

we are **FOOD**

MARVELLOUS FOOD FOR YOUR FREEZER

spring
2019

new

Ice Cream cakes



made by our friends at
PAULS HOMEMADE ICE CREAM

- *Vegan Roasted Strawberry Cake*
- *Sugar-Free Vanilla & Chocolate Cake*
- *Birthday Cake*



hooray!

WE ARE IN
**CAPE
TOWN**

**MADE LIKE
YOU WOULD
AT HOME**

www.wearefood.co.za

hello

As the promise of warmer weather approaches, our team here at We are Food are cheerfully working on some Summery new items which will be hitting our freezers at the end of the year. Think beach braais, family entertaining and hot days by the pool!

Yet, our new Winter dishes are still proving to be firm favourites throughout our stores, with the Durban Lamb Curry showing off depth of flavour and becoming one of our best-selling dishes. Showing us there is still a strong desire for some local, hearty meals on the menu.

Jane has spent the better part of this year forming new relationships with wonderful local suppliers, she calls this her Supplier Crusade. From beef, pork & chicken suppliers, to wonderful herbs, gluten free grains and high quality spices. We are so excited to not only now be able to support local and ethical farmers, but also have confidence in these high quality ingredients and how they will improve our meals even more. Keep an eye on our social media for updates on this Supplier Crusade.

Jane & Amy
{founders}



ICON MEANINGS

- | | | | | | |
|--|-------------|----------------------|-----------------|--|--------------|
| | GLUTEN FREE | | MILD | | NICE & SPICY |
| | DAIRY FREE | PORTION SIZES | | | |
| | VEGETARIAN | | single SERVES 1 | | |
| | VEGAN | | family SERVES 4 | | |
| | LOW CARB | | grande SERVES 8 | | |

chef's choice value pack

20 OF OUR CHEF'S MOST LOVED MEALS

R1,190

A well-rounded & thoughtful pack. Perfect for newbies, those too busy to choose, or as a gift for a loved one!

1 OF EACH DISH:

Low Carb Beef Lasagne
Beef Lasagne
Beef Stroganoff
Butter Chicken
Butternut Laksa Vegan Bowl
Cauliflower & Bacon Soup
Chicken a la King
Chicken, Ham & Leek Pie
Coconut Beef Masala
Country Chicken Bake
Parmesan & Tomato Gnocchi Bake
Smoked Haddock & Bacon Gratin
Durban Lamb Curry
Hearty Veg Soup
Lamb Moussaka
Lentil & Butternut Bobotie
Melanzane Bake
Paneer Butter Masala
Thai Fish Cakes
Double Choc Brownies

All our value packs are delivered frozen in our reusable cooler for you to enjoy at your convenience.



MADE WITH love

Our "Freshly-Frozen Guarantee" allows you to put complete trust in us to treat your meal with the love & care it deserves - from the minute it arrives in our kitchen as a raw ingredient to when we hand it over to you to serve as a meal for your family.

vegan bowls

A BALANCED PLANT-BASED MEAL IN ONE THAT MICROWAVES IN MINUTES.

LENTIL DHAL VEGAN BOWL



R52

A coconut & lentil curry layered with seasonal veggies & turmeric roasted chickpea, on a bed of herby brown rice & quinoa.



THAI YELLOW VEG VEGAN BOWL



R52

Crisp and crunchy veggies, including edamame beans, cauliflower & sweet potato layered with quinoa & a creamy, Thai coconut & coriander sauce.

vegan value pack 20 NOURISHING PLANT-BASED MEALS

R990

- 3 Butternut Laksa Vegan Bowl
- 3 Lentil Dhal Vegan Bowl
- 3 Spanish Bean Vegan Bowl
- 3 Thai Yellow Veg Vegan Bowl
- 3 Hearty Veg Soup
- 3 Thai Red Veggie Curry
- PLUS 2 Peanut Satay Mini Meals



SPANISH BEAN VEGAN BOWL



R52

A smoky bean & chickpea Spanish style stew in a paprika-tomato sauce. Layered with spicy roasted sweet potato & butternut, & mixed peppers.



