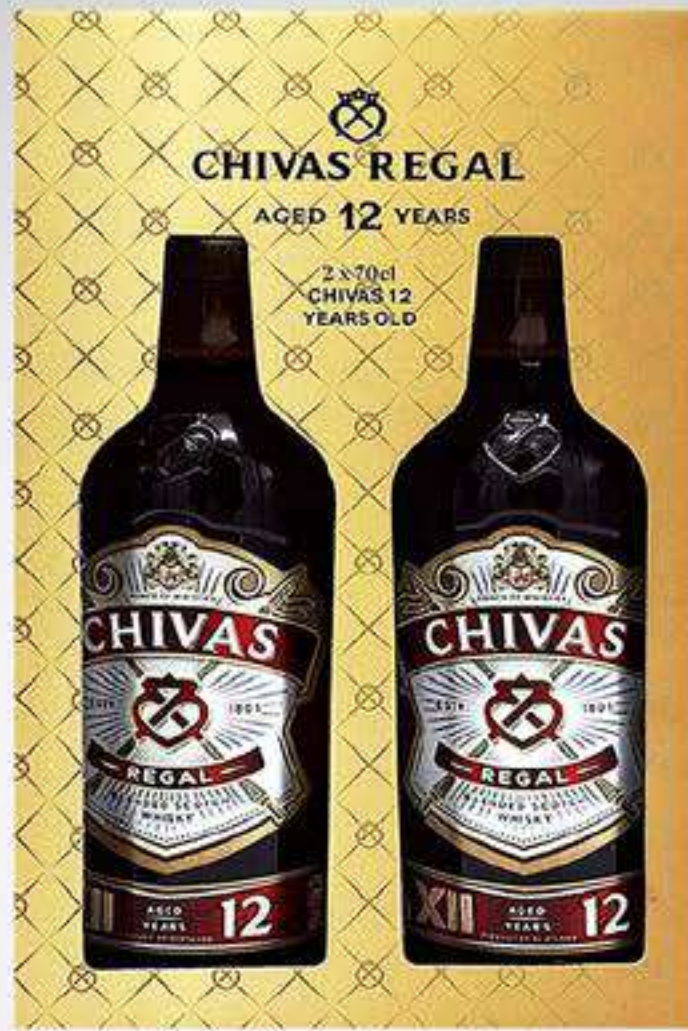
**LAPIARA**  
CHICKEN MORTADELLA



~~32<sup>s</sup>.99~~  
**27<sup>s</sup>.99**  
 70 CL

**15% DISCOUNT**

**THE SINGLETON**  
 12 YEARS OLD  
 LUSCIOUS NECTAR  
 SINGLE MALT SCOTCH WHISKY



~~43<sup>s</sup>.25~~  
**36<sup>s</sup>.99**  
 70 CL X 2

**15% DISCOUNT**

**CHIVAS REGAL**  
 AGED 12 YEARS  
 BLENDED SCOTCH WHISKY



~~19<sup>s</sup>.99~~  
**15<sup>s</sup>.99**  
 75 CL

**20% DISCOUNT**

**BOMBAY SAPPHIRE**  
 DISTILLED LONDON DRY GIN  
 VAPOUR INFUSED



~~31<sup>s</sup>.99~~  
**25<sup>s</sup>.99**  
 70 CL

**20% DISCOUNT**

**HENDRICK'S**  
 GIN



~~14<sup>s</sup>.20~~  
**11<sup>s</sup>.30**  
 70 CL

**20% DISCOUNT**

**JÄGERMEISTER**  
 HERBAL LIQUEUR



~~12<sup>s</sup>.00~~  
**10<sup>s</sup>.20**  
 75 CL

**15% DISCOUNT**

**CASA BOTTEGA**  
 PROSECCO D.O.C  
 BRUT



~~10<sup>s</sup>.56~~  
**8<sup>s</sup>.99**  
 75 CL

**15% DISCOUNT**

**GORDON'S**  
 LONDON DRY GIN

**Nestlé** Whole Grain No 1 ingredient الحبوب الكاملة المكون رقم واحد

**SAVE 10%**

**CHOCAPIC**  
STRONG CHOCOLATE TASTE!  
نعم الشوكولاتة القليلة!

~~3.89~~  
**3.50**  
375 G

**10% DISCOUNT**

**NESTLE**  
CHOCAPIC CEREAL

**Nestlé** Whole Grain No 1 ingredient الحبوب الكاملة المكون رقم واحد

**LIION**  
CARAMEL & CHOCOLATE  
رقائق الفصح بطعم الشوكولاتة والكراميل

~~5.12~~  
**4.60**  
400 G

**10% DISCOUNT**

**SAVE 10%**

**NESTLE**  
LION  
CARAMEL & CHOCOLATE CEREAL

**Nestlé** Whole Grain No 1 ingredient الحبوب الكاملة المكون رقم واحد

**Nesquik**  
with 7 Vitamins & Minerals  
مع 7 فيتامينات ومعادن

**SAVE 10%**

~~2.98~~  
**2.68**  
450 G

**10% DISCOUNT**

**NESTLE**  
CEREAL BAG

