

VALUE PACKS

Our **VALUE PACKS** include freezer staples to ensure that shopping for your favourite We are Food meals is quick and easy. These packs are perfect for We are Food first timers, a friend moving home, or as a gift for a loved one.

FAVOURITE'S VALUE PACK Our head chef Jane's ultimate 16 serve 1 dishes	R1 295
STUDENT VALUE PACK 13 microwaveable meals	R995
VEGETARIAN VALUE PACK 15 freezer staples perfect for flexi and vegetarians	R1 030
VEGAN VALUE PACK 16 plant-based frozen meals serving 1	R995
LOWER CARB VALUE PACK 13 serves 1 meals where the carbs are curbed with less than 10g carbs per 100g	R1 195
NEW PARENTS VALUE PACK 2 single portions of 8 of our most nourishing meals	R1 250
COUPLE'S VALUE PACK 16 of our most loved single dishes	R1 295
FAMILY VALUE PACK 5 of our best selling serves 4 meals	R1 450



HOW TO ORDER?

ORDER ONLINE

Visit www.wearefood.co.za
Place an order for **DELIVERY** throughout KZN, Gauteng or the Western Cape
Or **CLICK & COLLECT** from one of our stores or depots.

VISIT A WE ARE FOOD STORE OR COLLECTION DEPOT

KWAZULU-NATAL

Ballito
The Market,
Ballito Lifestyle Centre
398 Main Road
Ballito
084 726 5134

Glenashley

Glenore Centre
36 Aubrey Drive,
Glenashley
084 734 8153

Durban North

We are Food Kitchen
520 Chris Hani Road
Durban North
083 779 5612

GAUTENG

Midrand
Click and Collect
076 797 0506

WESTERN CAPE

Somerset West
Click and Collect
082 346 4655



get 10% off
your first order

simply sign up to
our mailing list
using this QR code

ICON MEANINGS

DAIRY FREE

VEGETARIAN

VEGAN

LOWER CARB

NATURALLY GLUTEN FREE

MILD

NICE & SPICY

PORTION SIZE

SINGLE - SERVES 1

FAMILY - SERVES 4

OUR MEALS COME FROZEN.
KEEP FROZEN AT -18°C UNTIL SERVING, &
THEN FOLLOW OUR HEATING
INSTRUCTIONS FOR BEST RESULTS.

ALLERGEN INFORMATION
We've taken all necessary precautions, but
there is a possibility that our food may
contain traces of nuts, tree nuts, wheat,
dairy, eggs, soy, fish, shellfish or other
allergens.

All details and prices valid from 1 June 2024 and are subject to change without notice.
Please visit www.wearefood.co.za for current pricing.

info@wearefood.co.za

facebook.com/wearefood

www.wearefood.co.za

[wearefood_sa](https://www.instagram.com/wearefood_sa)



we are FOOD FROZEN MEAL MENU

the home of South
Africa's favourite
frozen meals

"CAN'T BEAT THE
CONVENIENCE OF
THESE HOME-MADE
MEALS IN MY FREEZER"

- RACHELLE H

www.wearefood.co.za

CHICKEN

CREAMY CHICKEN & BACON PASTA

Tender chicken & crispy bacon in a creamy tomato sauce with hints of basil, lemon & thyme, on al dente spaghetti

(S) R78
(F) R265


CHICKEN LASAGNE

Tender chicken & roasted peppers layered with lasagne & a creamy Béchamel sauce.

(S) R79
(F) R288

CHICKEN A LA KING

Tender chicken breast pieces in a creamy sauce of mixed peppers & smoked paprika.

 (S) R84

BUTTER CHICKEN

Yoghurt & spice marinated chicken breast pieces cooked in a mild, creamy curry sauce.

  (S) R88
(F) R323

CHICKEN, BACON & LEEK PIE

Tender chicken, smoky bacon & a creamy leek sauce under flaky puff pastry.

(S) R89
(F) R338


COUNTRY CHICKEN BAKE

Roasted chicken, spinach & Italian tomato sauce topped with roasted mashed butternut & cauli-cream sauce.

  (S) R89

CREAMY SUNDRIED TOMATO CHICKEN

Tender chicken breast in a sauce of slow-roasted tomato, basil & lemon cream with sundried tomatoes.

 (S) R89
(F) R338

CHICKEN PARMIGIANA

Crumbed chicken fillets, layered with a home-made Italian tomato sauce, topped with a cheesy Béchamel sauce & grated cheddar.

