



SUMMER  
**2021**

OPENING IN  
GARDENS  
CAPE TOWN  
1 MARCH



SIMPLICITY . GENEROSITY . CONVENIENCE . QUALITY



Proudly  
Partnering with  
Discovery Vitality's  
HealthyDining.

[www.frozenforyou.co.za](http://www.frozenforyou.co.za)



BY WORD OF MOUTH

*frozen for you*



## Our STORY



We're a family owned company that was officially launched in 2018. We have a long history in the food industry, with our founder Karen Short having started **By Word of Mouth** catering in 1993. **By Word of Mouth** has grown into one of the best catering companies in the country and has been voted Best Caterer in Joburg for 20 years in a row! What started with take-home versions of our most loved meals has become an impressive range of family-favourite frozen meals.

We opened our first store in Dainfern Square in March 2018, and we now have eleven of our own retail stores, as well as one store-within-a-store concept. We opened our first store in Cape Town in 2019 and our presence in the Western Cape is ever growing. We offer online ordering and home delivery for added convenience in both Gauteng and the Western Cape, and we love watching this grow. Thanks to our extensive catering history, we understand the importance of health and hygiene. We have been delivering food to clients' homes safely for the last 27 years and this extends to **Frozen for You**. You can be assured that our products are never compromised in the delivery process.



## Our VALUES



Frozen for You is based on: **Simplicity, Generosity, Convenience** and, most importantly, **Quality**. These values are at the heart of everything we do.

This includes generous homestyle meals, made with quality ingredients, using simple traditional methods, conveniently delivered from our kitchen to yours.

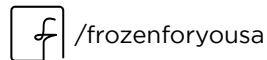
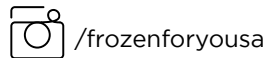
## Important TO KNOW



### KEY

- DF** dairy free
- GF** gluten free
- LC** low carb
- LF** low fat
- V** vegetarian
- V** vegan

### FIND US



011 553 7600

[feedback@frozenforyou.co.za](mailto:feedback@frozenforyou.co.za)

[www.frozenforyou.co.za](http://www.frozenforyou.co.za)

Refer to our website for pricing



*Exciting News!*



**WE HAVE PARTNERED WITH  
DISCOVERY VITALITY'S  
HEALTHYDINING.**

.....

Order your Vitality HealthyDining convenience and ready-made meal at Frozen For You, and get up to **25% back**.

You've already activated Vitality HealthyDining, so all you have to do now is choose your healthy convenience meal today to get rewarded.

**VITALITY HEALTHYDINING OPTIONS FROM FROZEN FOR YOU:**

ROASTED TOMATO SOUP  
MINTED PEA SOUP  
CREAMED SPINACH  
CREAMY MASHED POTATOES  
MINTED PEAS  
SPICED YELLOW RICE  
QUINOA SALAD  
RAINBOW COUSCOUS SALAD  
FOUR BEAN SALAD  
CORONATION CHICKEN  
CHICKEN BAKE  
LAMB TAGINE  
SPICY THAI FISH CAKES  
GLAZED NORWEGIAN SALMON  
VEGETARIAN BEAN CURRY  
VEGETARIAN COTTAGE PIE  
RATATOUILLE  
VEGAN BOLOGNESE  
VEGAN CHILLI CON 'CARNE'

**GET HEALTHY. EAT WELL. GET REWARDED.**

# *Summer* **HARVEST TABLE**



Summer entertaining for 8 - 10 people

Karen's Asian Chicken

Glazed Norwegian Salmon

Quiche Lorraine

Spinach & Feta Quiche

Quinoa Salad

Leafy green salad with rocket

Beetroot and feta salad (Recipe found in this brochure)

Crusty Plain Loaf

## *Something Sweet*

Meringue Roulade topped with mixed berries

Tarte Au Citron served with vanilla ice cream  
and sliced mango

Our Famous Chocolate Brownies  
with our Salted Caramel Sauce



## KAREN'S ASIAN CHICKEN

marinated in soya sauce and ginger



180g (Serves 1)

360g (Serves 2)

720g (Serves 4)





