



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



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.

IMPORTANT TO KNOW

NUTRITIONAL KEY

- | | |
|--|---|
|  DF Dairy free |  V Vegetarian |
|  GF Gluten free |  V Vegan |
|  CC Carb conscious |  Hot |
|  LF Low fat |  Vitality |

HEATING METHOD KEY

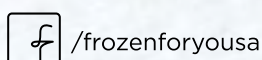
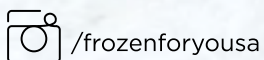
- | | | | | |
|---|--|---|--|--|
|  Airfryer |  Stove |  Oven |  Microwave |  Defrost |
|---|--|---|--|--|

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



www.frozenforyou.co.za

Refer to our website for pricing

011 553 7600

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

Contents

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STORES 59

BAKED CAULIFLOWER GRATIN

a sophisticated dish with a robust
Gruyère sauce



CORONATION CHICKEN

with toasted almonds
and parsley

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



Perfectly paired with our Crusty Plain
Loaf and side salad





CHINESE CHICKEN CHOW MEIN

with stir-fried egg noodles and vegetables

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



CHICKEN LASAGNE

with spinach, hints of rosemary and mozzarella

430g	Serves 1
860g	Serves 2
1.72kg	Serves 4-6
3.44kg	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



THAI GREEN CHICKEN CURRY

with coconut milk and green beans

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





CHICKEN BAKE

with an artichoke and spinach gratin

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



BUTTER CHICKEN CURRY

with coconut milk and aromatic spices

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





COQ AU VIN

with mushrooms and
crispy bacon

360g	Serves 1
720g	Serves 2



CHICKEN A LA KING PIE

340g	NEW Serves 1
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

FOUR BEAN SALAD

add fresh peppers and
chilli for colour and crunch

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

340g	NEW 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



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 BOURGUIGNON

with red wine and bacon

640g	Serves 2
1.28kg	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.

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?

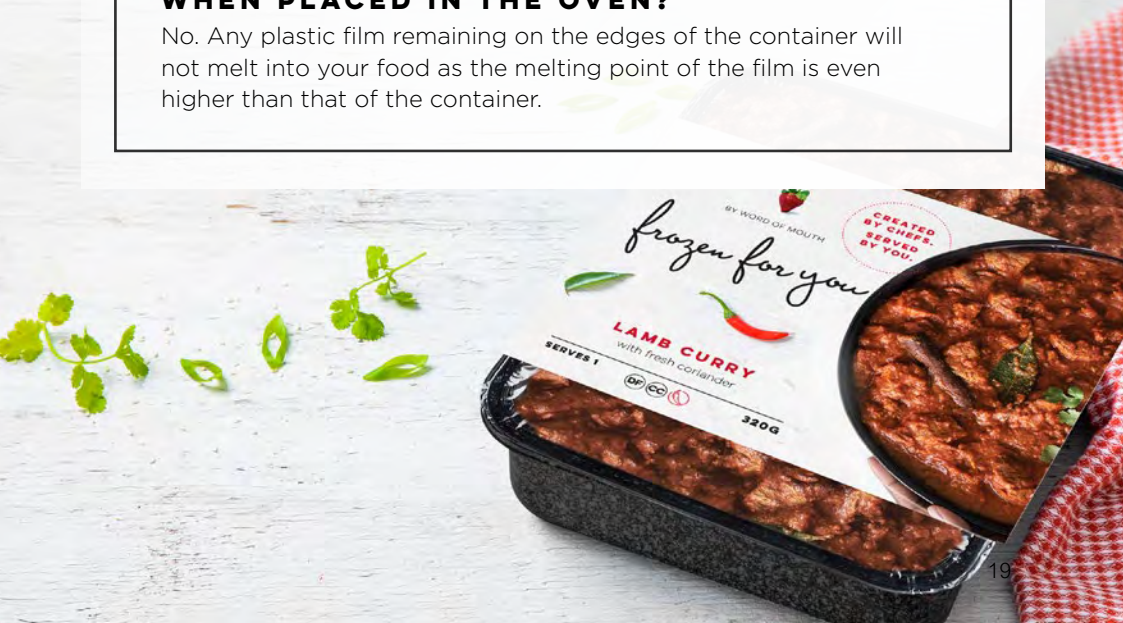
Yes, our containers are 100% recyclable.

