



BY WORD OF MOUTH

frozen for you

**SAME
DAY
DELIVERY**

WINTER MENU **2022**

CHINESE CHICKEN CHOW MEIN

with stir-fried egg noodles and vegetables

IMPORTANT TO KNOW

.....

KEY



Dairy free



Vegetarian



Gluten free



Vegan



Low carb



Hot



Low fat



Vitality

CONTACT US



/frozenforyousa



/frozenforyousa

011 553 7600

feedback@frozenforyou.co.za

www.frozenforyou.co.za

Refer to our website for pricing

OUR JOURNEY

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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 years of 2020 and 2021 were 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, managed to establish 5 new stores, employing many more staff members. The Neighbourhood Square in **Linksfield** opened in July 2020 followed by **Waterstone** Village in October 2020, **Hermanus** store in November 2020, **Gardens** Shopping Centre in March 2021, and then our **Drakenstein** store that opened its doors in November 2021.

After huge demand, we are very excited to announce a big milestone for **Frozen For You** – our products are now finally available in Kwa-Zulu Natal. **Frozen For You** at Flanders Mall in **Mount Edgecombe** opened its doors in September 2021, our store in **Hilton** opened in October 2021, and our soon to follow **Salta** store opening later this year will make a total of three stores throughout KwaZulu-Natal.

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 14 stores within Johannesburg, Pretoria, Cape Town and Kwa-Zulu Natal and now employ over 120 loyal staff members.

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.