BUTTERNUT LAKSA VEGAN BOWL



R52

A Malay-style noodle soup with broccoli, corn & red peppers, & a hearty sauce of coconut, butternut, peanuts & spices.

couple's value pack 10 POPULAR MEALS FOR THE TWO OF YOU

R1,345



- | | |
|----------------------------|---------------------------|
| 2 Low Carb Chicken Lasagne | 2 Coconut Beef Masala |
| 2 Beef Lasagne | 2 Gourmet Macaroni Cheese |
| 2 Beef Stroganoff | 2 Lamb Moussaka |
| 2 Butter Chicken | 2 Melanzane Bake |
| 2 Chicken & Corn Soup | 2 Thai Fish Cakes |

PLUS 4 Brown Rice & Lentils sides to compliment any meal.
AND 2 Bar One Chocolate Mousse to end with something sweet!

family bakes



favourite meals for the whole family

CHICKEN, HAM & LEEK PIE

Tender chicken cubes in a creamy gammon sauce, topped with our cheese pastry.

Ⓢ R59 ⓕ R224



le grande
↓



BOLOGNAISE BAKE

A creamy macaroni bake, with meaty bolognese sauce & cheddar cheese topping.

Ⓢ R53



LAMB MOUSSAKA

Slow-cooked lamb mince in a rich tomato & red-wine sauce layered with roasted potato cubes, brinjal slices & a creamy white sauce. Topped with a cheddar & thyme crumb.

Ⓢ R67 ⓕ R254

BEEF LASAGNE

Slow-cooked Italian bolognese, layered with creamy béchamel sauce & lasagne sheets, topped with grated cheddar cheese.

Ⓢ R55 ⓕ R209 ⓐ R418



COTTAGE PIE

Delicious home-style beef mince, topped with buttery, smooth mashed potato.

Ⓢ R59

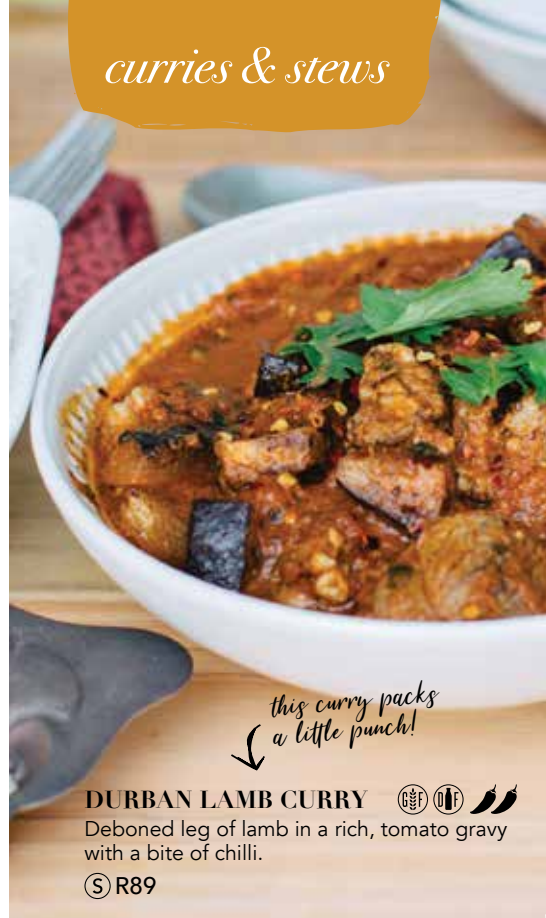
SMOKED HADDOCK & BACON GRATIN

Tender pieces of smoked haddock & hake, in a sauce of bacon, paprika, onion & leeks, sprinkled with sweetcorn & topped with a sweet potato gratin.