(S) R92
(F) R338

THAI GREEN CHICKEN CURRY

Chicken breast & seasonal veggies in a creamy coconut sauce with lemongrass, lime leaves, coriander and basil.

    (S) R92

PLAITED CHICKEN PIE

Lightly roasted chicken in a home-made creamy tomato sauce, enrobed in puff pastry
Serves 6

R260

PORK

BACON MAC N CHEESE

A classic bake of cheesy macaroni with crispy bacon running throughout, topped with cheddar cheese.

(S) R78
(F) R280

SMOKY MEXICAN PULLED PORK

In a tomato & chipotle sauce, with black beans, charred corn & roasted sweet potato.

   (S) R79
(F) R295

CHICKEN, BACON & LEEK PIE

Tender chicken, smoky bacon & a creamy leek sauce under flaky puff pastry.

(S) R89
(F) R338

SAUSAGE & ROSEMARY PLAIT

A striking centrepiece filled with pork sausage & herbs, wrapped in delicate puff pastry.
Serves 6

R270

BEEF

SPAGHETTI BOLOGNAISE

With slow-cooked beef mince & tomato sauce, on al dente spaghetti topped with parmesan cheese.

(S) R74


BEEF LASAGNE

Traditional Italian classic pasta bake using slow cooked beef bolognaise.

(S) R79
(F) R288

COTTAGE PIE

Combining free range beef with creamy mashed potato.

 (S) R85
(F) R306

BEEF STROGANOFF

Slow-cooked lean beef strips in a creamy mushroom sauce with peas.

(S) R98
(F) R365

LAMB

LAMB MOUSSAKA

Slow-cooked lamb mince, roasted potato, brinjal slices & a creamy béchamel.

(S) R92
(F) R338

DURBAN LAMB CURRY

Deboned leg of lamb cubes in a rich tomato gravy with a medium bite of chili.

    (S) R145



VEGETARIAN

VEGETABLE LASAGNE

Roasted butternut, red pepper & an Italian tomato sauce layered with creamy béchamel sauce and pasta sheets. Topped with cheddar

(S) R69

LENTIL & BUTTERNUT BOBOTIE

A lentil & roasted butternut bobotie, with authentic fragrant spices & topped with potato & butternut mash.

(S) R69

PANEER TIKKA MASALA

Creamy paneer cheese in a mild Indian curry sauce of spices, almonds, coconut, tomato & cream.

  (S) R88

MELANZANE BAKE

Delicate layers of roasted brinjal, Italian tomato sauce & generous mozzarella & Parmesan.

  (S) R91
(F) R327

SPINACH & RICOTTA CANNELLONI

A light Italian pasta topped with Pomodoro sauce, mozzarella & Parmesan.

(S) R91

RISOTTO, MOZZARELLA & PESTO PLAIT

With hints of roasted veg with rocket & basil pesto, stuffed with mozzarella, wrapped in a crisp puff pastry.
Serves 6

R270

SEAFOOD

THAI FISH CAKES

Two individually made tuna fish cakes with a hint of coriander, chili, lemon & spices.

 R69



CHIPOTLE BEAN PATTIES

Two Mexican patties, with beans, corn, veggies & a mild bite.

  R60


CHICKPEA & ROASTED VEG KORMA

A fragrant, rich curry with coconut milk & coriander.

   (S) R69

MOROCCAN VEGGIE PIE

Aromatic deep-dish pie with roasted potato, carrots, chickpeas & peppers in a Harissa spiced sauce.

 (S) R78

THAI RED VEGGIE CURRY

Fresh, seasonal veggies & edamame beans in a spicy coconut red curry sauce with lemongrass & coriander.

    (S) R79

SOUPS

a 500ml tub serving 1-2

BUTTERNUT SOUP

Smooth & creamy, just how it should be.

  R49

HEARTY VEG SOUP

Crammed with veggies & beans in a herby, tomato soup.

    R59

CHICKEN & CORN SOUP

Chicken breast pieces with cream & a hint of celery.

  R75

SIDES

a veggie side of 250g serving 2

BASMATI RICE

Steamed & seasoned. A great addition to any curry or stew.

   R36

MASHED BUTTERNUT

Oven roasted butternut, mashed & seasoned.

    R39

CREAMED SPINACH

The perfect combination of creamy sauce, braised spinach, onion & seasoning.

 R46

ISRAELI COUS COUS SALAD

Home-made basil pesto coats this salad mixed cous cous, snappy edamame beans, roasted butternut, yellow peppers & toasted pumpkin seeds.

   R63