SIMPLICITY
GENEROSITY
CONVENIENCE
CONSISTENCY
QUALITY



CHICKEN



BEEF



PORK



LAMB



FISH



VEGETARIAN



SOUPS



SAUCES & SIDES



DESSERTS



STORES



Chicken



CHINESE CHICKEN CHOW MEIN

with stir-fried egg noodles and vegetables



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

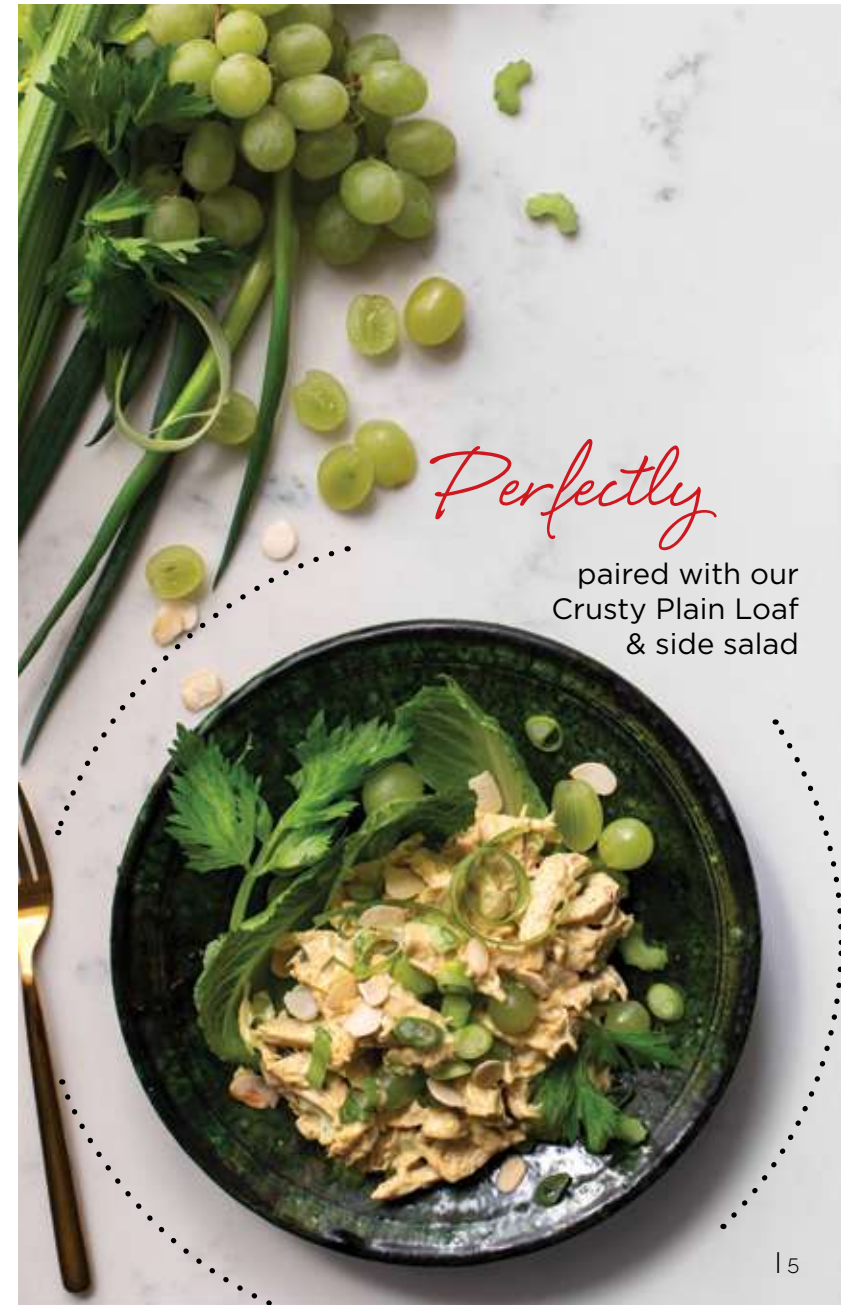


NEW

CORONATION CHICKEN

with toasted almonds and parsley

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



Perfectly

paired with our
Crusty Plain Loaf
& side salad

Chicken



CHICKEN ENCHILADAS

a spicy Mexican favourite



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

KAREN'S ASIAN CHICKEN

marinated in soya sauce and ginger



180g (Serves 1)
360g (Serves 2)
720g (Serves 4)



STICKY CHICKEN

with a sweet and sticky glaze



3 pieces (Serves 1)
12 pieces (Serves 4)



Chicken



THAI GREEN CHICKEN CURRY

with coconut milk and green beans



Best
served with our White
Fragrant Basmati Rice

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



CHICKEN GALANTINE

filled with chicken, pecan nuts and spinach



1.3kg (Serves 6-8)



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)



Chicken



COQ AU VIN

with mushrooms and crispy bacon



360g (Serves 1)
720g (Serves 2)
1.44kg (Serves 4)



CHICKEN BAKE

with an artichoke and spinach gratin

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



CHICKEN A LA KING PIE

with puff pastry



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

GRANDPA'S CHICKEN STEW

healthy and wholesome

420g (Serves 1)
840g (Serves 2)
1.68kg (Serves 4)





HealthyDining

GET UP TO 25% BACK

when you purchase Vitality
HealthyDining ready-made meals

FOLLOW THESE STEPS TO GET REWARDED:

- Download the latest version of the Discovery App.
- Activate HealthyDining under Vitality Health.

PURCHASING YOUR MEAL INSTORE

- Go to HealthyDining section in the Discovery App.
- Select the **Frozen For You** logo from the partner list.
- Scan your receipt using the scanning function.

PURCHASING YOUR MEAL ONLINE

- Go to 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.

GET HEALTHY • EAT WELL • GET REWARDED

Discovery Vitality (Pty) Ltd. Limits T&Cs apply.
Visit www.discovery.co.za for more information.