We use real fish so you may find a bone or two in your meal

Ⓢ R67

curries & stews



this curry packs
a little punch!
↓

DURBAN LAMB CURRY

Deboned leg of lamb in a rich, tomato gravy with a bite of chilli.

Ⓢ R89



BEEF STROGANOFF

Slow-cooked lean beef strips, tossed in a deliciously creamy sauce with mushrooms & peas.

Ⓢ R72 ⓕ R273

CREAMY SUNDRIED TOMATO CHICKEN

A decadent dish of lightly crumbed chicken fillet in a sauce of slow-roasted tomato, basil & lemon cream.

Ⓢ R59 ⓕ R224

BUTTER CHICKEN

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

Ⓢ R62 ⓕ R235

COCONUT BEEF MASALA

A rich & creamy curry of slow-cooked beef flank in a medium heat tomato, coconut milk & masala gravy.

Ⓢ R74

PANEER BUTTER MASALA

A rich & delicious North Indian curry of soft Paneer cheese in a mild sauce of mixed spices, tomato & cream with steamed cauliflower florets.

Ⓢ R57

THAI GREEN CHICKEN CURRY

Marinated chicken breast in a mild, coconut sauce infused with lemongrass, lime leaf, chilli & fresh coriander, with traditional, healthy veggies.

Ⓢ R62 ⓕ R236

MASSAMAN BEEF CURRY

Tender beef flank cubes in a rich, mild & aromatic Thai curry with spicy cumin-roasted sweet potato.

Ⓢ R74 ⓕ R281

THAI RED VEGGIE CURRY

Fresh, healthy veggies including cauliflower, snap peas, carrots & red peppers in a delicious & spicy coconut sauce, made with vegan red thai paste, lemongrass & coriander.

Ⓢ R55



Just add
rice or
mash.

family value pack 6 OF OUR BEST SELLING FAMILY MEALS

R1,400

1 OF EACH DISH (FAMILY SIZE/SERVES 4):

Creamy Sundried Tomato Chicken
Butter Chicken Curry
Melanzane Bake

Lamb Moussaka
Beef Stroganoff
Beef Lasagne

Great as a gift for yourself or for a friend having a baby, moving house... or just because!

vegetarian



PARMESAN & TOMATO GNOCCHI BAKE

Al dente potato gnocchi in a tomato, parmesan & spinach sauce.

Ⓢ R57

GOURMET MACARONI CHEESE

A creamy, comforting pasta bake made with cheddar, parmesan, cream and a crispy-crumb topping.

Ⓢ R55

PANEER BUTTER MASALA

A rich & delicious North Indian curry of soft Paneer cheese in a mild sauce of mixed spices, tomato & cream with steamed cauliflower florets.

Ⓢ R57

CHICKPEA & ROASTED VEG KORMA

A fragrant, rich curry made with coconut milk & yoghurt, enhanced with smoky paprika & fresh coriander.

Ⓢ R55

MELANZANE BAKE

Delicate layers of lightly roasted brinjal & slow-cooked creamy Italian tomato sauce, topped with mozzarella & parmesan.

Ⓢ R62 ⓕ R236

THAI RED VEGGIE CURRY

Fresh, healthy veggies including cauliflower, snap peas, carrots & red peppers in a delicious & spicy coconut sauce, made with vegan red thai paste, lemongrass & coriander.

Ⓢ R55



LENTIL & BUTTERNUT BOBOTIE

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

Ⓢ R55

VEGETABLE LASAGNE

Layers of creamed spinach, roasted butternut & slow-cooked tomato in a creamy béchamel sauce & lasagne.

