



WINTER
2021
.....

BY WORD OF MOUTH

frozen for you

**SAME
DAY
DELIVERY**

OPENING
IN DURBAN
1 SEPTEMBER

NEW BEEF STROGANOFF
with crème fraiche and herbs

Our JOURNEY

.....

Frozen For You opened its doors in **Dainfern** Square in March 2018 with only 15 dedicated staff members. After quickly realising that our concept really was something that resonated with families around Johannesburg, we went on to planning for the future of *Frozen For You*. During the second half of 2018, we opened our next three stores in quick succession: Coachman's Crossing in **Bryanston** (September), The Club Retail Park in **Pretoria** (October), and The Square @ **Farrarmere** (November).

An opportunity arose in June 2019 to explore the idea of a *Frozen For You* store within a store. This led to us partnering with Manny and Dino of Tyrone Fruiterers in **Parkview**. Three months later, in September 2019, we opened our 6th *Frozen For You* store in **Morningside** Shopping Centre.

We soon received feedback that Cape Town was feeling left out. We worked tirelessly to establish an entire operation in Cape Town and eventually launched *Frozen For You* in the Western Cape at **Constantia** Emporium in November 2019.

The year of 2020 and 2021 have been particularly challenging as Covid-19 changed the course of many businesses around the world. *Frozen For You* powered through and in a time of millions of job losses, we managed to establish 4 new stores, employing many more staff members. The Neighbourhood Square in **Linksfield** opened in July 2020 followed by Waterstone Village in **Somerset West** in October 2020. Station Square in **Hermanus** was the next store to open in November 2020 and our most recent store opening was **Gardens** Shopping Centre in March 2021.

Throughout the entire *Frozen For You* journey and in particular, during the devastating times of Covid-19, we have made it a priority to give back to families in need. In 2021 alone *Frozen For You* has managed to feed 2500 people and we will continue to pay it forward.

We are extremely proud to say that within our 3 years, we have established 11 stores within Johannesburg, Pretoria and Cape Town and now employ over 120 loyal staff members. These numbers will continue to grow in the second half of 2021 as we establish ourselves in **Durban**.



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



dairy free



Vitality



gluten free



HOT



low carb



low fat



vegetarian



vegan

FIND US



/frozenforyousa



/frozenforyousa

011 553 7600

feedback@frozenforyou.co.za

www.frozenforyou.co.za

Refer to our website for pricing



GRANDPA'S CHICKEN STEW - NEW

healthy and wholesome

420g (Serves 1)

840g (Serves 2)

1.68kg (Serves 4)



Best

served with
a rice of your choice
or bulgur wheat
and a side of
vegetables



CHICKEN A LA KING PIE

with puff pastry



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

CHICKEN BAKE

with an artichoke and spinach gratin



310g (Serves 1)
620g (Serves 2)
1.24kg (Serves 4)





CHICKEN ENCHILADAS

a spicy Mexican favourite



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)





COQ AU VIN - NEW AND IMPROVED RECIPE

with mushrooms and crispy bacon

360g (Serves 1)

720g (Serves 2)

1.44kg (Serves 4)





THAI GREEN CHICKEN CURRY

with coconut milk and green beans



320g (Serves 1)

640g (Serves 2)

1.28kg (Serves 4)



KAREN'S ASIAN CHICKEN

marinated in soya sauce and ginger



180g (Serves 1)

360g (Serves 2)

720g (Serves 4)





MILD BUTTER CHICKEN CURRY

with coconut milk and aromatic spices



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



BUTTER CHICKEN CURRY

with coconut milk and aromatic spices



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





STICKY CHICKEN

with a sweet and sticky glaze



3 pieces (Serves 1)

12 pieces (Serves 4)



CHICKEN GALANTINE

filled with chicken, pecan nuts and spinach



1.3kg (Serves 6-8)





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)

Beef



BEEF STROGANOFF - NEW

with crème fraîche and herbs

Best served with
pappardelle pasta and
a side of vegetables or salad

320g (Serves 1)