## CHICKEN LASAGNE

with spinach, hints of rosemary and mozzarella

400g (Serves 1)  
800g (Serves 2)  
1.6kg (Serves 4-6)  
3.2kg (Serves 8-10)



## CHICKEN GALANTINE

filled with chicken, pecan nuts and spinach



1.3kg (Serves 6-8)







## STICKY CHICKEN

with a sweet and sticky glaze



230g (Serves 1)

920g (Serves 4)



## CHICKEN BAKE

with an artichoke and spinach topping



310g (Serves 1)

620g (Serves 2)

1.24kg (Serves 4)







## MILD BUTTER CHICKEN CURRY

with coconut milk and aromatic spices

320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)



Top Seller



## CHICKEN A LA KING PIE

with puff pastry



640g (Serves 2-4)  
1.28kg (Serves 4-6)  
2.4kg (Serves 8-10)

## THAI GREEN CHICKEN CURRY



with coconut milk and green beans



320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)



Serve with  
Fragrant  
White Basmati  
Rice from

*Frozen for you*

# Chicken



## HOT BUTTER CHICKEN CURRY

with coconut milk and aromatic spices



320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)



## CHICKEN ENCHILADAS

a spicy Mexican favourite



320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)



*Best*  
with sour  
cream and  
guacamole



# Chicken



## COQ AU VIN

with onions and crispy bacon



320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)



## CORONATION CHICKEN

with toasted almonds and parsley



320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)



*The perfect  
Picnic platter*

# ENHANCE YOUR BRAAI WITH

*Frozen for you*

.....

Lamb chops with our **Karoo Sheeba Sauce**  
Butterflied prawns with our **Prego Sauce**, topped with coriander  
Fillet steak with our **Creamy Mushroom Sauce**, topped with rocket

*Served with*

**Melanzane Parmigiana** (for the vegetarians)  
**Rainbow Couscous Salad**  
**Dauphinois Potatoes**  
A leafy green salad

*Dessert*

Our Famous **Chocolate Brownies** with fresh strawberries  
and **Salted Caramel Sauce**

**Traditional Baked Cheesecake** with **Berry Coulis**

# Beef



## SPICY BEEF BOBOTIE



Our take on this South African dish

320g (Serves 1)

640g (Serves 2)

1.28kg (Serves 4)





# Beef



## FRAGRANT MALAY BEEF BOBOTIE

A South African favourite



320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)

*Serve* with  
our Spiced  
Yellow Rice

## BEEF BOURGIGNON

with red wine and bacon



640g (Serves 2)  
1.28kg (Serves 4)



# Beef



## BEEF MASSAMAN

a fragrant dish with aubergine and lime



320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)



## STEAK PIE

with short rib and puff pastry



640g (Serves 2-4)  
1.28kg (Serves 4-6)  
2.4kg (Serves 6-8)

# Beef



## SLOW COOKED OXTAIL

with butter beans and brandy

1.3kg (Serves 2)

DF

LC

Try Serving  
it in a  
Potjie







## FAMILY FAVOURITE BOLOGNESE

filled with vegetables



450ml (Serves 2-3)  
900ml (Serves 4-6)



## PASTA-FREE LASAGNE

with courgettes



400g (Serves 1)  
800g (Serves 2)  
1.6kg (Serves 4-6)





## BEEF LASAGNE

with traditional bolognese and white sauce

400g (Serves 1)  
800g (Serves 2)  
1.6kg (Serves 4-6)  
3.2kg (Serves 8-10)



## TRADITIONAL COTTAGE PIE

filled with vegetables

400g (Serves 1)  
800g (Serves 2)  
1.6kg (Serves 4-6)





# Family MEALS

.....