Beef



BALSAMIC FILLET MEDALLION

with a light mustard sauce

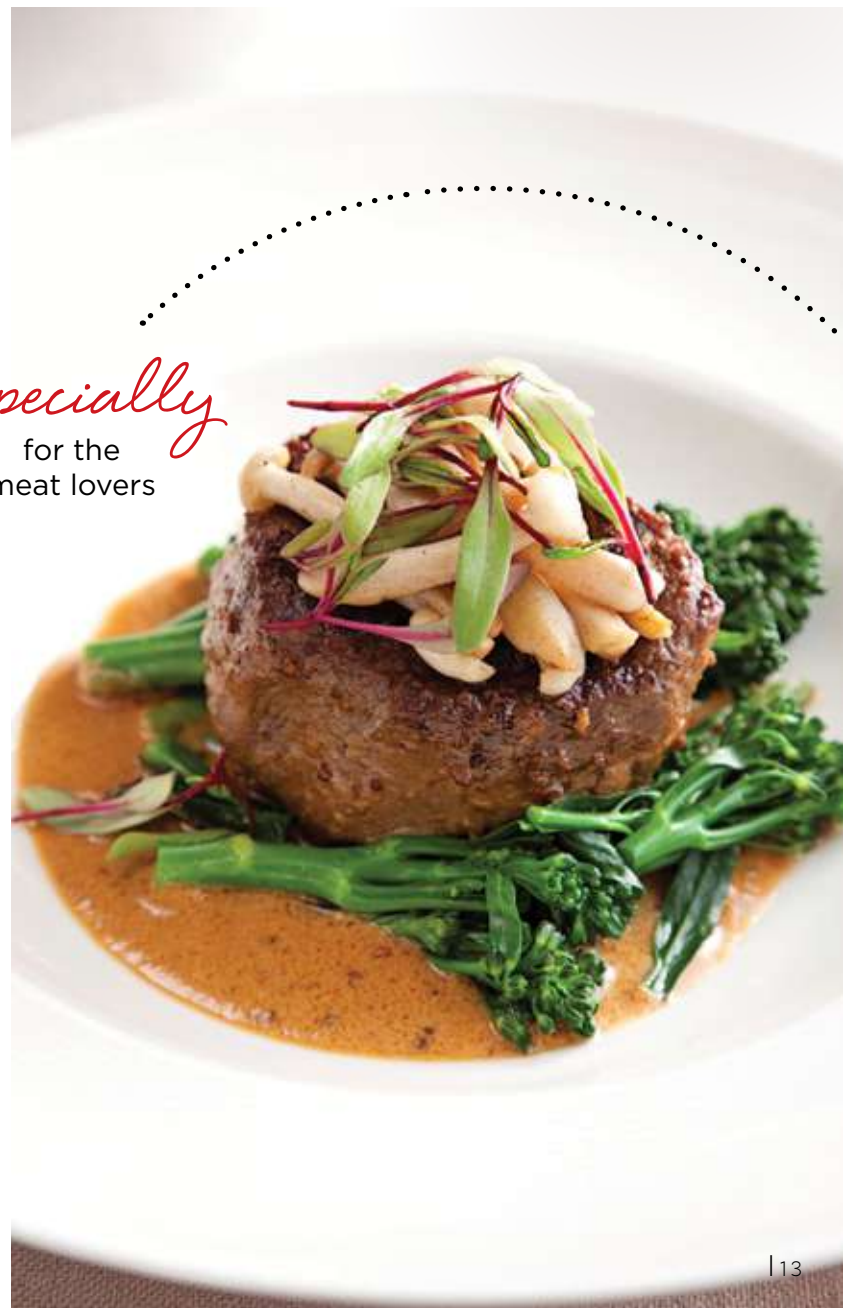
180g (Serves 1)

360g (Serves 2)

720g (Serves 4)



Specially
for the
meat lovers





FAMILY FAVOURITE BOLOGNESE

filled with vegetables



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



BEEF STROGANOFF

with crème fraîche and herbs



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



TRADITIONAL COTTAGE PIE

filled with vegetables



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



STEAK PIE

with short rib and puff pastry



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



BEEF LASAGNE

with traditional Bolognese and white sauce



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

SPICY BEEF BOBOTIE

our take on this South African dish



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



PASTA-FREE LASAGNE

with courgettes



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



FRAGRANT MALAY BEEF BOBOTIE

a South African favourite



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

Beef



SLOW COOKED OXTAIL

with butter beans and brandy



1.3kg (Serves 2)



BEEF BOURGUIGNON

with red wine and bacon



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



Pork



SLOW COOKED PORK BELLY

with Asian flavours and crispy crackling



410g (Serves 2)





CREAMY BACON LINGUINE

with pecorino cheese and basil



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

Tastiness

for the
whole family

TUSCAN SAUSAGE PASTA

with pork sausage, fresh herbs and pasta



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

QUICHE LORRAINE

made with Gruyère and bacon



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



MAC AND CHEESE

with ham and peas



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

MAC AND CHEESE

with butternut and crispy pancetta



800g (Serves 2)

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)



LAMB KNUCKLE BREDIE

a classic South African dish



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





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)

SLOW COOKED LAMB SHANKS

with fresh rosemary and wine



1.3kg (Serves 2)



CREAMY MUSSEL SOUP

with white wine and garlic



NEW

900g (Serves 2)



MAURITIAN PRAWN & CHICKEN CURRY

with turmeric, coconut and lemon



470g (Serves 1)
940g (Serves 2)
1.88kg (Serves 4)



GLAZED NORWEGIAN SALMON

with honey, ginger, soya and orange flavours



320g (Serves 2)



TRADITIONAL FISH PIE

with creamy mash and dill



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

Friday
night
favourite

SPICY THAI FISH CAKES

with fresh ginger and lime



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



BRITISH FISH CAKES

with creamy hake and potato



2 fishcakes (Serves 1)
6 fishcakes (Serves 3)

THE INS & 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°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.

Vegetarian



CAULIFLOWER AND BROCCOLI

in a cheese sauce

310g (Serves 1-2)
620g (Serves 2-4)



NEW





SPINACH & RICOTTA CANNELLONI

with mozzarella



An
Absolute
must!

