

**MILD THAI GREEN CHICKEN CURRY**  
with coconut milk and green beans

|        |            |      |
|--------|------------|------|
| 320g   | (Serves 1) | R92  |
| 640g   | (Serves 2) | R169 |
| 1.28kg | (Serves 4) | R334 |

**CHICKEN ALFREDO**  
with mushrooms and parsley

|       |            |      |
|-------|------------|------|
| 400g  | (Serves 1) | R107 |
| 800g  | (Serves 2) | R206 |
| 1.6kg | (Serves 4) | R396 |

**CHINESE CHICKEN CHOW MEIN**  
with stir-fried egg noodles and vegetables

|        |            |      |
|--------|------------|------|
| 320g   | (Serves 1) | R91  |
| 640g   | (Serves 2) | R172 |
| 1.28kg | (Serves 4) | R325 |

**CHICKEN A LA KING PIE**  
with puff pastry

|        |              |      |
|--------|--------------|------|
| 340g   | (Serves 1)   | R104 |
| 640g   | (Serves 2)   | R183 |
| 1.28kg | (Serves 4)   | R341 |
| 2.4 kg | (Serves 6–8) | R640 |

**BUTTER CHICKEN CURRY**  
with coconut milk and aromatic spices

|        |            |      |
|--------|------------|------|
| 320g   | (Serves 1) | R96  |
| 640g   | (Serves 2) | R180 |
| 1.28kg | (Serves 4) | R350 |

**MILD BUTTER CHICKEN CURRY**  
with coconut milk and aromatic spices

|        |            |      |
|--------|------------|------|
| 320g   | (Serves 1) | R96  |
| 640g   | (Serves 2) | R180 |
| 1.28kg | (Serves 4) | R350 |

**THAI GREEN CHICKEN CURRY**  
with coconut milk and green beans

|        |            |      |
|--------|------------|------|
| 320g   | (Serves 1) | R92  |
| 640g   | (Serves 2) | R169 |
| 1.28kg | (Serves 4) | R334 |

**COQ AU VIN**  
with mushrooms and crispy bacon

|      |            |      |
|------|------------|------|
| 360g | (Serves 1) | R105 |
| 720g | (Serves 2) | R203 |

**CORONATION CHICKEN**  
with toasted almonds and parsley

|        |            |      |
|--------|------------|------|
| 320g   | (Serves 1) | R94  |
| 640g   | (Serves 2) | R172 |
| 1.28kg | (Serves 4) | R321 |

**CHICKEN ENCHILADAS**  
a spicy Mexican favourite

|        |            |      |
|--------|------------|------|
| 320g   | (Serves 1) | R96  |
| 640g   | (Serves 2) | R176 |
| 1.28kg | (Serves 4) | R349 |

**STICKY CHICKEN**  
with a sweet and sticky glaze

|           |            |      |
|-----------|------------|------|
| 3 Pieces  | (Serves 1) | R102 |
| 12 Pieces | (Serves 4) | R352 |

**CHICKEN BAKE**  
with an artichoke and spinach gratin

|        |            |      |
|--------|------------|------|
| 310g   | (Serves 1) | R98  |
| 620g   | (Serves 2) | R195 |
| 1.24kg | (Serves 4) | R374 |

**CHICKEN LASAGNE**  
with spinach, hints of rosemary and mozzarella

|        |               |      |
|--------|---------------|------|
| 430g   | (Serves 1)    | R98  |
| 860g   | (Serves 2)    | R184 |
| 1.72kg | (Serves 4–6)  | R343 |
| 3.44kg | (Serves 8–10) | R660 |

**KAREN'S ASIAN CHICKEN**  
marinated in soya sauce and ginger

|      |            |      |
|------|------------|------|
| 180g | (Serves 1) | R93  |
| 360g | (Serves 2) | R179 |
| 720g | (Serves 4) | R350 |

**GRANDPA'S CHICKEN STEW**  
healthy and wholesome

|        |            |      |
|--------|------------|------|
| 420g   | (Serves 1) | R86  |
| 840g   | (Serves 2) | R164 |
| 1.68kg | (Serves 4) | R305 |