## **MONDAY**

Spaghetti with our Family Favourite Bolognese  
/Vegan Bolognese and salad

## **TUESDAY**

Lamb Knuckle Bredie or Pork Sausages with brown onion gravy  
Creamy Mashed Potatoes  
Minted Peas  
Slow Cooked Lamb Gravy

## **WEDNESDAY**

Adrian's Mum's Meatballs  
Creamy Mashed Potatoes  
Creamed Spinach

## **THURSDAY**

Traditional Cottage Pie  
Baked Cauliflower Gratin

## **FRIDAY**

Traditional Fish Pie  
Creamy Mashed Potatoes  
Minted Peas  
Vanilla ice cream with our Salted Caramel Sauce

## **SATURDAY**

Chicken a la King Pie/Steak Pie  
Green salad

## **SUNDAY**

Mac and Cheese with Butternut and Crispy Pancetta  
Green salad





## **SLOW COOKED LAMB SHANKS**

with fresh rosemary and wine

1.3kg (Serves 2)





## LAMB KNUCKLE BREDIE

a classic South African dish



320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)



## DURBAN LAMB CURRY



with fresh coriander

320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)





## LAMB, MINT AND PUMPKIN PIE

with puff pastry and toasted cumin seeds



640g (Serves 2)  
1.28kg (Serves 4)  
2.4kg (Serves 6-8)

## LAMB TAGINE

with spicy Moroccan flavours

320g (Serves 1)  
640g (Serves 2)  
1.28kg Serves 4)







## ADRIAN'S MUM'S MEATBALLS

in a barbeque sauce

400g (Serves 1)  
800g (Serves 2)  
1.6kg (Serves 4-6)





## PORK SAUSAGES

with brown onion gravy



320g (Serves 1)

1.28kg (Serves 4)

## QUICHE LORRAINE

made with gruyère and bacon



320g (Serves 1-2)

1.2kg (Serves 8-10)

We also  
have a  
vegetarian  
option

# Make **KEDGEREE**

USING *Frozen for you* PRODUCTS

## **INGREDIENTS FOR THE SALAD**

5g salted butter

250g Frozen For You – Fragrant White Basmati Rice  
Heated as per the instructions

90g Frozen For You – Minted Peas  
Heated as per the instructions

320g Frozen For You – Glazed Norwegian Salmon

3 hard-boiled eggs  
Salt and freshly ground pepper

## **INSTRUCTIONS**

1. Melt the butter in a large, shallow saucepan
2. Add the remaining ingredients
3. Stir gently until very hot
4. Add salt and pepper to taste

*Great for breakfast or brunch*





## GLAZED NORWEGIAN SALMON

with honey, ginger, soya and orange flavours



320g (Serves 2)



See Karen's

video on  
[www.frozenforyou.co.za](http://www.frozenforyou.co.za)

**WHAT'S COOKING**

for serving  
ideas

## SPICY THAI FISH CAKES

with fresh ginger and lime



200g (Serves 1)

800g (Serves 4)





## BRITISH FISH CAKES

with creamy hake and potato



200g (Serves 1)

600g (Serves 3)

## TRADITIONAL FISH PIE

with creamy mash and dill



400g (Serves 1)

800g (Serves 2)

1.6kg (Serves 4-6)





# A week of

## MEAT-FREE DINNERS

.....

### MONDAY

Black Bean Enchiladas  
Guacamole  
Sour Cream  
Salsa

### TUESDAY

Vegan Bolognese on courgette/cauliflower pasta  
Green Salad  
Crusty Plain Loaf

### WEDNESDAY

Vegetable and Chickpea Curry  
Spiced Yellow Rice  
Sambals  
Chutney  
Papadums

### THURSDAY

Chilli Con Carne on a sweet potato  
Baked Cauliflower Gratin with  
Guacamole  
Salsa  
Sour Cream  
Grated Cheese

### FRIDAY

Butternut Sage and Lentil Lasagne  
Caprese salad  
Leafy salad

### SATURDAY

Vegetarian Bean Curry  
Fragrant White Basmati Rice  
Naan bread/bunny chow bread/sambals

### SUNDAY

Vegetarian Cottage Pie  
Minted Peas





## MELANZANE PARMIGIANA

new and improved recipe

410g (Serves 1-2)  
820g (Serves 2-4)  
1.64kg (Serves 4-6)





## VEGAN CHILLI CON 'CARNE'

a meat-free version of this Mexican dish



450ml (Serves 2-3)