Ⓢ R55 ⓕ R209



vegetarian value pack 24 OF OUR FAVOURITE HERBIVORE DISHES

R1,240

- | | |
|------------------------------|----------------------------------|
| 1 Butternut Laksa Vegan Bowl | 2 Gourmet Macaroni Cheese |
| 1 Spanish Bean Vegan Bowl | 2 Lentil & Butternut Bobotie |
| 1 Lentil Dhal Vegan Bowl | 2 Melanzane Bake |
| 1 Thai Yellow Veg Vegan Bowl | 2 Parmesan & Tomato Gnocchi Bake |
| 1 Butternut Soup | 2 Thai Red Veggie Curry |
| 1 Hearty Veg Soup | 2 Vegetable Lasagne |
| 1 Creamed Spinach | 2 Chickpea & Roasted Veg Korma |
| 1 Creamy Curried Lentils | 2 Paneer Butter Masala |

low carb

LOW CARB BEEF LASAGNE

Slow-cooked Italian Bolognese, layered with thinly sliced roasted brinjal & creamy cauliflower cheese sauce.

Ⓢ R69 ⓕ R262

LOW CARB CHICKEN LASAGNE

Tender-roasted chicken fillets in an Italian tomato sauce, layered with thinly sliced roasted brinjal, cheesy cauliflower & cream sauce.

Ⓢ R69

LOW CARB COTTAGE PIE

A low carb version of the family favourite using slow-cooked beef mince, topped with creamy cauliflower mash & a sprinkling of grated cheddar.

Ⓢ R69



COUNTRY CHICKEN BAKE

Roasted chicken, spinach & slow-cooked Italian tomato sauce topped with oven roasted, mashed pumpkin & cauliflower cream sauce.

Ⓢ R62

no
GLUTEN
REFINED CARBS
LOADED FATS



COCONUT BEEF MASALA

A rich & creamy curry of slow-cooked beef flank in a medium heat tomato, coconut milk & masala gravy.

Ⓢ R74

THAI GREEN CHICKEN CURRY

Marinated chicken breast in a mild, coconut sauce infused with lemongrass, lime leaf, chilli & fresh coriander, with traditional, healthy veggies.

Ⓢ R62 ⓕ R236

low carb value pack 26 OF OUR LOW-CARB FAVOURITES

R1,520



healthy
just got delicious

- 3 Low Carb Beef Lasagne
- 3 Low Carb Chicken Lasagne
- 3 Low Carb Cottage Pie
- 3 Country Chicken Bake
- 2 Cauliflower & Bacon Soup
- 2 Coconut Beef Masala
- 2 Melanzane Bake
- 2 Paneer Butter Masala
- 2 Thai Red Veggie Curry
- 2 Milk Tart Panna Cotta
- 2 Strawberry Cheesecake



soups

500ml
SERVES 1-2

HEARTY VEGETABLE SOUP

VEGAN (V) (GF) (F)

R39

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

BUTTERNUT SOUP

(V) (GF) (F) R32

The perfect blend of butternut & cream. Serve with crusty bread!

CAULIFLOWER & BACON SOUP

(L) (GF) (F) R44

Rich, creamy cauliflower soup with a garnish of smoky, crispy bacon.

CHICKEN & CORN SOUP

R42

A creamy soup with shredded chicken, sweetcorn & a hint of celery & lemon.



perfect
AS A STARTER OR MAIN

THAI FISH CAKES (2)

(GF) (F) R45

Individually made tuna fish cakes with a hint of coriander, chilli, lemon & spices.

sides



MASHED PUMPKIN

VEGAN (L) (GF) (F) R25

Oven roasted pumpkin, mashed & seasoned.

ROASTED SWEET POTATO & BUTTERNUT

VEGAN (GF) (F) R25

Roasted with thyme & origanum.

CREAMED SPINACH

R32

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

CREAMY CURRIED LENTILS

(GF) (F) R32

A delicious, mild combination of lentils, yoghurt, cream & spices.

BROWN RICE & LENTILS

VEGAN (GF) (F) R19

A healthy, low GI side dish for any meal.

entertainment

LET US TAKE CARE OF YOUR

frozen feast



ALL DISHES SERVE 8-10, BUFFET STYLE



CORONATION CHICKEN

(GF) (F) R140

A creamy, mayo-based dish, with chicken, slivered almonds & dried apricots. Serve cold with a salad or pasta.