**Nestlé** Whole Grain No 1 ingredient الحبوب الكاملة المكون رقم واحد

**SAVE 10%**

**Fitness**  
الفواكه  
Fruits

HIGH SOURCE OF FIBER  
SOURCE OF B-VITAMINS

~~5.97~~  
**5.35**  
375 G

**10% DISCOUNT**

**NESTLE**  
FITNESS FRUITS CEREAL

**Nestlé** Whole Grain No 1 ingredient الحبوب الكاملة المكون رقم واحد

**SAVE 10%**

**Fitness**  
المصلي  
Original

~~3.05~~  
**2.73**  
420 G

**10% DISCOUNT**

**NESTLE**  
FITNESS CEREAL BAG

**Nestlé**

**كليم**

**SAVE 10%**

~~2.65~~  
**2.39**  
350 G

**10% DISCOUNT**

**NESTLE**  
KLIM POWDER MILK

**Nestlé**

**كليم**

**SAVE 10%**

~~12.38~~  
**11.12**  
2 KG

**10% DISCOUNT**

**NESTLE**  
KLIM POWDER MILK





**0** \$  
**.25**  
22.5 G

**BOUNTY**  
TWIN WAFERS

**0** \$  
**.15**  
11.25 G

**GALAXY**  
FLUTES CREAMY  
SINGLE WAFER

**0** \$  
**.25**  
22.5 G

**TWIX**  
TWIN WAFERS



**METRO**  
ONE STEP CLOSER TO YOU

**GET THE APP NOW**



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



FROM 7 TO 16 FEBRUARY 2025



# Valentine's **FAIR**

**35%**  
**DISCOUNT**



~~6\$~~  
6.05

**3\$**  
**.89**

**EXPERT CLUB**  
LA CROIX DU PIN  
MERLOT  
RED WINE | 75 CL

**GHAZIR HIGHWAY**

OFFERS VALID WHILE STOCKS LAST



# THE EXPERT CLUB SELECTION



~~6<sup>s</sup>.05~~  
**3<sup>s</sup>.89**  
75 CL

**35% DISCOUNT**

**EXPERT CLUB**  
LA CROIX DU PIN  
MERLOT  
RED WINE



~~7<sup>s</sup>.41~~  
**5<sup>s</sup>.19**  
75 CL

**30% DISCOUNT**

**EXPERT CLUB**  
BERGERAC  
RED WINE



~~7<sup>s</sup>.75~~  
**4<sup>s</sup>.25**  
75 CL

**45% DISCOUNT**

**EXPERT CLUB**  
LA CROIX DU PIN  
CINSAULT-GRENACHE  
ROSÉ WINE



~~6<sup>s</sup>.76~~  
**4<sup>s</sup>.45**  
75 CL

**35% DISCOUNT**

**EXPERT CLUB**  
LA CROIX DU PIN  