900ml (Serves 4-6)



## RATATOUILLE

made with fresh aubergines, courgettes and red peppers



320g (Serves 1-2)

640g (Serves 2-4)





## BUTTERNUT SAGE AND LENTIL LASAGNE

with a creamy sage sauce



400g (Serves 1)  
800g (Serves 2)  
1.6kg (Serves 4-6)



## VEGETARIAN BEAN CURRY

with sweet potato and chilli

320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)







## VEGAN BOLOGNESE

made with lentils, carrots and broccoli

450ml (Serves 2-3)

900ml (Serves 4-6)





## BLACK BEAN ENCHILADAS

a mild spiced Mexican vegetarian favourite



320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)



*Best* served  
• with sour  
• cream and  
• guacamole

## VEGETABLE AND CHICKPEA CURRY

with mixed masala spice and yoghurt

320g (Serves 1)  
640g (Serves 2)  
1.28kg (Serves 4)





## VEGETARIAN COTTAGE PIE

topped with creamy butternut and sweet potato mash



400g (Serves 1)  
800g (Serves 2)  
1.6kg (Serves 4)



## SPINACH AND FETA QUICHE

with a healthy whole-wheat and oat pastry

320g (Serves 1-2)  
1.2kg (Serves 8-10)

*Lunch*  
couldn't  
get easier





# **BEETROOT & FETA CHEESE SALAD**



## **INGREDIENTS FOR THE SALAD**

4 medium beetroots  
60 grams feta cheese  
2 tablespoons roughly chopped parsley

## **INGREDIENTS FOR LEMON VINAIGRETTE**

3 tablespoons lemon juice  
3 tablespoons olive oil  
2 garlic cloves - minced  
1/2 teaspoon black pepper  
1/2 teaspoon salt (or to taste)

## **INSTRUCTIONS**

1. Boil the beetroot on medium heat for 45 minutes or until it can be easily pierced through with a knife.
2. The skin will peel off easily.  
After removing the skin of the beetroots, chop the beetroot into cubes and do the same with the feta cheese.
3. Roughly chop the parsley.
4. Make the lemon vinaigrette by mixing all it's ingredients.
5. Combine beetroot, feta cheese and parsley with the lemon vinaigrette and serve.

## ROASTED CARROT SOUP

with coconut cream, lime and sumac



450ml (Serves 1)  
900ml (Serves 2)

**GF** **LC** **DF**

**V** **V**

## CHORIZO BEAN AND BACON SOUP

with sautéed onions, carrots and garlic



450ml (Serves 1)  
900ml (Serves 2)

**LC**

## MINTED PEA SOUP

with fresh cream



450ml (Serves 1)  
900ml (Serves 2)



## WILD MUSHROOM SOUP

with a hint of truffle oil and fresh parsley



450ml (Serves 1)  
900ml (Serves 2)





## BUTTERNUT SOUP

with coconut cream and orange



450ml (Serves 1)

900ml (Serves 2)



## HEARTY BEEF GOULASH SOUP

with smokey paprika



450ml (Serves 1)

900ml (Serves 2)



# Soup



## CHICKEN SOUP



450ml (Serves 1)  
900ml (Serves 2)



Chicken  
Soup for  
the *Soul*

## ROASTED TOMATO SOUP

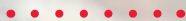
with a hint of chilli and fresh basil



450ml (Serves 1)  
900ml (Serves 2)



# STUDENT PACK



## **MENU 1**

Make a bunny chow with one of our curries

## **MENU 2**

Traditional Cottage Pie  
Minted Peas

## **MENU 3**

Spicy Beef Bobotie/Fragrant Malay Bobotie  
Spiced Yellow Rice  
Sambals

## **MENU 4**

A baked sweet potato topped with Vegan Chilli Con 'Carne'  
Four Bean Salad

## **MENU 5**

Coronation Chicken  
Rainbow Couscous Salad  
Crusty Plain Loaf

## **MENU 6**

Penne pasta with our Creamy Mushroom Sauce

## **MENU 7**

Adrian's Mum's Meatballs  
Creamy Mashed Potato  
Steamed Vegetables





## MAC AND CHEESE

with crispy bread crumb topping



400g (Serves 1)  
800g (Serves 2)  
1.5kg (Serves 4-6)



So  
Yum!