# Lamb

|  |              |                          |              |
|--|--------------|--------------------------|--------------|
| <b>DURBAN LAMB CURRY</b><br>with fresh coriander                             | 320g<br>640g | (Serves 1)<br>(Serves 2) | R159<br>R310 |
| <b>LAMB TAGINE</b><br>with spicy Moroccan flavours                           | 320g<br>640g | (Serves 1)<br>(Serves 2) | R176<br>R348 |
| <b>LAMB MINT AND PUMPKIN PIE</b><br>with puff pastry and toasted cumin seeds | 340g<br>640g | (Serves 1)<br>(Serves 2) | R168<br>R321 |

|  |                        |  |                      |
|--|------------------------|--|----------------------|
| <b>LAMB CURRY</b><br>with fresh coriander                      | 320g<br>640g<br>1.28kg | (Serves 1)<br>(Serves 2)<br>(Serves 4) | R208<br>R393<br>R776 |
| <b>SLOW COOKED LAMB SHANKS</b><br>with fresh rosemary and wine | 1.3kg                  | (Serves 2)                             | R551                 |
| <b>LAMB KNUCKLE BREDIE</b><br>a classic South African dish     | 320g<br>640g<br>1.28kg | (Serves 1)<br>(Serves 2)<br>(Serves 4) | R159<br>R315<br>R599 |

# Beef

|   |                                |   |                             |
|---|--------------------------------|---|-----------------------------|
| <b>BALSAMIC FILLET MEDALLION</b><br>with a light mustard sauce    | 180g<br>360g<br>720g           | (Serves 1)<br>(Serves 2)<br>(Serves 4)                    | R142<br>R265<br>R532        |
| <b>BEEF LASAGNE</b><br>with traditional Bolognese and white sauce | 400g<br>800g<br>1.6kg<br>3.2kg | (Serves 1)<br>(Serves 2)<br>(Serves 4-6)<br>(Serves 8-10) | R96<br>R186<br>R336<br>R635 |
| <b>PASTA-FREE LASAGNE</b><br>with courgettes                      | 400g<br>800g<br>1.6kg          | (Serves 1)<br>(Serves 2)<br>(Serves 4-6)                  | R119<br>R225<br>R425        |
| <b>SPICY BEEF BOBOTIE</b><br>our take on this South African dish  | 320g<br>640g<br>1.28kg         | (Serves 1)<br>(Serves 2)<br>(Serves 4)                    | R81<br>R145<br>R261         |
| <b>FRAGRANT MALAY BOBOTIE</b><br>a South African favourite        | 320g<br>640g<br>1.28kg         | (Serves 1)<br>(Serves 2)<br>(Serves 4)                    | R81<br>R145<br>R261         |

|   |                        |  |                      |
|---|------------------------|--|----------------------|
| <b>SLOW COOKED OXTAIL</b><br>with butter beans and brandy   | 1.3kg                  | (Serves 2)                               | R432                 |
| <b>BEEF BOURGUIGNON</b><br>with red wine and bacon          | 640g<br>1.28kg         | (Serves 2)<br>(Serves 4)                 | R276<br>R521         |
| <b>TRADITIONAL COTTAGE PIE</b><br>filled with vegetables    | 400g<br>800g<br>1.6kg  | (Serves 1)<br>(Serves 2)<br>(Serves 4-6) | R96<br>R174<br>R329  |
| <b>FAMILY FAVOURITE BOLOGNESE</b><br>filled with vegetables | 450g<br>900g           | (Serves 2-3)<br>(Serves 4-6)             | R92<br>R174          |
| <b>STEAK PIE</b><br>with short rib and puff pastry          | 340g<br>640g<br>1.28kg | (Serves 1)<br>(Serves 2)<br>(Serves 4)   | R128<br>R245<br>R475 |
| <b>BEEF STROGANOFF</b><br>with Crème fraîche                | 320g<br>640g<br>1.28kg | (Serves 1)<br>(Serves 2)<br>(Serves 4)   | R109<br>R212<br>R398 |

**SLOW COOKED PORK BELLY** 410g (Serves 2) R185  
with Asian flavours and crispy crackling

**CREAMY BACON LINGUINE** 400g (Serves 1) R95  
with pecorino cheese and basil 800g (Serves 2) R183

**ADRIAN'S MUM'S MEATBALLS** 4 Meatballs (Serves 1) R99  
in a barbeque sauce 8 Meatballs (Serves 2) R194  
16 Meatballs (Serves 4) R362

**PORK SAUSAGES** 3 Sausages (Serves 1) R82  
with brown onion gravy

**QUICHE LORRAINE** 320g (Serves 1 - 2) R136  
made with Gruyère and bacon 1.2kg (Serves 8 - 10) R420

**MAC AND CHEESE** 400g (Serves 1) R70  
with ham and peas 800g (Serves 2) R116  
1.5kg (Serves 4 - 6) R199

**MAC AND CHEESE** 800g (Serves 2) R130  
with butternut and crispy pancetta

**TUSCAN SAUSAGE PASTA** 400g (Serves 1) R98  
with pork sausage, fresh herbs and pasta 800g (Serves 2) R189  
1.6kg (Serves 4) R364