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

MAC AND CHEESE

with a crispy bread crumb topping



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



MAC AND CHEESE

with truffle oil and thyme



800g (Serves 2)



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)



BLACK BEAN ENCHILADAS

a mildly spiced Mexican vegetarian favourite



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



RATATOUILLE

made with fresh aubergines, courgettes and red peppers



320g (Serves 1-2)
640g (Serves 2-4)



VEGETARIAN BEAN CURRY

with sweet potato and chilli



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



VEGETABLE AND CHICKPEA CURRY

with mixed masala spice and yoghurt



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)



Vegetarian



MELANZANE PARMIGIANA

with tomato, aubergine, mozzarella and basil



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)



FOOD

- THERE IS NO GREATER GIFT

.....

Send someone you love a delicious meal instead!

- for new parents, elderly relatives, as a thank you, someone experiencing a tough time, a housewarming gift or for anyone who loves good food.



... not sure what they eat?

No problem, you are able to purchase a **gift card** online, so they can choose a meal themselves, either instore or online.

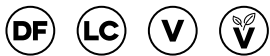


ROASTED CARROT SOUP

with coconut cream, lime and sumac



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



ROASTED TOMATO SOUP

with a hint of chilli and fresh basil



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



MINTED PEA SOUP

with fresh cream



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

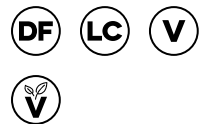


BUTTERNUT SOUP

with coconut cream and orange



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



WILD MUSHROOM SOUP

with a hint of truffle oil and fresh parsley



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



HEARTY BEEF GOULASH SOUP

with smoked paprika



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



CHICKEN SOUP

for the soul



450g (Serves 1)
900g (Serves 2)