## MAC AND CHEESE

with ham and peas



400g (Serves 1)  
800g (Serves 2)  
1.5kg (Serves 4-6)



## MAC AND CHEESE

with truffle oil and thyme

800g (Serves 2)



## MAC AND CHEESE

with butternut and crispy pancetta

800g (Serves 2)





## QUINOA SALAD

with butternut, feta and toasted pumpkin seeds

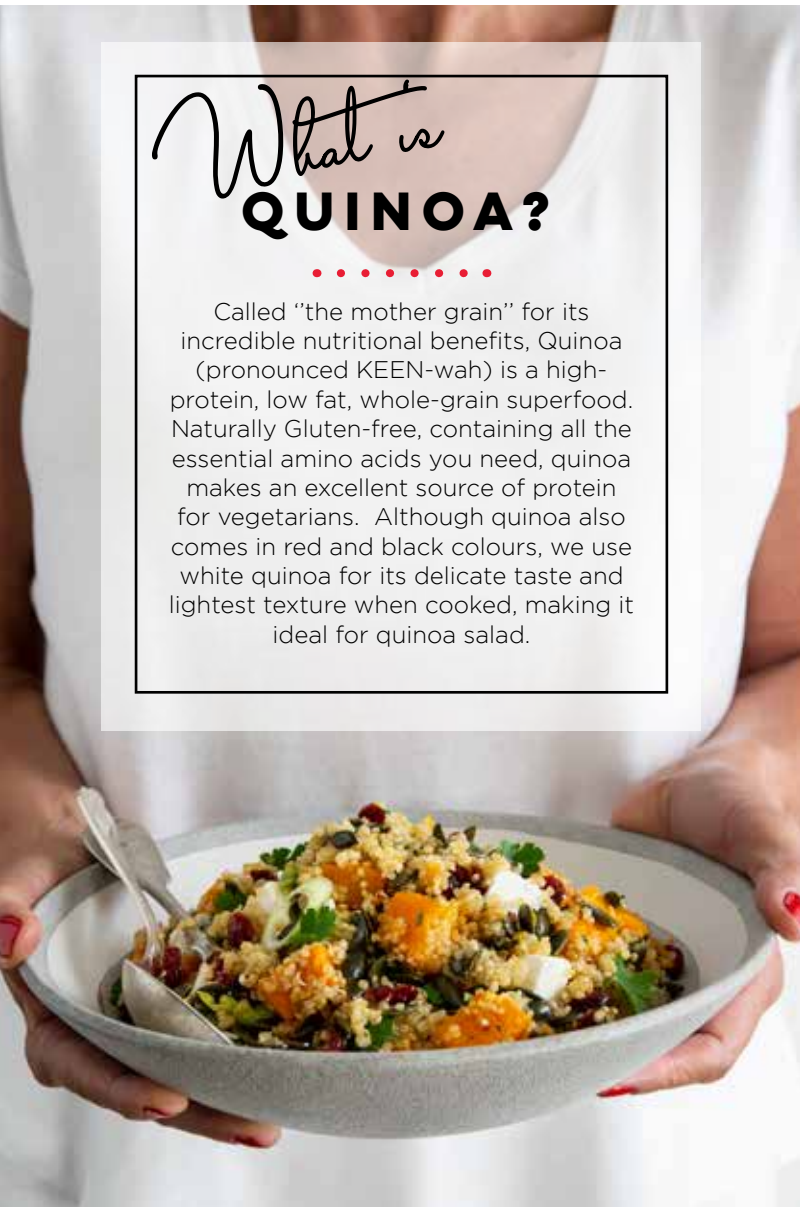
310g (Serves 1-2)



### What is QUINOA?



Called “the mother grain” for its incredible nutritional benefits, Quinoa (pronounced KEEN-wah) is a high-protein, low fat, whole-grain superfood. Naturally Gluten-free, containing all the essential amino acids you need, quinoa makes an excellent source of protein for vegetarians. Although quinoa also comes in red and black colours, we use white quinoa for its delicate taste and lightest texture when cooked, making it ideal for quinoa salad.







