












## SIDES


a veggie side of 250g serving 2



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

**BROWN RICE & LENTILS**     
A healthy, low GI side dish for any meal.

**CREAMY MASHED POTATO**    
With a subtle addition of cream cheese & chives.

**MASHED BUTTERNUT**      
Oven roasted butternut, mashed & seasoned.


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

**ISRAELI COUS COUS SALAD**   (S) R69 (F) R225  
Cous cous with roasted veggies, snappy edamame, home-made basil pesto & toasted pumpkin seeds.





## PUDDINGS

**BAR ONE CHOCOLATE MOUSSE** R47  
A decadent chocolate fix. Light and airy chocolate mousse with dark chocolate shavings.  
A pudding pot for one.

**PEPPERMINT CARAMEL PUDDING**  R55  
Indulgent layers of whipped caramel, coconut biscuit & mint milk chocolate.  
A pudding pot for one.

**COOKIES & CREAM MOUSSE** R55  
Decadent white chocolate mousse layered with chocolate cookie chunks & coconut biscuits.  
A pudding pot for one.

**DECADENT BLONDIES**  R90  
Moreish & dense white chocolate squares, with dark chocolate chunks & pecan nuts.  
A pack of six.

**DOUBLE CHOC BROWNIES**  R90  
Dark chocolate brownies with a gooey, fudgy, white chocolate centre.  
A pack of six.

## HOW TO ORDER?

### ORDER ONLINE

R36 Visit [www.wearefood.co.za](http://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.

### R39 VISIT A WE ARE FOOD STORE OR COLLECTION DEPOT

R39 **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**

(S) SINGLE - SERVES 1

(F) 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 January 2024 and are subject to change without notice.  
Please visit [www.wearefood.co.za](http://www.wearefood.co.za) for current pricing.

[info@wearefood.co.za](mailto:info@wearefood.co.za)

 [facebook.com/wearefood](https://facebook.com/wearefood)

[www.wearefood.co.za](http://www.wearefood.co.za)

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## 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](http://www.wearefood.co.za)

# CHICKEN MAINS

- CHICKEN A LA KING PIE** (S) R69 (F) R225  
Tender chicken breast in a creamy sauce with mixed peppers & peas, topped with traditional mashed potato
- CREAMY CHICKEN & BACON PASTA** (S) R78 (F) R265  
Tender chicken & crispy bacon in a creamy tomato sauce with hints of basil, lemon & thyme, on al dente spaghetti
- CHICKEN LASAGNE** (S) R79 (F) R288  
Tender chicken & roasted peppers layered with lasagne & a creamy Béchamel sauce.
- CHICKEN A LA KING** (S) R84  
Tender chicken breast pieces in a creamy sauce of mixed peppers & smoked paprika.
- BUTTER CHICKEN** (S) R88 (F) R323  
Yoghurt & spice marinated chicken breast pieces cooked in a mild, creamy curry sauce.
- CHICKEN, BACON & LEEK PIE** (S) R89 (F) R338  
Tender chicken, smoky bacon & a creamy leek sauce under flaky puff pastry.
- COUNTRY CHICKEN BAKE** (S) R89  
Roasted chicken, spinach & Italian tomato sauce topped with roasted mashed butternut & cauliflower cream sauce.
- CREAMY SUNDRIED TOMATO CHICKEN** (S) R89 (F) R338  
Tender chicken breast in a sauce of slow-roasted tomato, basil & lemon cream with sundried tomatoes.
- CHICKEN PARMIGIANA** (S) R92 (F) R338  
Crumbed chicken fillets, layered with a home-made Italian tomato sauce, topped with a cheesy Béchamel sauce & grated cheddar.
- THAI GREEN CHICKEN CURRY** (S) R92  
Chicken breast & seasonal veggies in a creamy coconut sauce with lemongrass, lime leaves, coriander and basil.

# PORK MAINS

- BACON MAC N CHEESE** (S) R78 (F) R280  
A classic bake of cheesy macaroni with crispy bacon running throughout, topped with cheddar cheese.
- SMOKY MEXICAN PULLED PORK** (S) R79 (F) R295  
In a tomato & chipotle sauce, with black beans, charred corn & roasted sweet potato.
- CHICKEN, BACON & LEEK PIE** (S) R89 (F) R338  
Tender chicken, smoky bacon & a creamy leek sauce under flaky puff pastry.

# SEAFOOD

- THAI FISH CAKES** (S) R69  
Two individually made tuna fish cakes with a hint of coriander, chili, lemon & spices.