CHORIZO BEAN AND BACON SOUP

with sautéed onions, carrots and garlic



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

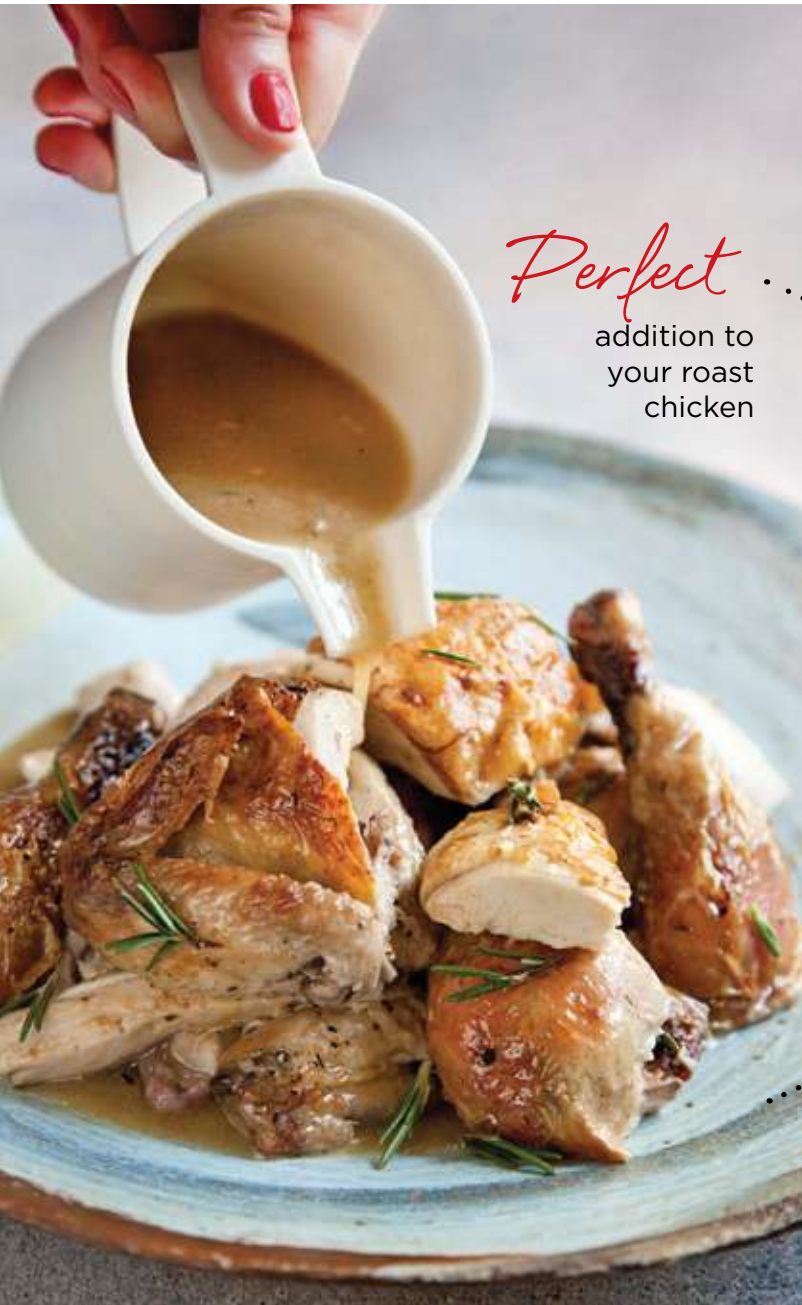


Sauces & Sides



CHICKEN GRAVY

made the traditional way



Perfect

addition to
your roast
chicken

450ml (Serves 4-8)

LF

CREAMY MUSHROOM SAUCE

with a hint of truffle oil and fresh parsley



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

GF LC V

Divine

added to
pasta of
your choice

PREGO SAUCE

with chilli, garlic, paprika and cream



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

GF LC V

Sauces & Sides



SLOW COOKED LAMB GRAVY

with rosemary



450ml (Serves 4-8)



KAROO SHEEBA SAUCE



450ml (Serves 4-8)



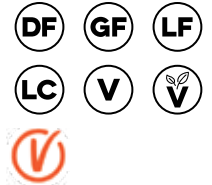
CHERRY TOMATO PASTA SAUCE

with fresh tomatoes and basil



450g (Serves 2-3)

900g (Serves 4-6)



PESTO CREAM SAUCE

with fresh basil and cashew nuts



450ml (Serves 4-8)

900ml (Serves 10-12)



Sauces & Sides



QUINOA SALAD

with butternut, feta and toasted pumpkin seeds



310g (Serves 1-2)
620g (Serves 2-4)



CRUSTY PLAIN LOAF

homemade artisanal sourdough



900g (Serves 8-10)



FOUR BEAN SALAD

add fresh peppers and chilli for colour and crunch



310g (Serves 2-3)



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)



BAKED CAULIFLOWER GRATIN

a sophisticated dish with a robust Gruyere sauce



310g (Serves 1-2)
620g (Serves 2-4)



Sauces & Sides



RAINBOW COUSCOUS SALAD

with pomegranate rubies and edamame beans



310g (Serves 1-2)
620g (Serves 2-4)



SPICED YELLOW RICE

with turmeric



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



CREAMY MASHED POTATOES

with real butter



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



CRISPY ROAST POTATOES

a family favourite



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



DAUPHINOIS POTATOES

with a crispy parmesan topping



310g (Serves 1-2)
620g (Serves 2-4)
1.24kg (Serves 6-8)

Desserts



DATE SQUARES

with crunchy biscuit and coconut



280g (4 portions)



Tea time

favourite

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)





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 (4 Portions)



TIRAMISU

215g (Serves 1-2)

430g (Serves 2-3)



Desserts



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)



CARROT CAKE with cream cheese icing



800g (Serves 10-12)



APPLE CAKE in a caramel sauce



250g (Serves 2-3)
1kg (Serves 10-12)



Desserts



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)



ORDER ONLINE AND RECEIVE SAME DAY DELIVERY

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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.



OUR STORES

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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 FRUITERS

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

Trading hours:

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

PRETORIA

THE CLUB RETAIL PARK

30 Elandslaagte Rd, Hazelwood
Tel: 010 534 8295

Trading hours:

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

OUR STORES

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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

WATERSTONE VILLAGE

Corner of R44 and Main Road, Somerset West
Tel: 010 100 8253

Trading hours:

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

THE DRAKENSTEIN CENTRE

Corner of Drakenstein and Wemmerhoek, Paarl
Tel: 010 534 5538

Trading hours:

Monday - Sunday: 8AM - 8PM
Public Holidays: 8AM - 5PM

HERMANUS

STATION SQUARE SHOPPING MALL

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

Trading hours:

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

KWA-ZULU NATAL

FLANDERS MALL

21 Flanders Drive
Tel: 010 100 8820

Trading hours:

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

HILTON - THE AVENUES

Cnr Hilton College Road and Elizabeth Drive, Hilton
Tel: 010 534 6714

Trading hours:

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

Made with love

**FOR PEOPLE
YOU LOVE**

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



/frozenforyousa



/frozenforyousa

CONTACT US

011 553 7600

feedback@frozenforyou.co.za

www.frozenforyou.co.za

Refer to our website for pricing