

FREEZERLAND PRICE LIST 2018

www.freezerlandfrozenfoods.co.za 021-9304190

ITEM	PRICE
CHICKEN DRUMSTICKS,WINGS,THIGHS & STAR PACKS	R60.30/KG
BUFFALO WINGS	R99.90KG
CHICKEN LIVERS KG	R25.90
CHICKEN KEBABS	R49.90/PACK
DE BONED WHOLE BIRD STUFFED 1.3KG	*****
SKINLESS CHICKEN BREAST	R79.90/KG
CRUMBED CHICKEN BREAST	R 99.90KG
CHICKEN GARLIC BREAST	R 99.90KG
CHICKEN SCHNITZELS 8	R 99.90KG
CHEESE SCHNITZEL 4'S	R 99.90KG
MUSHROOM SCHNITZEL 4'S	R 99.90KG
CHICKEN KIEV 8'S	R 89.90KG
CHICKEN CORDON BLEU 8	R 89.90KG
SOUTHERN FRIED STRIPS 400G	R39.9PKT
HAND CUT CHICKEN STRIPS	R 99.90/KG
SOUTHERN FRIED STRIPS (BULK)	R89.90KG
SOUTHERN FRIED POPS	R89.90KG
CHICKEN STEAKLETS AND BURGERS 8'S	R49.90PKT special
CHICKEN TENDERS AND NUGGETS	R49.90PKT special
BEEF BURGERS 6	R69.90PKT
BOEREWORS	FROM R80.60/KG
BEEF LEAN MINCE	R99.90KG
FISH CAKES 12	R39.90/PACK SPECIAL R34.90
FORMED CRUMBED FISH	R56.20KG
FORMED BATTERED FISH	R56.90KG
CRUMBED FISH	R 45.50/KG
HADDOCK PORTIONS	R89.90KG
SEAFOOD MIX	R48.00/PACK
SEAFOOD MIX 240 G	R15.90
SHRIMP	R29.90
CALAMARI RINGS	R114.90/PACK SPECIAL R99.90
CALAMARI STEAK	R64.90
SMOKED SALMON 80G	R19.90 CRAZY PRICE
½ SHELL MUSSELS	R49.90PKT
PRAWNS 26/30	R210.90 SPECIAL R159.90
PRAWNS 31/40	R179.90 SPECIAL R159.90
CRAB STICKS	R47.20
PRAWN MEAT	R179.70PACK SPECIAL R159.90
SNOEK PORTIONS	R70.90/KG
FISH FINGERS	R56.90/KG
PIZZA 6 MINI	R52.60PACK
VALORE PIZZA BASES 5'S	R28.60
PLAIN PIZZA BASES LARGE	R42.85/PACK 5'S
COCKTAIL PIZZA 12'S	R26.50
SNACK PACK MINI PIZZA 5'S	R32.20
GARLIC/HERB BREADS	R23.60
ESKORT PORK FRIKKADELS	R89.90KG
ESKORT PORK SAUSAGE	R74.80/KG
ESKORT BACON	R93.90/KG

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STREAKY BACON 250G	R32.90
BACK BACON 250G	R32.90
VARIOUS PORK PRODUCTS	NEW
WHOLE WHEAT/PLAIN WRAPS 8	R30.50/PACK
ROTI 5 'S	R22.45/PACK
<i>FROZEN CHIPS 2.5 KG</i>	<i>R49.95</i>
<i>FROZEN CHIPS 1 KG</i>	<i>R18.90</i>
POTATO WEDGES	R28.90
HASH BROWNS	R15.80
<i>VEGGIE BURGER 6'S</i>	<i>R39.90/PACK</i>
BATTERED ONION RINGS	R47.90/KG
FAMILY PIES	R54.90 EACH
COCKTAIL PIES 12	R53.20
COCKTAIL SAUSAGE ROLLS 12	R53.20
COCKTAIL PARTY PACK PIES 20	R60.80
MINI QUICHE 50'S	FROM R215.90
COCKTAIL QUICHE 6	R24.90
SAMOOSA 12'S	R25.00
MINI RISSOLES	R63.90
JALAPENO FINGERS	R60.80
POTATO CHEESE BALLS	R60.80
SPRINGROLLS /SAMOOSA 50'S	NEW**** R64.30
COCKTAIL PIES/PARTY PACK VARIETY 50'S	NEW****R78.60
MEAT BALLS 2.5KG +- 100	R190.00
CHOPPED SPINACH	R 21.25
BUTTERNUT	R18.60/KG
PUMPKIN	R18.60/KG
POTATO GARLIC & PARSLEY	R22.90/KG
SWEET POTATO	R25.90/KG
COUNTRY CROP	R19.75/KG
ROAST VEG	R20.70/KG
COURGETTES/MARROWS	R20.25/KG NOW R18.90
BRUSSEL SPROUTS	R20.90/KG
SLICED PEPPERS	R39.90/KG
MIXED VEG	R 17.45/KG
BABY CARROTS	R 15.00/KG
PEAS & CARROTS	R25.00/KG
CORN	R 27.90/KG
CUT BEANS	R 22.70/KG
PEAS	R 25.90/KG
PEAS, CORN & CARROTS	R 24.90/KG
SLICED ONIONS	R 19.75/KG
CAULIFLOWER	R 22.90/KG
BROCCOLI	R28.90/KG
SLICED MUSHROOMS	R 28.60/KG
SOUPS	seasonal
CREAMED SPINACH	R34.90
EURO MIX	R32.30/KG
CHICKEN A LA KING	R44.90