## FOUR BEAN SALAD

add fresh peppers and chilli for colour and crunch



310g (Serves 2-3)



## RAINBOW COUSCOUS SALAD

with pomegranate rubies and edamame beans

310g (Serves 1-2)

620g (Serves 2-4)



# Sauces & Sides



## CRUSTY PLAIN LOAF

homemade artisanal sourdough



*Goes well*  
with our soups

900g (Serves 8-10)



## DAUPHINOIS POTATOES

with a crispy parmesan topping



310g (Serves 1)

620g (Serves 2-4)

1.24kg (Serves 6-8)





## BUTTERNUT FRITTERS

with caramel sauce

590g (Serves 4)



*Ideal*  
as a side  
or dessert



## BAKED CAULIFLOWER GRATIN

a sophisticated dish with a robust gruyère sauce

310g (Serves 1-2)

620g (Serves 2-4)





# Sauces & Sides



## MINTED PEAS

with sautéed leeks and fresh mint



180g (Serves 1-2)  
360g (Serves 2-4)



## SPICED YELLOW RICE

with turmeric



250g (Serves 1-2)  
500g (Serves 2-4)





## CREAMY MASHED POTATOES

with real butter

400g (Serves 1)  
800g (Serves 2-4)



## CREAMED SPINACH

310g (Serves 2-3)  
620g (Serves 4-6)





## FRAGRANT WHITE BASMATI RICE

with fresh coriander



250g (Serves 1-2)

500g (Serves 2-4)



## CRISPY ROAST POTATOES

a family favourite



250g (Serves 2)

500g (Serves 4)







## **SLOW COOKED LAMB GRAVY**

with rosemary



450ml (Serves 4-8)



## **CREAMY MUSHROOM SAUCE**

with a hint of truffle oil and fresh parsley

450ml (Serves 4-8)  
900ml (Serves 10-12)



*Compliments*  
pasta & steak

# Sauces & Sides



## PESTO CREAM SAUCE

with fresh basil and cashew nuts



450ml (Serves 4-8)  
900ml (Serves 10-12)



*Served* with our  
Chicken  
Galantine

## KAROO SHEEBA SAUCE



450ml (Serves 4-8)



# Sauces & Sides



## PREGO SAUCE

with chilli, garlic, paprika and cream

450ml (Serves 4-8)

900ml (Serves 10-12)



*Fabulous*

on beef, chicken,  
prawns and calamari







## WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING with whiskey

1kg (Serves 10-12)



Serve with  
cream or  
vanilla ice cream



# Desserts



## CARROT CAKE

with cream cheese icing

800g (Serves 10-12)



*Dare* you to  
find better!

## APPLE CAKE

in a caramel sauce

250g (Serves 2-3)

1kg (Serves 10-12)



*Best*

served with  
pouring cream





## CHOCOLATE YOGHURT CAKE

with a sticky chocolate ganache



800g (Serves 10-12)



## TARTE AU CITRON

made with fresh lemons



1kg (Serves 10-12)







## MERINGUE ROULADE

with raspberry cream

450g (Serves 10-12)



## CHOCOLATE ROULADE

with white chocolate mousse

1kg (Serves 10-12)





## OUR FAMOUS CHOCOLATE BROWNIES

best served with our Salted Caramel Sauce



350g (Serves 4)



## TRADITIONAL BAKED CHEESECAKE

best served with cream, seasonal fruit and Berry Coulis



220g (Serves 1-2)

1kg (Serves 10-12)



## SALTED CARAMEL SAUCE

Karen's kid's favourite served hot on ice cream



200ml (Serves 6)



## BERRY COULIS

delicious on Traditional Cheesecake, ice cream or Meringue Roulade



200ml (Serves 6)





# **HIGH TEA**



## **SERVE WITH TEA**

**Coronation Chicken**  
**Made into open sandwiches using**  
**Crusty Plain Loaf**

**Quiche Lorraine**

**Spinach and Feta Quiche**

**Our Famous Chocolate Brownies**

**Carrot Cake**

**Traditional Baked Cheesecake**  
**Served with Berry Coulis**





## VISIT OUR STORES OR SHOP ON-LINE



Beat the traffic and have your Frozen For You meals delivered to your door.