640g (Serves 2)

1.28kg (Serves 4)





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)





SPICY BEEF BOBOTIE

our take on this South African dish



320g (Serves 1)

640g (Serves 2)

1.28kg (Serves 4)



FRAGRANT MALAY BEEF BOBOTIE

a South African favourite



320g (Serves 1)

640g (Serves 2)

1.28kg (Serves 4)



BEEF LASAGNE

with traditional Bolognese and white sauce

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



Beef



TRADITIONAL COTTAGE PIE

filled with vegetables



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



BEEF BOURGUIGNON

with red wine and bacon



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



Winter
WARMER



SLOW COOKED OXTAIL

with butter beans and brandy



1.3kg (Serves 2)



STEAK PIE

with short rib and puff pastry



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



QUICHE LORRAINE

made with Gruyère and bacon

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





ADRIAN'S MUM'S MEATBALLS

in a barbeque sauce



4 Meatballs
(Serves 1)

8 Meatballs
(Serves 2)

16 Meatballs
(Serves 4)

PORK SAUSAGES

with brown onion gravy



3 Sausages
(Serves 1)

12 Sausages
(Serves 4)



DURBAN LAMB CURRY

with fresh coriander

320g (Serves 1)

640g (Serves 2)

1.28kg (Serves 4)





LAMB TAGINE

with spicy Moroccan flavours



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

DF GF LC



Best served
with Creamy
Mashed Potatoes
or cous cous and
accompanied by
tzatiki, naan
and salad

LAMB, MINT AND PUMPKIN PIE

with puff pastry and toasted cumin seeds



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



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)



Get up to **25% back** when you purchase your Vitality **HealthyDining** ready-made meals

Follow these steps to get rewarded:

1

Active HealthyDining on the Discovery app:

Download the latest version of the Discovery app ► Active HealthyDining under Vitality Health.

2

Purchase your convenience and ready-made meal instore:

If you purchase a meal instore, please scan your receipt using the scanning function in the HealthyDining section in the Discovery app. Make sure to select the Frozen for You logo from the partner list before you scan.

3

Purchase your convenience and ready-made meal online:

- Create an account or log in to the Frozen for You website, www.frozenforyou.co.za.
- Select a meal with the HealthyDining indicator.
- Complete your order and link your Vitality account.
- Vitality will process your rewards once your order has been received.



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BY WORD OF MOUTH

frozen for you



SPICY THAI FISH CAKES

with fresh ginger and lime



2 fishcakes (Serves 1)
8 fishcakes (Serves 4)



TRADITIONAL FISH PIE

with creamy mash and dill



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





GLAZED NORWEGIAN SALMON

with honey, ginger, soya and orange flavours



320g (Serves 2)



BRITISH FISH CAKES

with creamy hake and potato



2 fishcakes (Serves 1)

6 fishcakes (Serves 3)