**MAURITIAN PRAWN AND CHICKEN CURRY** 470g (Serves 1) R175  
940g (Serves 2) R345  
with turmeric, coconut and lemon 1.88kg (Serves 4) R680

**TRADITIONAL FISH PIE** 400g (Serves 1) R102  
with creamy mash and dill 800g (Serves 2) R199  
1.6kg (Serves 4 - 6) R342

**BRITISH FISH CAKES** 2 Fish Cakes (Serves 1) R70  
with creamy hake and potato 6 Fish Cakes (Serves 3) R189

**SPICY THAI FISH CAKES** 2 Fish Cakes (Serves 1) R86  
with fresh ginger and lime 8 Fish Cakes (Serves 4) R324

**GLAZED NORWEGIAN SALMON** 320g (Serves 2) R440  
with honey, ginger, soya and orange flavours

**ANCHOVY FISH PASTE** Pack of 3 R195

|   |                        |  |                      |
|---|------------------------|--|----------------------|
| <b>NEW VEGETABLE BIRYANI</b>  | 400g<br>800g<br>1.6kg  | (Serves 1)<br>(Serves 2)<br>(Serves 4)   | R82<br>R156<br>R298  |
| <b>SPINACH &amp; RICOTTA CANNELLONI</b><br>with mozzarella                          | 400g<br>800g<br>1.6kg  | (Serves 1)<br>(Serves 2)<br>(Serves 4)   | R96<br>R186<br>R358  |
| <b>VEGETABLE AND CHICKPEA CURRY</b><br>with mixed masala spice and yoghurt          | 320g<br>640g<br>1.28kg | (Serves 1)<br>(Serves 2)<br>(Serves 4)   | R59<br>R102<br>R195  |
| <b>VEGETARIAN BEAN CURRY</b><br>with sweet potato and chilli                        | 320g<br>640g<br>1.28kg | (Serves 1)<br>(Serves 2)<br>(Serves 4)   | R60<br>R105<br>R194  |
| <b>BUTTERNUT SAGE AND LENTIL LASAGNE</b><br>with a creamy sage sauce                | 400g<br>800g<br>1.6kg  | (Serves 1)<br>(Serves 2)<br>(Serves 4-6) | R105<br>R208<br>R395 |
| <b>VEGETARIAN COTTAGE PIE</b><br>topped with creamy butternut and sweet potato mash | 400g<br>800g<br>1.6kg  | (Serves 1)<br>(Serves 2)<br>(Serves 4-6) | R53<br>R100<br>R189  |
| <b>BLACK BEAN ENCHILADAS</b><br>a mildly spiced Mexican vegetarian favourite        | 320g<br>640g<br>1.28kg | (Serves 1)<br>(Serves 2)<br>(Serves 4)   | R92<br>R170<br>R335  |

|  |                        |  |                      |
|--|------------------------|--|----------------------|
| <b>RATATOUILLE</b><br>made with fresh aubergines, courgettes and red peppers | 320g<br>640g           | (Serves 1-2)<br>(Serves 2-4)                 | R69<br>R130          |
| <b>SPINACH AND FETA QUICHE</b><br>with a healthy whole-wheat and oat pastry  | 320g<br>1.2kg          | (Serves 1-2)<br>(Serves 8-10)                | R128<br>R439         |
| <b>VEGAN BOLOGNESE</b><br>made with lentils, carrots and broccoli            | 450g<br>900g           | (Serves 2-3)<br>(Serves 4-6)                 | R80<br>R155          |
| <b>MELANZANE PARMIGIANA</b><br>with tomato, aubergine, mozzarella and basil  | 410g<br>820g<br>1.64kg | (Serves 1-2)<br>(Serves 2-4)<br>(Serves 4-6) | R118<br>R225<br>R420 |
| <b>VEGAN CHILLI CON 'CARNE'</b><br>meat-less version of this Mexican dish    | 450g                   | (Serves 2-3)                                 | R115                 |
| <b>MAC AND CHEESE</b><br>with a crispy bread crumb topping                   | 400g<br>800g<br>1.5kg  | (Serves 1)<br>(Serves 2)<br>(Serves 4-6)     | R56<br>R96<br>R170   |
| <b>MAC AND CHEESE</b><br>with truffle oil and thyme                          | 800g                   | (Serves 2)                                   | R112                 |

