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*Frozen food that
you will feel proud
to serve at your
table.*

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Feel Good Frozen Food

KEY:

- V Vegan
- GF Gluten-free
- DF Dairy-free
- LC Low-carb

kcal/kj Calories/Kilojoules = per 100g

Beef

- LC GF Beef Moussaka
serves 1: R99 (400g)
serves 2-3: R159 (800g)
serves 4-6: R299 (1.6kg)
kcal 100 / kj 421
- Traditional Beef lasagne
serves 1: R89 (400g)
serves 2-3: R169 (800g)
serves 4-6: R309 (1.6kg)
kcal 150 / kj 629
- Beef Pie
serves 1: R99 (350g)
serves 2-3: R169 (700g)
serves 4-6: R399 (1.4kg)
kcal 150 / kj 628

GF Cottage Pie
serves 1: R89 (400g)
serves 2-3: R169 (800g)
serves 4-6: R305 (1.6kg)
kcal 105 / kj 441

GF Bobotie
serves 1: R99 (350g)
serves 2-3: R159 (750g)
serves 4-6: R299 (1.3kg)
kcal 132 / kj 557

Herby Italian Meatballs
serves 1: R89 (350g)
serves 2-3: R169 (700g)
serves 4-6: R309 (1.4kg)
kcal 67 / 283 kj

DF Hungarian Beef Goulash
serves 1: R89 (350g)
serves 2-3: R159 (800g)
serves 4-6: R309 (1.4kg)
kcal 96 / kj 403

DF Homemade Beef Burgers
serves 4: R119 (560g)
kcal 190 / kj 791

DF GF Chilli Con Carne
serves 2-3: R189 (900g)
kcal 109 / kj 460

Lamb

DF GF Navarin of Lamb
serves 1: R115 (350g)
serves 2-3: R219 (700g)
serves 4-6: R359 (1.4kg)
kcal 132 / kj 550

DF GF Lamb Tagine with Apricots & Almonds
serves 1: R115 (350g)
serves 2-3: R219 (700g)
serves 4-6: R359 (1.4kg)
kcal 167 / kj 698

GF Moroccan Shepherds Pie
serves 1: R109 (400g)
serves 2-3: R199 (800g)
serves 4-6: R359 (1.6kg)
kcal 124 / kj 520

DF GF Tomato Bredie with Lamb
serves 1: R115 (350g)
serves 2-3: R209 (700g)
serves 4-6: R389 (1.4kg)
kcal 103 / kj 430

Chicken

Chicken, Leek & Mushroom Pie
serves 1: R89 (325g)
serves 2-3: R159 (650g)
serves 4-6: R305 (1.3kg)
kcal 207 / kj 863

LC GF Butter Chicken
serves 1: R89 (350g)
serves 2-3: R159 (700g)
serves 4-6: R305 (1.4kg)
kcal 117 / kj 490



DF GF Fragrant Thai Curry
serves 1: R89 (350g)
serves 2-3: R169 (700g)
serves 4-6: R309 (1.4kg)
kcal 154 / kj 643

LC GF Creamy Parmesan Chicken
serves 1: R89 (350g)
serves 2-3: R169 (700g)
serves 4-6: R305 (1.4kg)
kcal 109 / kj 455

GF DF Indonesian Chicken
serves 1: R89 (350g)
serves 2-3: R169 (700g)
serves 4-6: R299 (1.4kg)
kcal 158 / kj 659

DF GF Moroccan Chicken
serves 1: R89 (350g)
serves 2-3: R179 (700g)
serves 4-6: R309 (1.4kg)
kcal 98 / kj 412

DF GF Tuscan Chicken
serves 1: R89 (350g)
serves 2-3: R169 (700g)
serves 4-6: R309 (1.4kg)
kcal 88 / kj 371

LC GF Coronation Chicken
serves 2-3: R159 (650g)
kcal 254 / kj 1057

Chicken Lasagne

Serves 1: R89
Serves 2-3: R159
Serves 4-6: R309
kcal 134 / kj 561

Vegetarian

Leek & Mushroom Pie
serves 2-3: R149 (700g)
kcal 138 / kj 576

LC GF Aubergine Melanzane Parmigiana
serves 1: R89 (350g)
serves 2-3: R159 (700g)
serves 4-6: R299 (1.4kg)
kcal 72 / kj 298

Roasted Mediterranean Veg Lasagne
serves 1: R89 (400g)
serves 2-3: R159 (800g)
serves 4-6: R289 (1.6kg)
kcal 137 / kj 574

LC Spicy Lentil & Aubergine Moussaka
serves 1: R89 (400g)
serves 2-3: R149 (800g)
serves 4-6: R289 (1.6kg)
kcal 151 / kj 634

GF DF V Roasted Ratatouille
serves 1: R89 (300g)
serves 2-3: R159 (650g)
serves 4-6: R289 (1.3kg)
kcal 34 / kj 144

DF GF V Vegetable & Bean Chili
serves 1: R89 (325g)
serves 2-3: R149 (650g)
serves 4-6: R289 (1.3kg)
kcal 50 / kj 208

Zucchini Pasta Bake
serves 2-3: R149 (700g)
kcal 178 / kj 745

DF GF V Veggie Burger
serves 4: R99 (560g)
kcal 168 / kj 711

Pizza Margherita
1 pizza: R92 (30cm)
kcal 182 / kj 765



Sides

GF Basmati Rice & Lentils
serves 2-3: R65 (400g)
kcal 102 / kj 432

GF DF V Jewelled Couscous
serves 2-3: R89 (700g)
kcal 219 / kj 927

GF Dauphinoise potatoes
serves 2-3: R109
(700g) kcal 116 / kj 486

Fish

Luxury Fish Pie
serves 1: R99 (400g)
serves 2-3: R179 (800g)
serves 4-6: R339 (1.4kg)
kcal 77 / kj 323

Friday Fish Cakes
serves 4: R179 (560g)
kcal 124 / kj 521

Corn & Haddock Chowder
serves 2-3: R139 (900g)
kcal 82 / kj 345

Sauces/Soups

GF DF V Roasted Tomato Soup
Serves 2-3: R99 (900ml)
kcal 48 / kj 200

V GF DF Classic Arrabiata Sauce
serves 1: R49 (500ml)
serves 2-3: R89 (900ml)
kcal 46 / kj 193

DF GF Classic Bolognese Sauce
serves 2-3: R169 (900g)
kcal 147 / kj 613

DF Minestrone Soup
serves 2-3: R89 (900ml)
kcal 88 / kj 264

DF GF Curried Chicken Veg Soup
serves 2-3: R105 (900ml)
kcal 73 / kj 303

GF DF V Classic Napoletana Sauce
serves 1: R49 (500ml)
serves 2-3: R99 (900ml)
kcal 49 / kj 205

Desserts

Chocolate Brownie With
Pecan Nuts
serves 3-4: R139
kcal 440 / kj 1839

Chocolate Brownie Nut free
Serves 3-4: R119
kcal 440 / kj 1839

Scones
pack of 6: R89 (70g)
kcal 346 / kj 1446

Apple Sponge Pudding
serves 2-3: R99
kcal 234 / kj 983

Pear & Blackberry Crumble
serves 2-3: R149 (850g)
kcal 175 / kj 739

Apple Raspberry Crumble
serves 2-3: R149 (900g)
kcal 166 / kj 699

Chocolate & Nutty Caramel Bar
serves 2-3: R199
kcal 457 / kj 1908