VEGETABLE AND CHICKPEA CURRY

with mixed masala spice and yoghurt

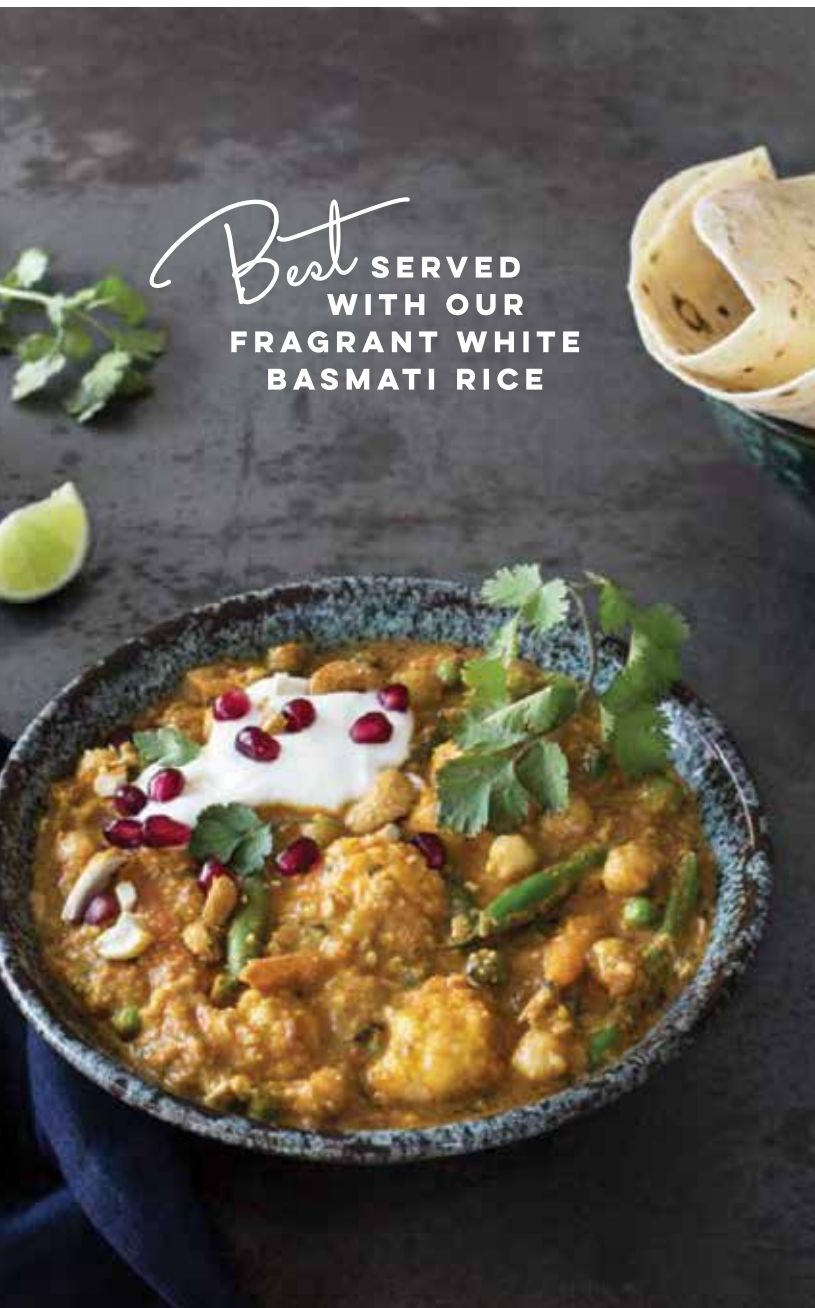
320g (Serves 1)

640g (Serves 2)

1.28kg (Serves 4)



Best SERVED
WITH OUR
FRAGRANT WHITE
BASMATI RICE





BUTTERNUT SAGE AND LENTIL LASAGNE

with a creamy sage sauce



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



VEGETARIAN COTTAGE PIE

topped with creamy butternut and sweet potato mash



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)



BLACK BEAN ENCHILADAS

a mild spiced Mexican vegetarian favourite



320g (Serves 1)

640g (Serves 2)

1.28kg (Serves 4)





VEGAN CHILLI CON 'CARNE'

a meat-free version of this Mexican dish



450g (Serves 2-3)

900g (Serves 4-6)



SPINACH AND FETA QUICHE

with a healthy whole-wheat and oat pastry



320g (Serves 1-2)

1.2kg (Serves 8-10)





MELANZANE PARMIGIANA

a new and improved recipe



410g (Serves 1-2)

820g (Serves 2-4)

1.64kg (Serves 4-6)



VEGAN BOLOGNESE

made with lentils, carrots and broccoli



450g (Serves 2-3)

900g (Serves 4-6)



Vegetarian



RATATOUILLE

made with fresh aubergines, courgettes and red peppers

320g (Serves 1-2)

640g (Serves 2-4)



Healthy
DELICIOUSNESS



TUSCAN SAUSAGE PASTA - NEW

with pork sausage, fresh herbs and pasta

400g (Serves 1)

800g (Serves 2)

1.6kg (Serves 4)



A MEAL
THE WHOLE
FAMILY
WILL *love!*

MAC AND CHEESE

with a crispy bread crumb topping



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



MAC AND CHEESE

with butternut and crispy pancetta



800g (Serves 2)



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)



THE INS AND OUTS OF OUR PACKAGING



WHAT ARE OUR CONTAINERS MADE FROM?