SYRAH-GRENACHE  
ROSÉ WINE



~~5<sup>s</sup>.85~~  
**4<sup>s</sup>.19**  
75 CL

**30% DISCOUNT**

**EXPERT CLUB**  
RASPBERRY ROSÉ



~~5<sup>s</sup>.21~~  
**3<sup>s</sup>.85**  
75 CL

**25% DISCOUNT**

**EXPERT CLUB**  
GRAPEFRUIT ROSÉ



~~19<sup>s</sup>.09~~  
**13<sup>s</sup>.29**  
75 CL

**30% DISCOUNT**

**EXPERT CLUB**  
CUVÉE ST SÉBASTIEN  
CRÉMANT D'ALSACE  
BRUT ROSÉ



~~7<sup>s</sup>.43~~  
**4<sup>s</sup>.69**  
75 CL

**35% DISCOUNT**

**EXPERT CLUB**  
LA CROIX DU PIN  
SAUVIGNON  
WHITE WINE





~~11<sup>\$</sup>.88~~  
**8<sup>\$</sup>.37**  
75 CL

**30% DISCOUNT**

**KÄFER**  
NERO D'AVOLA  
RED WINE



~~9<sup>\$</sup>.84~~  
**6<sup>\$</sup>.94**  
75 CL

**30% DISCOUNT**

**KÄFER**  
MERLOT  
RED WINE



~~10<sup>\$</sup>.50~~  
**7<sup>\$</sup>.40**  
75 CL

**30% DISCOUNT**

**ANDES**  
MERLOT  
DRY RED WINE



~~10<sup>\$</sup>.50~~  
**7<sup>\$</sup>.40**  
75 CL

**30% DISCOUNT**

**ANDES**  
CABERNET SAUVIGNON  
DRY RED WINE



~~10<sup>\$</sup>.50~~  
**7<sup>\$</sup>.40**  
75 CL

**30% DISCOUNT**

**FAIR WINE**  
MERLOT  
& CABERNET SAUVIGNON



~~9<sup>\$</sup>.19~~  
**6<sup>\$</sup>.48**  
75 CL

**30% DISCOUNT**

**MONTE ROSSO**  
SWEET  
RED WINE



~~7<sup>\$</sup>.87~~  
**5<sup>\$</sup>.55**  
75 CL

**30% DISCOUNT**

**LA CORRIDA**  
TEMPRANILLO  
RED WINE

## WHERE DOES THE COLOR OF RED WINE COME FROM?

*Grape juice is colorless!*

It's the maceration of the skins with the juice that gives red wine its color, which evolves during maturation and aging.

*What influences the color shades of red wine?*

- The quality of the grapes and their variety (grape type)
- The climate
- The winemaking and aging process





