



BY WORD OF MOUTH

# frozen for you

**CREATED  
BY CHEFS.**

**SERVED  
BY YOU.**

.....

## **SLOW COOKED LAMB SHANKS**

with fresh rosemary  
and wine

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



# Our Journey



## **BOBOTIE SPRINGROLLS**

best served with chutney

**Frozen for You** opened its doors in Dainfern Square Johannesburg in March 2018 with only 15 dedicated staff members, which has subsequently grown to over 150.

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. In the 5 years since, we have opened 15 Frozen for You stand alone stores (Gauteng – 7, Western Cape – 5, Kwa-Zulu Natal – 3). We have also explored and expanded our business into Frozen for You store within a store concepts, of which we currently have 3;

**Tyrone Fruiterers in Parkview Johannesburg, Beacon Isle KwikSpar in Plettenberg Bay, and Heather Park SuperSpar in George.**

Simultaneously our **online delivery service** has continued to grow tremendously across all 3 regions where we have our own stand alone stores, all our online deliveries are managed by our own warehouse and delivery teams. Our customer experience is of the utmost of importance to us and as such we do not outsource this offering. Except for Christmas day we deliver every other day of the year, customers are able to get same day deliveries if their order is placed by 12pm, Monday to Sunday.





While the last few years has provided a lot of turbulence to businesses in South Africa, Frozen for You has proudly weathered these storms and has continued to grow. We are extremely excited about what the future holds for us and look forward to continuing this journey together with our most loyal customers.








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# IMPORTANT TO KNOW

## NUTRITIONAL KEY

- |  |  |
|--|--|
|  Dairy free     |  Vegetarian |
|  Gluten free    |  Vegan      |
|  Carb conscious |  Hot        |
|  Low fat        |  Vitality   |

## HEATING METHOD KEY

- |  |   |  |   |   |
|--|---|--|---|---|
|  Airfryer |  Stove |  Oven |  Microwave |  Defrost |
|--|---|--|---|---|

For your convenience, icons next to each meal show the heating method appliance.

The various icons next to each meal are indicative of the heating method for that specific meal. Keep in mind that some containers for the larger

serving sizes may be too large to fit into a microwave and/or airfryer. It is therefore recommended that appropriate heating appliance's are chosen from the choice shown, when heating larger containers.

## FIND US



/frozenforyousa



/frozenforyousa

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

Refer to our website for pricing

011 553 7600

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



Frozen For You is based on:

**Simplicity, Generosity, Convenience, Consistency** and, most importantly, **Quality**.

These values are at the heart of everything we do. This includes a generous homestyle meal, made with quality ingredients, using simple traditional methods, conveniently delivered from our kitchen to yours.

**SIMPLICITY**  
**GENEROSITY**  
**CONVENIENCE**  
**CONSISTENCY**  
**QUALITY**



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## BAKED CAULIFLOWER GRATIN

a sophisticated dish with a robust  
Gruyère sauce





## CORONATION CHICKEN

with toasted almonds  
and parsley

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



*Perfectly paired* with our Crusty Plain  
Loaf and side salad





## CHINESE CHICKEN CHOW MEIN

with stir-fried egg noodles and vegetables

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## CHICKEN ENCHILADAS

a spicy Mexican favourite

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## CHICKEN LASAGNE

with spinach, hints of rosemary and mozzarella

<b>430g</b>	Serves 1
<b>860g</b>	Serves 2
<b>1.72kg</b>	Serves 4-6
<b>3.44kg</b>	Serves 8-10