Our food packaging consists of 80% post-consumer recycled PET coming from collected and recycled bottles and trays.

WILL OUR CONTAINERS MELT IN THE OVEN?

No. Our containers are specifically designed to withstand temperatures of between -40°C and $+220^{\circ}\text{C}$. They will however melt if placed under the grill.

ARE OUR CONTAINERS RECYCLABLE?

Yes, our containers are 100% recyclable.

WHY DO OUR CONTAINERS COME IN DIFFERENT COLOURS?

The different colours of our containers reflect the specific blend of recycled bottles and trays they consist of without any extra colour added.

IS THE REMAINING PLASTIC FILM HARMFUL WHEN PLACED IN THE OVEN?

No. Any plastic film remaining on the edges of the container will not melt into your food as the melting point of the film is even higher than that of the container.

ROASTED CARROT SOUP

with coconut cream, lime and sumac



Fabulous
**WITH OUR
CRUSTY
PLAIN LOAF**

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



WILD MUSHROOM SOUP

with a hint of truffle oil and fresh parsley



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



MINTED PEA SOUP

with fresh cream



450ml (Serves 1)

900ml (Serves 2)



BUTTERNUT SOUP

with coconut cream and orange



450ml (Serves 1)

900ml (Serves 2)



CHICKEN SOUP

for the soul



450ml (Serves 1)

900ml (Serves 2)



HEARTY BEEF GOULASH SOUP

with smoked paprika



450ml (Serves 1)

900ml (Serves 2)



ROASTED TOMATO SOUP

with a hint of chilli and fresh basil



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



CHORIZO BEAN AND BACON SOUP

with sautéed onions, carrots and garlic



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



Sauces & Sides



CHERRY TOMATO PASTA SAUCE - **NEW**

with fresh tomatoes and basil

450g (Serves 2-3)

900g (Serves 4-6)



Full **OF**
FLAVOUR



Sauces & Sides



CREAMY MUSHROOM SAUCE

with a hint of truffle oil and fresh parsley



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



PREGO SAUCE

with chilli, garlic, paprika and cream



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





CRISPY ROAST POTATOES

a family favourite



250g (Serves 2)

500g (Serves 4)



SLOW COOKED LAMB GRAVY

with rosemary



450ml (Serves 4-8)



Sauces & Sides



CRUSTY PLAIN LOAF

homemade artisanal sourdough



900g (Serves 8-10)



KAROO SHEEBA SAUCE



450ml (Serves 4-8)





CREAMY MASHED POTATOES

with real butter



400g (Serves 1-2)

800g (Serves 2-4)



BAKED CAULIFLOWER GRATIN

a sophisticated dish with a robust Gruyere 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)



CREAMED SPINACH



310g (Serves 2-3)

620g (Serves 4-6)





BUTTERNUT FRITTERS

with caramel sauce



12 fritters (Serves 4)



DAUPHINOIS POTATOES

with a crispy parmesan topping



310g (Serves 1-2)

620g (Serves 2-4)

1.24kg (Serves 6-8)

Sauces & Sides



SPICED YELLOW RICE

with turmeric



Pair
WITH OUR
BOBOTIE
DISHES.