SPANAKOPITA PIE

(V) R195

Creamy spinach, feta & parmesan filling, encased in our cheese pastry, topped with flakey phyllo pastry.



LEBANESE SALAD FOR A CROWD

(V) R130

A multigrain salad with roasted red peppers & mushrooms in a Middle Eastern vinaigrette.



BRIE, POTATO & THYME QUICHE

(V) R185

Creamy Brie, slow-roasted potato, fresh thyme & caramelised, balsamic onions in a cheesy pastry crust.

ROASTED VEGETABLE PIE

(V) R195

Cheese pastry, filled with layered, roasted root veggies, caramelised onions & creamed spinach.

SAUSAGE & HERB PLAIT

R240

Home-made cheese pastry plaited around a traditional filling of herby pork sausage, caramelised onion & creamy mash.

pudding

new

Ice Cream Cakes

made by our friends at
PAULS HOMEMADE ICE CREAM

SERVES 8-10
R299

VEGAN ROASTED STRAWBERRY CAKE

A creamy and coconutty based ice cream, steeped and topped with freshly roasted strawberries, drizzled with a sweet strawberry coulis.

SUGAR-FREE VANILLA & CHOCOLATE CAKE

Double the flavour, double the fun. Topped off with a dark chocolate drip, cocoa nibs & crushed almonds.

BIRTHDAY CAKE

A vanilla-based ice-cream infused with cake mix & hundreds of thousands for that genuine birthday cake taste.



CHOC BROWNIE PUDDING

R170 SERVES 10-12

Dense & fudgy with a gooey chocolate ganache topping.

ORANGE MALVA PUDDING

R132 SERVES 10-12

A traditional, gooey malva pudding, drenched in creamy, toffee sauce with a touch of fresh orange juice & zest.

CROISSANT BREAD & BUTTER PUDDING

Yoli's flakey chocolate, almond & butter croissants drenched in a creamy custard.
FOR 2 R42 FOR 8 R160

DOUBLE CHOC BROWNIES (6) R55

Dark chocolate brownies with a gooey, fudgy, white chocolate centre



BAKED VANILLA CHEESECAKE

R215 SERVES 8-10

With hints of caramel & topped with a generous layer of silky white choc ganache.

GLUTEN FREE BROWNIE SLAB

R66 SERVES 4-8

Chewy, dense chocolate brownie, made with almond, rice & coconut flour.



Pudding pots for one R35



SUGAR free

STRAWBERRY CHEESECAKE

Strawberry coulis, beneath a layer of vanilla cheesecake, topped with crumbled nuts.

MILK TART PANNA COTTA

A sugar-free take on this South African favourite, with subtle flavours of vanilla & cinnamon.

BAR ONE CHOCOLATE MOUSSE

A decadent chocolate fix. Light & airy chocolate mousse with dark chocolate shavings.

mini meals R39



PEANUT SATAY NOODLES

Rice noodles in a mild peanut sauce with carrot & corn.

FISH & PEA PIE

Poached haddock & baby peas in cheesy sauce, topped with a butternut & potato mash.

*we use real fish, you may find a bone or two in your meal

TOMATO GNOCCHI

Italian tomato sauce with al dente potato gnocchi, spinach & parmesan.

HAM ALFREDO

Cream & parmesan sauce & smoked ham with spaghetti, topped with green peas & grated mozzarella.

GREAT FOR LITTLE ONES. OR ADULTS WITH LITTLE APPETITES



SPAGHETTI BOLOGNAISE

Slow-cooked bolognese, loads of hidden veggies, spaghetti.