## KAREN'S ASIAN CHICKEN

marinated in soya sauce  
and ginger

<b>180g</b>	Serves 1
<b>360g</b>	Serves 2
<b>720g</b>	Serves 4



## STICKY CHICKEN

with a sweet and sticky glaze

<b>3 pieces</b>	Serves 1
<b>12 pieces</b>	Serves 4



## THAI GREEN CHICKEN CURRY

with coconut milk and  
green beans

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4







## CHICKEN BAKE

with an artichoke and spinach gratin

<b>310g</b>	Serves 1
<b>620g</b>	Serves 2
<b>1.24kg</b>	Serves 4



## MILD BUTTER CHICKEN CURRY

with coconut milk and aromatic spices

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## BUTTER CHICKEN CURRY

with coconut milk and aromatic spices

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4





## COQ AU VIN

with mushrooms and  
crispy bacon

<b>360g</b>	Serves 1
<b>720g</b>	Serves 2



## CHICKEN A LA KING PIE

<b>340g</b>	<b>NEW</b> Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4
<b>2.4kg</b>	Serves 6-8



## GRANDPA'S CHICKEN STEW

healthy and wholesome

<b>420g</b>	Serves 1
<b>840g</b>	Serves 2
<b>1.68kg</b>	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](http://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**

### FOUR BEAN SALAD

add fresh peppers and  
chilli for colour and crunch



# BALSAMIC FILLET MEDALLION

with a light mustard sauce

<b>180g</b>	Serves 1
<b>360g</b>	Serves 2
<b>720g</b>	Serves 4



*Specially for*  
the meat lovers

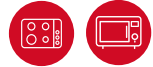




## FAMILY FAVOURITE BOLOGNESE

filled with vegetables

<b>450g</b>	Serves 2-3
<b>900g</b>	Serves 4-6



## BEEF STROGANOFF

with crème fraîche and herbs

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## TRADITIONAL COTTAGE PIE

filled with vegetables

<b>400g</b>	Serves 1
<b>800g</b>	Serves 2
<b>1.6kg</b>	Serves 4-6





## STEAK PIE

with short rib and puff pastry

<b>340g</b>	<b>NEW</b> Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## BEEF LASAGNE

with traditional Bolognese  
and white sauce

<b>400g</b>	Serves 1
<b>800g</b>	Serves 2
<b>1.6kg</b>	Serves 4-6
<b>3.2kg</b>	Serves 8-10



## PASTA-FREE LASAGNE

with courgettes

<b>400g</b>	Serves 1
<b>800g</b>	Serves 2
<b>1.6kg</b>	Serves 4-6







## SPICY BEEF BOBOTIE

our take on this  
South African dish

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## FRAGRANT MALAY BEEF BOBOTIE

a South African favourite

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## BEEF BOURGUIGNON

with red wine and bacon

<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## SLOW COOKED OXTAIL

with butter beans and brandy



1.3kg

Serves 2



*Perfectly paired*

with our creamy  
mashed potatoes





# THE IN'S & OUT'S OF OUR CONTAINERS.

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## 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?

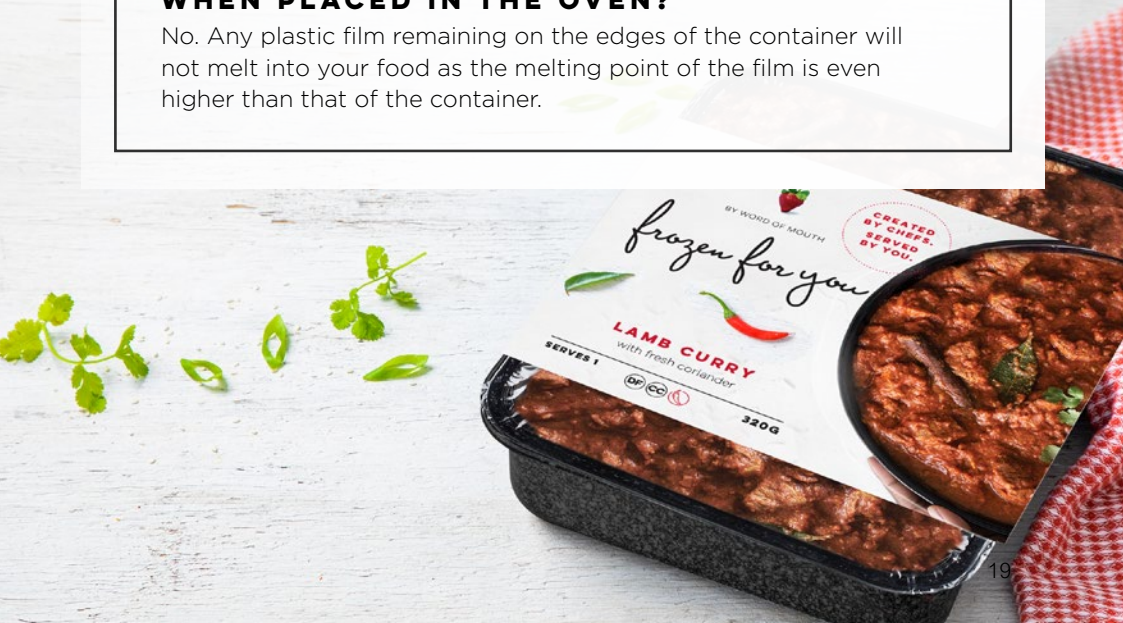
Yes, our containers are 100% recyclable.