250g (Serves 1-2)

500g (Serves 2-4)



FRAGRANT WHITE BASMATI RICE

with fresh coriander



250g (Serves 1-2)

500g (Serves 2-4)



Sauces & Sides



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



QUINOA SALAD

with butternut, feta and toasted pumpkin seeds



310g (Serves 1-2)

620g (Serves 2-4)



PESTO CREAM SAUCE

with fresh basil and cashew nuts



450ml (Serves 4-8)

900ml (Serves 10-12)



Desserts



TIRAMISU - NEW

Totally
DECADENT

215g (Serves 1-2)
430g (Serves 2-3)





MERINGUE ROULADE

with raspberry cream



450g (Serves 10-12)



CHOCOLATE ROULADE

with white chocolate mousse



1kg (Serves 10-12)





TARTE AU CITRON

made with fresh lemons



230g (Serves 1-2)
1kg (Serves 10-12)



TRADITIONAL BAKED CHEESECAKE

best served with cream, seasonal fruit or 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 Baked Cheesecake, ice cream or Meringue Roulade



200ml (Serves 6)





WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING with whiskey



250g (Serves 1-2)
1kg (Serves 10-12)



CHOCOLATE YOGHURT CAKE

with a sticky chocolate ganache



800g (Serves 10-12)





OUR FAMOUS CHOCOLATE BROWNIES

best served with our Salted Caramel Sauce

350g (4 Portions)



Perfect
DESSERT
FOR ANY
OCCASION





CARROT CAKE

with cream cheese icing



800g (Serves 10-12)



APPLE CAKE

in a caramel sauce



Perfect

**WINTER
DESSERT
SERVE WITH CREAM
OR ICE CREAM**

250g (Serves 2-3)

1kg (Serves 10-12)



A woman with long brown hair, wearing a white chef's coat with black piping, is smiling at the camera. She is in a kitchen, with wooden shelves and a wooden spoon visible in the background.

TAKE ADVANTAGE OF OUR ONLINE SERVICE



It is that time again when the weather is starting to turn. During these cold months we find ourselves as well as our family and friends feeling unwell and homebound.

Why not log onto our website, **www.frozenforyou.co.za** and place a quick and easy order for home delivery.

Place an order before 12pm and get same day delivery. Minimum order of R600 to qualify for delivery, a R50 delivery fee does apply. Free delivery applies to all orders over R2000. Click and Collect option available.

WE DON'T COMPROMISE ON TASTE, QUALITY AND HYGIENE

Our SHOPS



JOHANNESBURG

DAINFERN SQUARE

Corner of William Nicol
and Broadacres Drive,
Fourways

Tel: 066 472 6941

Trading hours:

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

COACHMAN'S CROSSING

Corner Peter Place
and Karen Street,
Bryanston

Tel: 010 534 8138

Trading hours:

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

THE SQUARE @ FARRARMERE

Kei Road, Northmead,
Benoni

Tel: 010 534 8837

Trading hours:

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

Trading hours:

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

THE NEIGHBOURHOOD SQUARE

Club Street, Linksfield

Tel: 010 534 7120

Trading hours:

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

TYRONE FRUITERERS

56 Tyrone Avenue,
Parkview,
Randburg

Tel: 011 646 5429

Trading hours:

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



Our SHOPS



PRETORIA

THE CLUB RETAIL PARK

30 Elandslaagte Rd,
Hazelwood
Tel: 010 534 8295

Trading hours:

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

Trading hours:

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

GARDENS SHOPPING CENTRE

Corner of Buitenkant and Mill Street,
Gardens
Tel: 010 100 8447

Trading hours:

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

SOMERSET WEST

WATERSTONE VILLAGE

• Corner of R44 and Main Road
• Tel: 010 100 8253

Trading hours:

• Monday - Friday: 8AM - 8PM
• Saturday: 8AM - 7PM
• Sunday: 8AM - 6:30PM
• Public Holidays: 8AM - 5PM

HERMANUS

STATION SQUARE SHOPPING MALL

• Corner of Lord Roberts and Main Road
• Tel: 010 100 8255

Trading hours:

• Monday - Friday: 9AM - 7PM
• Saturday & SUNDAY: 8AM - 6PM
• Public Holidays: 9AM - 5PM



Made with love

FOR PEOPLE
YOU LOVE

(and sometimes others...)

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



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/frozenforyousa

CONTACT US

011 553 7600

feedback@frozenforyou.co.za

www.frozenforyou.co.za

Refer to our website for pricing