Place your order online.

It's easy, go to **[www.frozenforyou.co.za](http://www.frozenforyou.co.za)**

Select your desired meals

Enter your delivery address

Pay with your credit/debit card, Snapscan, Zapper or EFT.

We will deliver any order placed before 12pm on the same day.

Free delivery applies to all orders over R2000.

Visit our website to find out if we deliver to you.

**WE DON'T COMPROMISE ON TASTE, QUALITY AND HYGIENE**



## JOHANNESBURG

### DAINFERN SQUARE

Corner of William Nicol  
and Broadacres Drive,  
Fourways  
**Tel: 066 472 6941**

Monday - Sunday: 8AM - 6PM  
Including Public Holidays

### COACHMAN'S CROSSING

Corner Peter Place  
and Karen Street,  
Bryanston  
**Tel: 010 534 8138**

Monday - Friday: 8AM - 7PM  
Saturday & Sunday: 9AM - 4PM  
Public Holidays: 9AM - 4PM

### THE SQUARE @ FARRARMERE

Kei Road, Northmead,  
Benoni  
**Tel: 010 534 8837**

Monday - Friday: 9AM - 6PM  
Saturday: 9AM - 5PM  
Sunday & Public Holidays: 9AM - 3PM

### MORNINGSIDE SHOPPING CENTRE

Corner of Rivonia  
and Outspan Road  
Morningside  
**Tel: 010 534 5179**

Monday - Friday: 8AM - 6PM  
Saturday & Sunday: 9AM - 6PM  
Public Holidays: 9AM - 3PM

### THE NEIGHBOURHOOD SQUARE

Club Street, Linksfield  
**Tel: 010 534 7120**

Monday - Friday: 8AM - 7PM  
Saturday: 8AM - 6PM  
Sunday & Public Holidays: 8AM - 5PM

### TYRONE FRUITERERS

56 Tyrone Avenue,  
Parkview,  
Randburg  
**Tel: 011 646 5429**

Monday - Saturday: 7AM - 7PM  
Sunday & Public Holidays: 7AM - 2PM





## **PRETORIA**

### **THE CLUB RETAIL PARK**

30 Elandslaagte Rd,  
Hazelwood

**Tel: 010 534 8295**

Monday - Saturday: 8AM - 6PM  
Sunday & Public Holidays: 9AM - 5PM

## **CAPE TOWN**

### **CONSTANTIA EMPORIUM**

Corner of Spaanschemat  
River Road and Ladies Mile Road,  
Belle Constantia

**Tel: 010 534 5229**

Monday - Friday: 9AM - 8PM  
Saturday: 9AM - 5PM  
Sunday & Public Holidays: 9AM - 3PM

### **GARDENS SHOPPING CENTRE**

Corner of Buitenkant and Mill Street,  
Gardens

**Tel: 010 100 8447**

Monday - Saturday: 8AM - 7PM  
Sunday & Public Holidays: 9AM - 2PM

## **SOMERSET WEST**

### **WATERSTONE VILLAGE**

Corner of R44 and Main Road

**Tel: 010 100 8253**

Monday - Friday: 8AM - 8PM  
Saturday & Sunday: 9AM - 8PM  
Public Holidays: 9AM - 3PM

## **HERMANUS**

### **STATION SQUARE SHOPPING MALL**

Corner of Lord Roberts and Main Road

**Tel: 010 100 8255**

Monday - Friday: 9AM - 7PM  
Saturday & Sunday: 8AM - 6PM  
Public Holidays: 9AM - 7PM



**FOLLOW US ON OUR SOCIAL MEDIA  
TO FIND OUT MORE ABOUT OUR  
EXCITING NEW PRODUCTS  
AND NEW STORE OPENINGS**



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