## 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.





*Tastiness for*  
the whole family

## CREAMY BACON LINGUINE

with Pecorino cheese and basil

**400g**

Serves 1

**800g**

Serves 2





## SLOW COOKED PORK BELLY

with Asian flavours and crispy crackling

**410g**

Serves 2



## 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

<b>400g</b>	Serves 1
<b>800g</b>	Serves 2
<b>1.5kg</b>	Serves 4-6



## MAC AND CHEESE

with butternut and  
crispy pancetta

<b>800g</b>	Serves 2
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## ADRIAN'S MUM'S MEATBALLS

in a barbeque sauce

<b>4 Meatballs</b>	Serves 1
<b>8 Meatballs</b>	Serves 2
<b>16 Meatballs</b>	Serves 4





## PORK SAUSAGES

with brown onion gravy



**3 Sausages**

Serves 1



*Perfectly paired*

with our creamy  
mash potatoes  
and minted peas



# LAMB TAGINE

with spicy Moroccan flavours

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2



*Tastiness for*  
the whole family







## DURBAN LAMB CURRY

with fresh coriander

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2



## LAMB KNUCKLE BREDIE

a classic South African dish

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## LAMB CURRY

with fresh coriander

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4







## LAMB, MINT AND PUMPKIN PIE

with puff pastry and toasted cumin seeds

<b>340g</b>	<b>NEW</b> Serves 1
<b>640g</b>	Serves 2



## SLOW COOKED LAMB SHANKS

with fresh rosemary and wine

<b>1.3kg</b>	Serves 2
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# THE PERFECT GIFT FOR ANY OCCASSION

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SEND A **PERSONALISED GIFT VOUCHER**  
OR **GIFT A MEAL** TO A LOVED ONE.

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



BY WORD OF MOUTH

*frozen for you*

**VOUCHER**

**TARTE AU CITRON**

made with fresh lemons

# MAURITIAN PRAWN & CHICKEN CURRY

with turmeric, coconut and lemon

<b>470g</b>	Serves 1
<b>940g</b>	Serves 2
<b>1.88kg</b>	Serves 4



*Tastiness for*

the whole family







## ANCHOVY FISH PASTE

pack of 3



## 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





## SPICY THAI FISH CAKES

with fresh ginger and lime

<b>2 Fishcakes</b>	Serves 1
<b>8 Fishcakes</b>	Serves 4



## BRITISH FISH CAKES

with creamy hake and potato

<b>2 Fishcakes</b>	Serves 1
<b>6 Fishcakes</b>	Serves 3



## ORDER ONLINE AND RECEIVE SAME DAY

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**PLACE AN ORDER BEFORE 12PM  
AND GET SAME DAY DELIVERY.**

Minimum order of R600 to qualify for delivery,  
a R85 delivery fee does apply.