# BEEF MAINS

- BOLOGNAISE BAKE** (S) R69 (F) R225  
Pasta layered with cheese sauce & slow-cooked beef bolognese. Topped with Cheddar cheese.
- SPAGHETTI BOLOGNAISE** (S) R74  
With slow-cooked beef mince & tomato sauce, on al dente spaghetti topped with parmesan cheese.
- BEEF LASAGNE** (S) R79 (F) R288  
Traditional Italian classic pasta bake using slow cooked beef bolognese.
- COTTAGE PIE** (S) R85 (F) R306  
Combining free range beef with creamy mashed potato.
- LOW CARB BEEF LASAGNE** (S) R92  
Layers of thinly sliced brinjal, cauliflower cream & Bolognese.
- BEEF STROGANOFF** (S) R98 (F) R365  
Slow-cooked lean beef strips in a creamy mushroom sauce with peas.
- BEEF, MUSHROOM & ALE PIE** (S) R95  
Lean, tender beef cubes, in a rich mushroom & ale sauce, topped with flaky puff pastry.

# LAMB MAINS

- LAMB MOUSSAKA** (S) R92 (F) R338  
Slow-cooked lamb mince, roasted potato, brinjal slices & a creamy béchamel.
- DURBAN LAMB CURRY** (S) R145  
Deboned leg of lamb cubes in a rich tomato gravy with a medium bite of chili.



# VEGETARIAN

- VEGETABLE LASAGNE** (S) R69  
Roasted butternut, red pepper & an Italian tomato sauce layered with creamy béchamel sauce and pasta sheets. Topped with cheddar
- LENTIL & BUTTERNUT BOBOTIE** (S) R69  
A lentil & roasted butternut bobotie, with authentic fragrant spices & topped with potato & butternut mash.
- PANEER TIKKA MASALA** (S) R88  
Creamy paneer cheese in a mild Indian curry sauce of spices, almonds, coconut, tomato & cream.
- MELANZANE BAKE** (S) R91 (F) R327  
Delicate layers of roasted brinjal, Italian tomato sauce & generous mozzarella & Parmesan.
- MUSHROOM LASAGNE** (S) R91  
Creamy mushroom layered with spinach & roasted beetroot in a cream cheese & Parmesan sauce.
- SPINACH & RICOTTA CANNELLONI** (S) R91  
A light Italian pasta topped with Pomodoro sauce, mozzarella & Parmesan.



- CHIPOTLE BEAN PATTIES** (S) R60  
Two Mexican patties, with beans, corn, veggies & a mild bite.
- CHICKPEA & ROASTED VEG KORMA** (S) R69  
A fragrant, rich curry with coconut milk & coriander.
- MOROCCAN VEGGIE PIE** (S) R78  
Aromatic deep-dish pie with roasted potato, carrots, chickpeas & peppers in a Harissa spiced sauce.
- THAI YELLOW VEG & GRAIN CURRY** (S) R79  
Seasonal veggies, bright edamame beans & a mix of brown rice & quinoa in a mild yellow curry sauce.
- THAI RED VEGGIE CURRY** (S) R79  
Fresh, seasonal veggies & edamame beans in a spicy coconut red curry sauce with lemongrass & coriander.

# SOUPS

- a 500ml tub serving 1-2
- BUTTERNUT SOUP** (S) R49  
Smooth & creamy, just how it should be.
- HEARTY VEG SOUP** (S) R59  
Crammed with veggies & beans in a herby, tomato soup.
- CHICKEN & CORN SOUP** (S) R75  
Chicken breast pieces with cream & a hint of celery.

# ENTERTAINING RANGE

- BAKED CAMEMBERT PARCEL** (S) R108  
A whole Camembert stuffed with dates & thyme wrapped in puff pastry. Serves 2-4
- ISRAELI COUS COUS SALAD FOR A CROWD** (S) R225  
With home-made basil pesto, snappy edamame beans, roasted veggies & toasted pumpkin seeds. Serves 8
- PLAITED CHICKEN PIE** (S) R260  
Lightly roasted chicken in a home-made creamy tomato sauce, enrobed in puff pastry. Serves 6
- RISOTTO, MOZZARELLA & PESTO PLAIT** (S) R270  
With hints of roasted veg with rocket & basil pesto, stuffed with mozzarella, wrapped in a crisp puff pastry. Serves 6
- ROASTED VEGETABLE PIE** (S) R260  
Layers of roasted root veggies & creamed spinach in our home-made cheese pastry. Serves 6-8
- SAUSAGE & ROSEMARY PLAIT** (S) R270  
A striking centrepiece filled with pork sausage & herbs, wrapped in delicate puff pastry. Serves 6