|   |                |                          |              |
|---|----------------|--------------------------|--------------|
| <b>MINISTRONE SOUP</b><br>without the pasta             | 450ml<br>900ml | (Serves 1)<br>(Serves 2) | R54<br>R99   |
| <b>COUNTRY VEGETABLE SOUP</b>                           | 450ml<br>900ml | (Serves 1)<br>(Serves 2) | R44<br>R82   |
| <b>CREAMY MUSSEL SOUP</b><br>with white wine and garlic | 450g<br>900g   | (Serves 1)<br>(Serves 2) | R115<br>R205 |

|   |                |                          |             |
|---|----------------|--------------------------|-------------|
| <b>MINTED PEA SOUP</b><br>with fresh cream                                | 450ml<br>900ml | (Serves 1)<br>(Serves 2) | R48<br>R88  |
| <b>ROASTED TOMATO SOUP</b><br>with a hint of chilli and fresh basil       | 450ml<br>900ml | (Serves 1)<br>(Serves 2) | R57<br>R102 |
| <b>WILD MUSHROOM SOUP</b><br>with a hint of truffle oil and fresh parsley | 450ml          | (Serves 1)               | R99         |

|   |                |                          |             |
|---|----------------|--------------------------|-------------|
| <b>ROASTED CARROT SOUP</b><br>with coconut cream, lime and sumac              | 450ml          | (Serves 1)               | R48         |
| <b>BUTTERNUT SOUP</b><br>with coconut cream and orange                        | 450ml<br>900ml | (Serves 1)<br>(Serves 2) | R39<br>R74  |
| <b>CHORIZO BEAN AND BACON SOUP</b><br>with sautéed onions, carrots and garlic | 450ml<br>900ml | (Serves 1)<br>(Serves 2) | R60<br>R106 |

|  |                |                          |             |
|--|----------------|--------------------------|-------------|
| <b>HEARTY BEEF GOULASH SOUP</b><br>with smoked paprika | 450ml<br>900ml | (Serves 1)<br>(Serves 2) | R86<br>R160 |
| <b>CHICKEN SOUP</b><br>for the soul                    | 450ml<br>900ml | (Serves 1)<br>(Serves 2) | R72<br>R138 |

## Desserts

|   |              |                                |             |
|---|--------------|--------------------------------|-------------|
| <b>VEGAN &amp; GLUTEN FREE BROWNIES</b><br>with chocolate and pecan nuts  | 280g         | (8 pieces)                     | R108        |
| <b>DATE SQUARES</b><br>with crunchy biscuit and coconut                   | 280g         | (16 pieces)                    | R83         |
| <b>CHOCOLATE ROULADE</b><br>with white chocolate mousse                   | 1kg          | (Serves 10–12)                 | R198        |
| <b>TARTE AU CITRON</b><br>made with fresh lemons                          | 230g<br>800g | (Serves 1–2)<br>(Serves 10–12) | R67<br>R198 |
| <b>MERINGUE ROULADE</b><br>with raspberry cream                           | 450g         | (Serves 10–12)                 | R245        |
| <b>CHOCOLATE YOGHURT CAKE</b><br>with a sticky chocolate ganache          | 800g         | (Serves 10–12)                 | R104        |
| <b>WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING</b><br>with whiskey | 250g<br>1kg  | (Serves 1–2)<br>(Serves 10–12) | R90<br>R224 |

|   |              |                                |              |
|---|--------------|--------------------------------|--------------|
| <b>APPLE CAKE</b><br>in a caramel sauce   | 250g<br>1kg  | (Serves 2–3)<br>(Serves 10–12) | R62<br>R221  |
| <b>TRADITIONAL BAKED CHEESECAKE</b><br>best served with cream, seasonal fruit or Berry Coulis | 220g<br>1kg  | (Serves 1–2)<br>(Serves 10–12) | R103<br>R435 |
| <b>OUR FAMOUS CHOCOLATE BROWNIES</b><br>best served with our Salted Caramel Sauce             | 350g         | (8 pieces)                     | R107         |
| <b>BERRY COULIS</b><br>delicious on Traditional Baked Cheesecake, ice-cream or roulade        | 200g         | (Serves 6)                     | R74          |
| <b>SALTED CARAMEL SAUCE</b><br>Karen's kid's favourite served hot on ice cream                | 200g         | (Serves 6)                     | R59          |
| <b>CARROT CAKE</b><br>with cream cheese icing   | 800g         | (Serves 10–12)                 | R158         |
| <b>TIRAMISU</b><br>with mascarpone, brandy and coffee   | 215g<br>430g | (Serves 1–2)<br>(Serves 2–3)   | R78<br>R147  |