**FREE** delivery applies  
to all orders over R2000



**TARTE AU CITRON**  
made with fresh lemons



# SPINACH & RICOTTA CANNELLONI

with mozzarella

<b>400g</b>	Serves 1
<b>800g</b>	Serves 2
<b>1.6kg</b>	Serves 4



*An absolute must*





## MAC AND CHEESE

with crispy bread crumb topping

<b>400g</b>	Serves 1
<b>800g</b>	Serves 2
<b>1.5kg</b>	Serves 4-6



## MAC AND CHEESE

with Truffle Oil & Thyme

<b>800g</b>	Serves 2
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## BUTTERNUT, SAGE AND LENTIL LASAGNE

with creamy sage sauce

<b>400g</b>	Serves 1
<b>800g</b>	Serves 2
<b>1.6kg</b>	Serves 4-6





## VEGETARIAN COTTAGE PIE

topped with creamy butternut and sweet potato mash

<b>400g</b>	Serves 1
<b>800g</b>	Serves 2
<b>1.6kg</b>	Serves 4-6



## BLACK BEAN ENCHILADAS

a mildly spiced Mexican vegetarian favourite

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## RATATOUILLE

made with fresh aubergines, courgettes and red peppers

<b>320g</b>	Serves 1-2
<b>640g</b>	Serves 2-4







## VEGETARIAN BEAN CURRY

with sweet potato and chilli

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## VEGETABLE AND CHICKPEA CURRY

with mixed masala spice and yogurt

<b>320g</b>	Serves 1
<b>640g</b>	Serves 2
<b>1.28kg</b>	Serves 4



## VEGAN CHILLI CON 'CARNE'

a meat-less version of this Mexican dish

<b>450g</b>	Serves 2-3
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## SPINACH AND FETA QUICHE

with healthy whole-wheat and oat pastry

<b>320g</b>	Serves 1-2
<b>1.2kg</b>	Serves 8-10



## MELANZANE PARMIGIANA

with tomato, aubergine, mozzarella and basil

<b>410g</b>	Serves 1
<b>820g</b>	Serves 2
<b>1.64kg</b>	Serves 4



## VEGAN BOLOGNESE

made with lentil, carrots and broccoli

<b>450g</b>	Serves 2-3
<b>900g</b>	Serves 4-6





## **FOOD - THERE IS NO GREATER GIFT**

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### **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.

### **SAME DAY DELIVERY**

**APPLE CAKE**  
in caramel sauce



# WILD MUSHROOM SOUP

with a hint of truffle oil  
and fresh parsley

450ml

Serves 1



*Tastiness for*

the whole family





## ROASTED TOMATO SOUP

with a hint of chilli and fresh basil

<b>450ml</b>	Serves 1
<b>900ml</b>	Serves 2



## MINTED PEA SOUP

with fresh cream

<b>450ml</b>	Serves 1
<b>900ml</b>	Serves 2



## BUTTERNUT SOUP

with coconut cream and orange

<b>450ml</b>	Serves 1
<b>900ml</b>	Serves 2





## ROASTED CARROT SOUP

with coconut cream,  
lime and sumac

450ml	Serves 1
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## HEARTY BEEF GOULASH SOUP

with smoked paprika

450ml	Serves 1
900ml	Serves 2



## CHORIZO BEAN AND BACON SOUP

with sautéed onions, carrots  
and garlic

450ml	Serves 1
900ml	Serves 2







## CHICKEN SOUP

for the soul

<b>450ml</b>	Serves 1
<b>900ml</b>	Serves 2



## CREAMY MUSSEL SOUP

with white wine and garlic

<b>450g</b>	Serves 1
<b>900g</b>	Serves 2



# BOBOTIE SPRINGROLLS

best served with chutney

228g

8 Springrolls





## CHEESE AND ONION MARMALADE BARRELS

250g

12 Barrels



## CHICKEN GRAVY

made the traditional way.  
Perfect addition to your  
roast chicken

450ml

Serves 4-8



## SLOW COOKED LAMB GRAVY

with rosemary

450ml

Serves 4-8







## CREAMY MUSHROOM SAUCE

with a hint of truffle oil divine added to pasta of your choice

450ml

Serves 4-8



## CHERRY TOMATO PASTA SAUCE

with fresh tomatoes and basil

450g

Serves 2-3



## PESTO CREAM SAUCE

with fresh basil and cashew nuts

450ml

Serves 4-8





## QUINOA SALAD

with butternut, feta and toasted pumpkin seeds

<b>310g</b>	Serves 1-2
<b>620g</b>	Serves 2-4



## CRUSTY PLAIN LOAF

<b>900g</b>	Serves 8-10
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## FOUR BEAN SALAD