~~9<sup>s</sup>.19~~  
**6<sup>s</sup>.48**  
75 CL

**30% DISCOUNT**

**EAGLE CREEK**  
RUBY CABENET  
RED WINE



~~9<sup>s</sup>.19~~  
**6<sup>s</sup>.48**  
75 CL

**30% DISCOUNT**

**EAGLE CREEK**  
ZINFANDEL  
RED WINE



~~9<sup>s</sup>.19~~  
**6<sup>s</sup>.48**  
75 CL

**30% DISCOUNT**

**CARSON'S**  
CABERNET-SAUVIGNON SHIRAZ  
DRY RED WINE



~~11<sup>s</sup>.25~~  
**8<sup>s</sup>.49**  
75 CL

**25% DISCOUNT**

**PORTO**  
RODRIGO  
TAWNY

**RODRIGO**  
TAWNY PORTO



~~6<sup>s</sup>.65~~  
**4<sup>s</sup>.99**  
75 CL

**25% DISCOUNT**

**DOMAINE DES TOURELLES**  
RED WINE



~~7<sup>s</sup>.45~~  
**5<sup>s</sup>.99**  
75 CL

**20% DISCOUNT**

**CHATEAU KEFRAYA**  
BRETÈCHES  
RED WINE



~~36<sup>s</sup>.55~~  
**31<sup>s</sup>.49**  
75 CL

**15% DISCOUNT**

**CHATEAU KEFRAYA**  
2008  
RED WINE



~~11<sup>s</sup>.50~~  
**9<sup>s</sup>.95**  
75 CL

**15% DISCOUNT**

**CHATEAU KEFRAYA**  
COTEAUX  
RED WINE



~~7<sup>s</sup>.50~~  
**6<sup>s</sup>.39**  
75 CL

**15% DISCOUNT**

**CHATEAU KSARA**  
RESERVE DU COUVENT  
RED WINE

~~10 \$ .50~~  
**7 \$ .40**  
 75 CL

**30% DISCOUNT**

**FAIR WINE**  
 CHARDONNAY & CHENIN BLANC



~~10 \$ .50~~  
**7 \$ .40**  
 75 CL

**30% DISCOUNT**

**ANDES**  
 CHARDONNAY DRY WHITE WINE



~~10 \$ .50~~  
**7 \$ .40**  
 75 CL

**30% DISCOUNT**

**ANDES**  
 SAUVIGNON BLANC DRY WHITE WINE



~~9 \$ .19~~  
**6 \$ .48**  
 75 CL

**30% DISCOUNT**

**CARSON'S**  
 CHARDONNAY DRY WHITE WINE



~~9 \$ .19~~  
**6 \$ .48**  
 75 CL

**30% DISCOUNT**

**MONTE BIANCO**  
 MEDIUM SWEET WHITE WINE



~~9 \$ .19~~  
**6 \$ .48**  
 75 CL

**30% DISCOUNT**

**EAGLE CREEK**  
 CHARDONNAY WHITE WINE



~~6 \$ .65~~  
**4 \$ .99**  
 75 CL

**25% DISCOUNT**

**DOMAINE DES TOURELLES**  
 WHITE WINE

PROMO -10%



~~7 \$ .45~~  
**5 \$ .99**  
 75 CL

**20% DISCOUNT**

**CHATEAU KEFRAYA**  
 BLANC DE BLANCS WHITE WINE



~~5 \$ .99~~  
**5 \$ .15**  
 75 CL

**15% DISCOUNT**

**CHATEAU KSARA**  
 BLANC DE BLANCS WHITE WINE



~~10.50~~  
**7.40**  
75 CL

**30% DISCOUNT**

**ANDES**  
SYRAH ROSE  
DRY ROSÉ WINE

~~9.19~~  
**6.48**  
75 CL

**30% DISCOUNT**

**EAGLE CREEK**  
ZINFANDEL ROSÉ  
ROSÉ WINE

~~6.65~~  
**4.99**  
75 CL

**25% DISCOUNT**

**DOMAINE DES TOURELLES**  
ROSÉ WINE

~~7.45~~  
**5.99**  
75 CL

**20% DISCOUNT**

**CHATEAU KEFRAYA**  
MYST  
ROSÉ WINE

~~5.99~~  
**4.99**  
75 CL

**15% DISCOUNT**

**CHATEAU KSARA**  
SUNSET  
ROSÉ WINE

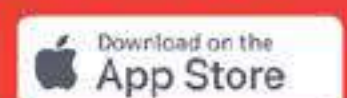


**METRO**  
ONE STEP CLOSER TO YOU

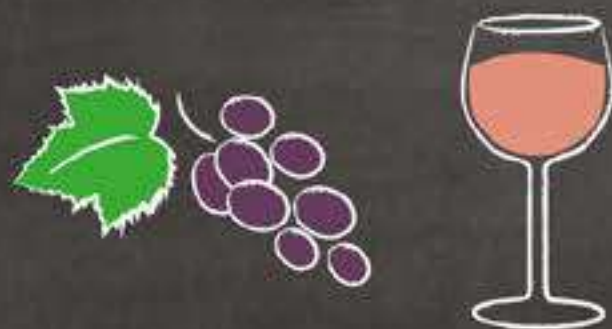
**GET THE APP NOW**



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



## THE PROCESS FOR **ROSÉ WINE** IS SIMILAR TO **RED WINE!**



While the maceration of grape skins with the juice lasts 2 to 3 weeks for red wine, it only takes about half a day for rosé. This gives the wine its delicate pink hue!