# Sauces & Sides

|   |                           |  |                     |
|---|---------------------------|--|---------------------|
| <b>NEW APPLE AND SAGE SAUSAGE ROLLS</b><br>made with pork sausage                   | 340g<br>(9 sausage rolls) |  | R94                 |
| <b>NEW CHARLIE'S CRISPY CHICKEN WINGS</b><br>served with a sticky Vietnamese sauce  | 650g<br>16 Pieces)        |  | R278                |
| <b>MASHED PUMPKIN</b>   | 310g<br>620g              | (Serves 2-3)<br>(Serves 2-4)                 | R35<br>R66          |
| <b>EGG FRIED RICE</b>   | 250g<br>500g              | (Serves 1-2)<br>(Serves 2-4)                 | R54<br>R102         |
| <b>CAULIFLOWER AND BROCCOLI</b><br>in a cheese sauce                                | 310g<br>620g              | (Serves 1-2)<br>(Serves 2-4)                 | R66<br>R129         |
| <b>CHICKEN GRAVY</b><br>made the traditional way                                    | 450ml                     | (Serves 4-8)                                 | R54                 |
| <b>SLOW COOKED LAMB GRAVY</b><br>made with rosemary                                 | 450ml                     | (Serves 4-8)                                 | R64                 |
| <b>DAUPHINOIS POTATOES</b><br>with a crispy parmesan topping                        | 310g<br>620g<br>1.24kg    | (Serves 1-2)<br>(Serves 2-4)<br>(Serves 6-8) | R59<br>R107<br>R199 |
| <b>MINTED PEAS</b><br>with sautéed leeks and fresh mint                             | 180g<br>360g              | (Serves 1-2)<br>(Serves 2-4)                 | R46<br>R87          |
| <b>BAKED CAULIFLOWER GRATIN</b><br>a sophisticated dish with a robust Gruyère sauce | 310g                      | (Serves 1-2)                                 | R79                 |
| <b>FRAGRANT WHITE BASMATI RICE</b><br>with fresh coriander                          | 250g<br>500g              | (Serves 1-2)<br>(Serves 2-4)                 | R28<br>R50          |
| <b>SPICED YELLOW RICE</b><br>with turmeric  | 250g<br>500g              | (Serves 1-2)<br>(Serves 2-4)                 | R31<br>R54          |
| <b>QUINOA SALAD</b><br>with butternut, feta and toasted pumpkin seeds               | 310g<br>620g              | (Serves 1-2)<br>(Serves 2-4)                 | R89<br>R168         |
| <b>CREAMY MASHED POTATOES</b><br>with real butter                                   | 400g<br>800g              | (Serves 1-2)<br>(Serves 2-4)                 | R48<br>R89          |
| <b>CREAMED SPINACH</b>  | 310g<br>620g              | (Serves 2-3)<br>(Serves 4-6)                 | R50<br>R89          |

|  |                         |                                |             |
|--|-------------------------|--------------------------------|-------------|
| <b>CRISPY ROAST POTATOES</b><br>a family favourite                           | 250g<br>500g            | (Serves 2)<br>(Serves 4)       | R49<br>R96  |
| <b>BUTTERNUT FRITTERS</b><br>with caramel sauce                              | 12 Fritters             | (Serves 4)                     | R89         |
| <b>RAINBOW COUSCOUS SALAD</b><br>with pomegranate rubies and edamame beans   | 310g<br>620g            | (Serves 1-2)<br>(Serves 2-4)   | R70<br>R135 |
| <b>FOUR BEAN SALAD</b><br>add fresh peppers and chilli for colour and crunch | 310g                    | (Serves 2-3)                   | R53         |
| <b>CHERRY TOMATO PASTA SAUCE</b><br>with fresh tomatoes and basil            | 450g                    | (Serves 2-3)                   | R102        |
| <b>PREGO SAUCE</b><br>with chilli, garlic, paprika and cream                 | 450ml<br>900ml          | (Serves 4-8)<br>(Serves 10-12) | R77<br>R145 |
| <b>CREAMY MUSHROOM SAUCE</b><br>with a hint of truffle oil                   | 450ml                   | (Serves 4-8)                   | R109        |
| <b>PESTO CREAM SAUCE</b><br>with fresh basil and cashew nuts                 | 450ml                   | (Serves 4-8)                   | R75         |
| <b>CRUSTY PLAIN LOAF</b><br>homemade artisanal sourdough                     | 900g                    | (Serves 8-10)                  | R65         |
| <b>ROTI</b>  | 6 pieces                | (Serves 2-4)                   | R79         |
| <b>CHEESE AND ONION MARMALADE BARRELS</b>                                    | 250g<br>(12 barrels)    |                                | R109        |
| <b>BOBOTIE SPRINGROLLS</b><br>best served with chutney                       | 228g<br>(8 springrolls) |                                | R98         |

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