add fresh peppers and chilli for colour and crunch

<b>310g</b>	Serves 2-3
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## CREAMED SPINACH

<b>310g</b>	Serves 2-3
<b>620g</b>	Serves 4-6



## ROTI

<b>6 pieces</b>	Serves 4-6
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## MINTED PEAS

with sautéed leeks and fresh mint

<b>180g</b>	Serves 1-2
<b>360g</b>	Serves 2-4



## RAINBOW COUSCOUS SALAD

with pomegranate rubies and edamame beans

<b>310g</b>	Serves 1-2
<b>620g</b>	Serves 2-4



## BUTTERNUT FRITTERS

with caramel sauce

<b>12 Fritters</b>	Serves 4
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## CAULIFLOWER AND BROCCOLI

in a cheese sauce

<b>310g</b>	Serves 1-2
<b>620g</b>	Serves 2-4



## BAKED CAULIFLOWER GRATIN

a sophisticated dish with a robust Gruyère sauce

<b>310g</b>	Serves 1-2
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## FRAGRANT WHITE BASMATI RICE

with fresh coriander

<b>250g</b>	Serves 1-2
<b>500g</b>	Serves 2-4



## SPICED YELLOW RICE

with turmeric

<b>250g</b>	Serves 1-2
<b>500g</b>	Serves 2-4



## EGG FRIED RICE

<b>250g</b>	Serves 1-2
<b>500g</b>	Serves 2-4





# PREGO SAUCE

with chilli, garlic, paprika and cream

<b>450ml</b>	Serves 4-8
<b>900ml</b>	Serves 10-12





## DAUPHINOIS POTATOES

with a crispy parmesan topping

<b>310g</b>	Serves 1-2
<b>620g</b>	Serves 2-4
<b>1.24kg</b>	Serves 6-8



## CREAMY MASHED POTATOES

with real butter

<b>400g</b>	Serves 1-2
<b>800g</b>	Serves 2-4



## CRISPY ROAST POTATOES

a family favourite

<b>250g</b>	Serves 2
<b>500g</b>	Serves 4





## VEGAN & GLUTEN FREE BROWNIES

with chocolate and pecan nuts

280g

8 Pieces







## DATE SQUARES

with crunchy biscuit and coconut, a tea time favourite

**280g**

16 Pieces



## TARTE AU CITRON

made with fresh lemons

**230g**

Serves 1-2

**800g**

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



GF

V



## CHOCOLATE ROULADE

with white chocolate mousse

**1 kg**

Serves 10-12



GF



## TIRAMISU

with mascarpone, coffee  
and brandy

**215g**

Serves 1-2

**430g**

Serves 2-3



V



## OUR FAMOUS CHOCOLATE BROWNIES

best served with our  
Salted Caramel Sauce

**350g**

8 Pieces



## WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING

with whiskey

**250g**

Serves 1-2

**1kg**

Serves 10-12



## APPLE CAKE

in caramel sauce

**250g**

Serves 2-3

**1kg**

Serves 10-12







## CHOCOLATE YOGURT CAKE

with a sticky chocolate ganache

**800g**

Serves 10-12



## BERRY COULIS

delicious on traditional baked  
cheesecake, ice cream or  
meringue roulade

**200g**

Serves 6



## SALTED CARAMEL SAUCE

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

**200g**

Serves 6





## CARROT CAKE

with cream cheese icing

*Tastiness for*  
the whole family

800g

Serves 10-12



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## GAUTENG

### DAINFERN SQUARE

Shop 54, Corner of William Nicol  
and Broadacres Drive,

#### **Fourways**

**Tel:** 066 472 6941

#### **Trading hours:**

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

### COACHMAN'S CROSSING

Shop 5 & 6, Corner Peter Place  
and Karen Street,

#### **Bryanston**

**Tel:** 010 534 8138

#### **Trading hours:**

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