~~6<sup>\$</sup>.32~~  
**4<sup>\$</sup>.55**  
200 G

**30% DISCOUNT**

**MANCHEGO**  
AGED 6 MONTHS



~~4<sup>\$</sup>.13~~  
**2<sup>\$</sup>.85**  
200 G

**30% DISCOUNT**

**DAIRY KHOURY**  
GOAT CHEESE WITH CRANBERRY



~~4<sup>\$</sup>.00~~  
**2<sup>\$</sup>.80**  
200 G

**30% DISCOUNT**

**DAIRY KHOURY**  
GOAT CHEESE WITH DRIED TOMATOES



~~3<sup>\$</sup>.57~~  
**3<sup>\$</sup>.01**  
200 G

**15% DISCOUNT**

**RACLETTE CHEESE**



~~4<sup>\$</sup>.00~~  
**3<sup>\$</sup>.60**  
200 G

**10% DISCOUNT**

**HARD CHEESE**



**7<sup>\$</sup>.35**  
200 G

**LE GRAND RUSTIQUE**



**3<sup>\$</sup>.55**  
200 G

**ST. CLEMENS**  
DANISH BLUE CHEESE



**3<sup>\$</sup>.02**  
200 G

**BRIE CHEESE**





~~6<sup>\$</sup>.90~~  
**5<sup>\$</sup>.99**  
150 G

**15% DISCOUNT**

**VAL DE CHENES**  
SAINTE-MAURE  
PLAIN



~~6<sup>\$</sup>.90~~  
**5<sup>\$</sup>.99**  
150 G

**15% DISCOUNT**

**VAL DE CHENES**  
SAINTE-MAURE  
ASH



~~5<sup>\$</sup>.52~~  
**4<sup>\$</sup>.90**  
70 G

**10% DISCOUNT**

**VAL DE CHENES**  
CROTTIN RUSTIQUE



**9<sup>\$</sup>.75**  
250 G

**VAL DE CHENES**  
DAME DE NUIT



**8<sup>\$</sup>.50**  
200 G

**VAL DE CHENES**  
DAME BLANCHE



**Bastides**  
SALAISONS 1962

**9<sup>\$</sup>.19**  
200 G

**BASTIDES**  
SMALL SAUSAGES  
EACH SOLD SEPARATELY

~~6<sup>\$</sup>.53~~  
**4<sup>\$</sup>.20**  
 200 G

**35% DISCOUNT**

**PROSCIUTTO COTTO WITH TRUFFLE**

~~4<sup>\$</sup>.23~~  
**2<sup>\$</sup>.93**  
 200 G

**30% DISCOUNT**

**ITALIA SAPORI HIGH QUALITY COOKED HAM**

~~4<sup>\$</sup>.66~~  
**3<sup>\$</sup>.83**  
 200 G

**20% DISCOUNT**

**MONTEVECCHIO DEBONED CURED HAM**

**7<sup>\$</sup>.91**  
 200 G

**BRESAOLA**

~~6<sup>\$</sup>.44~~  
**4<sup>\$</sup>.45**  
 200 G

**30% DISCOUNT**

**SALAD SEAFOOD**

**7<sup>\$</sup>.50**  
 200 G

**SALAD PULP**

**3<sup>\$</sup>.58**  
 200 G

**KING PRAWN**



~~8<sup>s</sup>.65~~  
**5<sup>s</sup>.25**  
200 G

**40% DISCOUNT**

**SNOWDONIA CHEESE**  
BOUNCING BERRY  
CHEDDAR & CRANBERRIES



~~8<sup>s</sup>.60~~  
**6<sup>s</sup>.35**  
150 G

**25% DISCOUNT**

**GARCIA BAQUERO**  
MANCHEGO SHEEP CHEESE  
AGED 6 MONTHS



~~7<sup>s</sup>.00~~  
**5<sup>s</sup>.49**  
150 G

**20% DISCOUNT**

**SOIGNON**  
GOAT CHEESE DISKS  
PLAIN



*Depuis 1895*  