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.



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

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



MAC AND CHEESE

with butternut and
crispy pancetta

800g	Serves 2
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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



Perfectly paired

with our creamy
mash potatoes
and minted peas



LAMB TAGINE

with spicy Moroccan flavours

320g	Serves 1
640g	Serves 2



Tastiness for
the whole family





DURBAN LAMB CURRY

with fresh coriander

320g	Serves 1
640g	Serves 2



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

340g	NEW Serves 1
640g	Serves 2



SLOW COOKED LAMB SHANKS

with fresh rosemary and wine

1.3kg	Serves 2
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THE PERFECT GIFT FOR ANY OCCASSION

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

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

470g	Serves 1
940g	Serves 2
1.88kg	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
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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

2 Fishcakes	Serves 1
8 Fishcakes	Serves 4



BRITISH FISH CAKES

with creamy hake and potato

2 Fishcakes	Serves 1
6 Fishcakes	Serves 3



ORDER ONLINE AND RECEIVE SAME DAY

**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

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



An absolute must





MAC AND CHEESE

with crispy bread crumb topping

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



MAC AND CHEESE

with Truffle Oil & Thyme

800g	Serves 2
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BUTTERNUT, SAGE AND LENTIL LASAGNE

with 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 yogurt

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



VEGAN CHILLI CON 'CARNE'

a meat-less version of this Mexican dish

450g	Serves 2-3
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SPINACH AND FETA QUICHE

with healthy whole-wheat and oat pastry

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



MELANZANE PARMIGIANA

with tomato, aubergine, mozzarella and basil

410g	Serves 1
820g	Serves 2
1.64kg	Serves 4



VEGAN BOLOGNESE

made with lentil, 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.

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

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





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

450ml	Serves 1
900ml	Serves 2



CREAMY MUSSEL SOUP

with white wine and garlic

450g	Serves 1
900g	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

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



CRUSTY PLAIN LOAF

900g	Serves 8-10
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FOUR BEAN SALAD

add fresh peppers and chilli for colour and crunch

310g	Serves 2-3
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CREAMED SPINACH

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



ROTI

6 pieces	Serves 4-6
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MINTED PEAS

with sautéed leeks and fresh mint

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



RAINBOW COUSCOUS SALAD

with pomegranate rubies and edamame beans

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



BUTTERNUT FRITTERS

with caramel sauce

12 Fritters	Serves 4
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CAULIFLOWER AND BROCCOLI

in a cheese sauce

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



BAKED CAULIFLOWER GRATIN

a sophisticated dish with a robust Gruyère sauce

310g	Serves 1-2
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FRAGRANT WHITE BASMATI RICE

with fresh coriander

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



SPICED YELLOW RICE

with turmeric

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



EGG FRIED RICE

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



PREGO SAUCE

with chilli, garlic, paprika and cream

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





DAUPHINOIS POTATOES

with a crispy parmesan topping

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



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



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

1kg

Serves 10-12



GF



TIRAMISU

with mascarpone, coffee
and brandy

215g

Serves 1-2

430g

Serves 2-3



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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
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BERRY COULIS

delicious on traditional baked
cheesecake, ice cream or
meringue roulade

200g	Serves 6
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SALTED CARAMEL SAUCE

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

200g	Serves 6
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CARROT CAKE

with cream cheese icing

Tastiness for
the whole family

800g

Serves 10-12



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 wearing a blue patterned polo shirt, and the woman is wearing a white shirt. They are both holding food. A red dotted circle is superimposed over the image, containing the text "CREATED BY CHEFS. SERVED BY YOU."

**CREATED
BY CHEFS.
SERVED
BY YOU.**

**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