### THE SQUARE @ FARRARMERE

Shop 73, Kei Road, Northmead,  
**Benoni**

**Tel:** 010 534 8837

#### **Trading hours:**

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

### MORNINGSIDE SHOPPING CENTRE

Shop U18, Corner of Rivonia  
and Outspan Road,

#### **Morningside**

**Tel:** 010 534 5179

#### **Trading hours:**

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

### HOBART GROVE CENTRE

Shop G7, 52 Hobart Road,  
**Bryanston**

**Tel:** 010 534 9079

#### **Trading hours:**

Monday to Friday: 8AM - 7PM  
Saturday: 8AM - 5PM  
Sunday & Public Holidays: 9AM - 4PM

### THE NEIGHBOURHOOD SQUARE

Shop 4, Corner of Club Street  
and Linksfield Road,

#### **Bedford**

**Tel:** 010 534 7120

#### **Trading hours:**

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

### THE CLUB RETAIL PARK

Shop 112, 30 Elandslaagte Road,  
**Hazelwood**

**Tel:** 010 534 8295

#### **Trading hours:**

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

## KWA-ZULU NATAL

### FLANDERS MALL

21 Flanders Drive,  
**Mount Edgecombe**

**Tel:** 010 100 8820

#### **Trading hours:**

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

### HILTON - THE AVENUES

Shop G06, cnr Hilton College Road and  
Elizabeth Drive,  
**Hilton**

**Tel:** 010 534 6714

#### **Trading hours:**

Monday to Saturday: 8AM - 7PM  
Saturday: 8AM - 6PM  
Sunday & Public Holidays: 9AM - 5PM



### MARINE WALK

Shop 25B, Marine Walk,  
Salta Boulevard, Jabu Ngcobo Drive,  
**Umdloti**

**Tel:** 010 534 9075

**Trading hours:**

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

### CAPE

#### CONSTANTIA EMPORIUM

Shop 3, Intersection of Ladies Mile and  
Spaanschemat Road,  
**Belle Constantia**

**Tel:** 010 534 5229

**Trading hours:**

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

#### GARDENS SHOPPING CENTRE

Shop 17, Corner of Buitenkant  
and Mill Street,  
**Gardens**

**Tel:** 010 100 8447

**Trading hours:**

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

#### HEATHER PARK SUPERSPAR

C/O Pine Road and Witfontein Road,  
Heatherpark,  
**George**

**Tel:** 044 8700 911

**Trading hours:**

Monday to Sunday: 7AM - 8PM  
Public Holidays: 7AM - 8PM

### WATERSTONE VILLAGE

Shop 17, Corner of R44  
and Main Road,  
**Somerset West**

**Tel:** 010 100 8253

**Trading hours:**

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

### STATION SQUARE SHOPPING MALL

Shop 3A, Corner of Lord Roberts  
and Main Road,  
**Hermanus**

**Tel:** 010 100 8255

**Trading hours:**

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

### KWIKSPAR BEACON ISLE

1 Beacon Isle Drive,  
**Plettenberg Bay**

**Tel:** 044 533 1555

**Trading hours:**

Monday to Sunday: 7AM - 8PM  
Public Holidays: 7AM - 8PM

### THE DRAKENSTEIN CENTRE

Drakenstein Sentrum, Cnr  
Drakenstein and Wemmershoek,  
**Paarl**

**Tel:** 010 534 5538

**Trading hours:**

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

A man with a beard and a woman are smiling and laughing while eating. The man is on the left, wearing a blue patterned polo shirt. The woman is on the right, wearing a white shirt, and is holding a piece of food. The background is a blurred indoor setting.

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