**SOIGNON**

~~4<sup>s</sup>.20~~  
**3<sup>s</sup>.35**  
125 G


**20% DISCOUNT**

**SOIGNON**  
GOAT CHEESE  
EACH PACK SOLD SEPARATELY





**METRO**  
ONE STEP CLOSER TO YOU

**GET THE APP NOW**



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

GET IT ON  Google Play

Download on the  App Store

**Ritter  
SPORT**

~~4.85~~  
100 G X 2

~~4.53~~  
100 G X 2

~~4.53~~  
100 G X 2



~~4.85~~  
100 G X 2



~~8.88~~  
**7.59**  
340 G

**15% DISCOUNT**

**WONDERFUL COPENHAGEN**  
BUTTER COOKIES  
& CHOCOLATE CHIP COOKIES



~~6.57~~  
**5.75**  
340 G

**10% DISCOUNT**

**DANISH**  
LOVE BIRDS  
TRADITIONAL BUTTER COOKIES



~~2.22~~  
**1.99**  
160 G

**10% DISCOUNT**

**BRITANNIA**  
50/50  
TIME PASS CLASSIC SALTED CRACKER



~~2.22~~  
**1.99**  
150 G

**10% DISCOUNT**

**BRITANNIA**  
NUTRI CHOICE ESSENTIALS  
OAT COOKIES



~~8.75~~  
200 G

~~4.25~~  
50 G

~~12.95~~  
200 G

~~12.95~~  
200 G

~~2.09~~  
24 G

**EUROCAKE**  
TASTE THE DIFFERENCE



~~2.36~~  
**1.69**  
PACK OF 5  
**30% DISCOUNT**  
**80 CALORIES PER BAR**

**EUROCAKE**  
SKINNY ME BARS  
EACH PACK SOLD SEPARATELY

NUTRI-SCORE  
**ABCDE**



~~2.20~~  
**1.59**  
100 G  
**30% DISCOUNT**

**IVORIA**  
DARK CHOCOLATE



NUTRI-SCORE  
**ABCDE**



~~2.18~~  
**1.59**  
100 G  
**25% DISCOUNT**

**IVORIA**  
MILK CHOCOLATE  
WITH RICE CRISPY



NUTRI-SCORE  
**ABCDE**



~~2.31~~  
**1.69**  
100 G  
**25% DISCOUNT**

**IVORIA**  
MILK CHOCOLATE



NUTRI-SCORE  
**ABCDE**



~~1.86~~  
**1.69**  
100 G  
**10% DISCOUNT**

**IVORIA**  
WHITE CHOCOLATE



~~1.89~~  
**1.49**  
63 G  
**20% DISCOUNT**

**EVA**  
PREMIUM KUNAFI CHOCOLATE  
EACH SOLD SEPARATELY



**5** \$  
**.49**  
175 G

**STORCK**  
MERCY TOGETHER  
ASSORTED FILLED CHOCOLATE PIECES



**4** \$  
**.25**  
200 G

**NESTLÉ**  
AFTER EIGHT  
STRAWBERRY & MINT FLAVOUR





~~165<sup>s</sup>.58~~  
**149<sup>s</sup>.99**

**10%  
DISCOUNT**

**BEKA  
SIR+  
CHOCOLATE FONDUE**



~~134<sup>s</sup>.15~~  
**120<sup>s</sup>.99**

**10%  
DISCOUNT**

**BEKA  
APOLLO  
FONDUE SET FOR 6 PEOPLE**

# YANKEE CANDLE®

**UP TO  
-35%**



Colgate

-20%



SENSODYNE

-15%



SWISS image SWITZERLAND

-20%



LAGOON EXPERT CARE

-40%



M METRO MARKET

FROM 7 TO 16 FEBRUARY, 2025

OFFERS VALID WHILE STOCKS LAST