MAC 'N CHEESE

Macaroni tubes drenched in a cheese sauce & topped with even more cheddar.

kiddies value pack

26 DELIGHTFUL LITTLE MEALS

R997

4 of each of our mini-meals
2 Butternut Soup

Umatie baby food

HEARTY, HEALTHY MEALS FOR LITTLE ONES MADE WITH FRESH INGREDIENTS, NO SALT OR SUGAR, ADDITIVES OR FLAVOURING.

perfect purees 6+ months

(Smooth texture, no bits)

R23

BERRY DELIGHT

Apple, blueberry & cranberry.

FRUIT DELUXE

Pear & peach with cinnamon.

TROPICAL COCKTAIL

Apple, banana & mango.

COCONUT COMBO

Butternut, baby marrow & coconut.

DREAM TEAM

Sweet potato, apple & broccoli.

WAKEY-WAKEY

Sorghum, coconut & vanilla.

BREAKIE

dinky dinners 7+ months

(Slight texture, mostly smooth)

R33

CHICKEN RUN

Chicken, sweet potato, apple, prune.

COOKERECOO

Chicken, cauliflower, amasi, lentil.

TOM-TOM STEW

Lamb, Sweet Potato, tomato & date.

HEAVENLY LENTILS

Red lentil, carrot, potato & pear.

JUICY LUCY

Chicken, butternut, spinach & peas.

EVERYDAY CASSEROLE

Lamb, baby marrow, carrot & coconut.

mighty munch 10+ months

(Slightly coarse, chunky bits)

R39

APRICOT POTJIE

Chicken, butternut, apricot & pear.

BOBO-TIE

Beef mince, fruit & yellow rice.

COMFY CHICKEN

Chicken, carrot, cream & thyme.

GO GREEN

Lamb, broccoli, pea & cream.

I LOVE BEANS

Lamb, sweet potato & green bean.

SPAG BOL

Beef mince, veggies & spaghetti.

BLENDID smoothies R32

ONLY AVAILABLE AT WE ARE FOOD STORES

Just add your liquid of choice to your Blendid frozen smoothie pack, then blend. One serving makes 350ml and is a nutrient rich meal replacement.

SEXY SKIN

Avo, baby spinach, honey, banana, flaxseed & wheatgrass.

GREEN MAMBA

Spinach, Celery, Cucumber, Kiwi, Mint, Ginger, Lemon, Honey. Add Coconut Water.

HALIE BERRY

Blueberries, raspberries, low fat yogurt, nuts & honey.

HONEY POT

Honey, banana, plain yoghurt, chia seeds, almonds. Add low-fat milk.

SUPERFOODIE

Berries, banana, avo, baby spinach, hemp, chia seeds & almond.

how to order



ORDER ONLINE

Visit www.wearefood.co.za

DELIVERY

Place your order for delivery to specific areas around KZN, Gauteng & Western Cape.

OR

CLICK AND COLLECT

Simply place your order online to collect from We are Food stores in KZN & Gauteng.

OR

VISIT ONE OF OUR STOCKISTS

A full list of our stockists can be found at www.wearefood.co.za

OR

VISIT WE ARE FOOD STORES

KWAZULU-NATAL

BALLITO

The Market, Ballito
Lifestyle Centre
398 Main Road
Ballito
+27 84 211 2312

GLENASHLEY

Glenore Centre
36 Aubrey Drive
Glenashley
+27 84 211 2312

DURBAN NORTH

We are Food Kitchen
520 Chris Hani Road
Durban North
+27 83 779 5612

GAUTENG

PARKHURST

11 4th Avenue
Parkhurst
Randburg 2193
+27 73 052 5581

MIDSTREAM

Click & collect
+27 84 245 6461

WESTERN CAPE

BLOUBERGSTRAND

Click & collect
+27 66 252 1070

now
AVAILABLE IN
THESE PROVINCES



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 prices are valid as of 1 September 2019, and are subject to change without notice. Please visit www.wearefood.co.za for current pricing.

info@wearefood.co.za



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

we are
FOOD

www.wearefood.co.za

MARVELLOUS FOOD FOR YOUR FREEZER