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ITEM	PRICE
MACARONI & CHEESE 1 KG	R49.90
MACARONI & CHEESE 350G	R21.90
BROCCOLI BAKE & SPINACH GRATIN	R44.90
CHICKEN & BEEF LASAGNE 1 KG	R71.90
BEEF LASAGNE 2.5KG	R198.60
COTTAGE PIE 1 KG	R71.90
SPAGHETTI BOLOGNAISE 300G	WAS**R44.90***NOW**R29.90
SPINACH CANNELONI 300G	WAS**R47.90***NOW**R29.90
BEEF LASAGNE 300G	WAS**R47.90***NOW**R29.90
CHOCOLATE FUDGE PUDDING	R34.85
MALVA PUDDING	R34.35
STICKY TOFFEE PUDDING	R36.30
SQUARE WAFFLES 6'S	R30.00
ROUND WAFFLES 2'S	R15.20
FLAP JACKS 8	R16.90
MILK TART PANCAKES 40	R167.20
BBQ CHICKEN PANCAKES 40	R197.60
FROZEN MIXED BERRIES	R46.80
FROZEN BLUEBERRIES	R49.90
PAMPOEN KOEKIES/PUMPKIN FRITTERS 350G	R 29.35
POLAR ICE CREAM 2L	R37.90
POLAR ICE CREAM 5 L	R65.90
MOO'S FROZEN ICE CREAM 12'S	R56.90/PACK
MARCEL'S QUICK BITE STICKS	R17.00
MARCEL'S TUBS 175ML	R20.30
NU VEG PACK'S	FROM ***** R25.30
<i>ST DALFOUR JAMS & FRENCH BISTRO</i>	<i>R33.80</i>
<i>SEED OIL 1 L</i>	<i>R48.80</i>
<i>CANOLIVE OIL 500ML</i>	<i>R31.90</i>
<i>COCONUT OIL 1 L</i>	<i>R53.85</i>
<i>RICE CAKES</i>	<i>R13.69</i>
<i>LAPPIES SAUCE 200ML</i>	<i>R8.15</i>
BULK BOXES	BULK BOXES
CHICKEN STEAKLETS 6KG	CHICKEN SCHNITZEL 5 KG
CHICKEN BURGERS 6KG	SOUTHERN FRIED STRIPS 5 KG
CHICKEN NUGGETS 6KG	¼ POUNDER/ STEAK BURGER 5 KG
CHICKEN TENDERS 6KG	<i>MOULDED HAKE LOINS 5KG R269.00</i>
SOUTHERN FRIED POPS 6KG	<i>FISH CAKES 5KG R220, 8KG R390</i>
CHICKEN KIEV 6KG	<i>FISH FINGERS 5KG R285.00</i>
CHICKEN CORDON BLEU 6KG	<i>MOULDED HAKE LOIN 5KG R269.90</i>
<i>BUDGET BURGERS & NUGGETS 3 KG</i>	<i>PLAIN HAKE FILLET 5KG R400.00</i>
Please note prices are subject to change without warning, specials are available while stocks last.	PLEASE ENQUIRE IN STORE FOR BULK BOXES PRICING