

FREEZERLAND PRICE LIST 2017

www.freezerlandfrozenfoods.co.za 021-9304190

ITEM	PRICE
CHICKEN DRUMSTICKS,WINGS,THIGHS & STAR PACKS	R60.30/KG
FREE RANGE CHICKEN PORTIONS	****R59.90KG***
FREE RANGE SKINLESS	R79.90/KG
BUFFALO WINGS	R89.90KG
<i>CHICKEN LIVERS KG</i>	<i>R25.30</i>
CHICKEN KEBABS	R45.90PK Excluding BBQ
DE BONED WHOLE BIRD STUFFED 1.3KG	Seasonal
<i>SKINLESS CHICKEN BREAST</i>	<i>R79.90/KG</i>
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
<i>SOUTHERN FRIED STRIPS (BULK)</i>	<i>R89.90KG</i>
SOUTHERN FRIED POPS	R89.90KG
CHICKEN STEAKLETS AND BURGERS 8'S	R54.90PKT
CHICKEN TENDERS AND NUGGETS	R54.90PK
BEEF BURGERS 6	R69.90PKT
BOEREWORS	R85.65/KG
BEEF LEAN MINCE	R99.90KG
FISH CAKES 12	R39.90/PACK
CRUMBED HAKE FILLETS	R99.90/KG
FORMED CRUMBED FISH	R56.20KG
FORMED BATTERED FISH	R56.20KG
CRUMBED FISH	R 45.50/KG
BATTERED FISH	R49.45KG
HADDOCK FILLETS	R 89.50KG
HADDOCK PORTIONS	R79.90KG
SEAFOOD MIX	R47.30/PACK
<i>SEAFOOD MIX 240 G</i>	<i>R16.90</i>
<i>SHRIMP</i>	<i>R41.90</i>
<i>CALAMARI RINGS</i>	<i>R114.90/PACK SPECIAL R99.90</i>
<i>CALAMARI STEAKS</i>	<i>R54.30/KG</i>
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	R48.30/ PACK
<i>PRAWN MEAT</i>	<i>R189.90PACK</i>
<i>MUSSEL MEAT</i>	<i>R66.50/PACK</i>
SNOEK PORTIONS	R70.90/KG
<i>FISH FINGERS</i>	<i>R 56.90/KG</i>
PIZZA 6 MINI	R52.60PACK
VALORE PIZZA BASES 5'S	R28.60
PLAIN PIZZA BASES LARGE	R42.85/PACK 5'S

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PLAIN PIZZA BASE SMALL	R21.40/PACK 5'S
SNACK PACK MINI PIZZA 5'S	R32.20
PLAIN SMALL PIZZA BASE 10'S	R29.55
GARLIC BREAD TWIN PACK	R46.90
VARIOUS BRAAI BREADS	R24.50
STREAKY BACON 250G	R33.70 /250G
BACK BACON 250G	R 31.90
VARIOUS PORK PRODUCTS	NEW
WHOLE WHEAT/PLAIN WRAPS 8	R 30.50/PACK
ROTI 5 'S	R 22.45/PACK
<i>FROZEN CHIPS 2.5 KG</i>	<i>R53.80</i>
<i>FROZEN CHIPS 1 KG</i>	<i>R20.90</i>
<i>HASH BROWNS</i>	<i>R14.70</i>
<i>VEGGIE BURGER 6'S</i>	<i>R39.90/PACK</i>
<i>BATTERED ONION RINGS</i>	<i>R43.90/KG</i>
FAMILY PIES	R54.90EACH
<i>CHICKEN SPRING ROLLS 9</i>	R30.00
<i>VEGETABLE SPRING ROLLS 9</i>	R25.75
<i>SAMOOSA CHICKEN/MINCE 50'S</i>	NEW**** R64.30
<i>VARIETY/PARTY PACK 50'S</i>	NEW****R78.60
SLICED PEPPERS	R38.60
CHOPPED SPINACH	R 21.25
BUTTERNUT	R18.60/KG
PUMPKIN	R17.20/KG
POTATO GARLIC & PARSLEY	R22.90/KG
SWEET POTATO	R28.50/KG
COUNTRY CROP	R19.75/KG
ROAST VEG	R20.70/KG
COURGETTES/MARROWS	R20.25/KG NOW R18.90
BRUSSEL SPROUTS	R22.90/KG
SLICED PEPPERS	R38.90/KG
STIR FRY RICE	R 24.30/KG
<i>PLAIN SIR FRY VEG</i>	R 15.75/KG
MIXED VEG	R 17.45/KG
BABY CARROTS	R 15.00/KG
<i>PEAS & CARROTS</i>	R25.00/KG
CORN	R 27.40/KG
CUT BEANS	R 22.70/KG
PEAS	R 25.30/KG
PEAS, CORN & CARROTS	R 25.45/KG
SLICED ONIONS	R 19.75/KG
CAULIFLOWER	R 22.80/KG
BROCCOLI	R29.65/KG
SLICED MUSHROOMS	R 28.60/KG
<i>SOUPS</i>	<i>R28.90/L</i>
<i>CREAMED SPINACH</i>	<i>R34.90</i>
<i>EURO MIX</i>	<i>R33.95/KG</i>
CHICKEN A LA KING	R44.90
MACARONI & CHEESE 1 KG	R49.90

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MACARONI & CHEESE 350G	R21.90
BROCCOLI BAKE & SPINACH GRATIN	R44.90
CHICKEN & BEEF LASAGNE 1 KG	R89.90
BEEF LASAGNE 2.5KG	R198.60
BUTTER CHICKEN 1 KG	R119.30
CHICKEN BREYANI 1 KG	R89.70
MASALA MINCE CURRY 1 KG	R110.75
CHICKEN CURRY 1 KG	R92.45
COTTAGE PIE 1 KG	R70.00
SPAGHETTI BOLOGNAISE 300G	WAS**R44.90***NOW**R39.90
SPINACH CANNELONI 300G	WAS**R47.90***NOW**R45.90
BEEF CANNELONI 300G	WAS**R51.90***NEW**R45.90
BEEF LASAGNE 300G	WAS**R47.90***NOW**R42.90
CHOCOLATE FUDGE PUDDING	R34.85
BRANDY PUDDING	R34.35
MALVA PUDDING	R34.35
STICKY TOFFEE PUDDING	R36.30
BLUEBERRY PUDDING	R30.59
SQUARE WAFFLES 6'S	R30.00/PACK
ROUND WAFFLES 2'S	R15.20
FLAP JACKS 8	R14.99
FROZEN MIXED BERRIES	R46.80
FROZEN BLUEBERRIES	R50.15
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
NU VEG PACK'S	FROM ***** R25.30
<i>ST DALFOUR JAMS</i>	<i>R33.80</i>
BULK BOXES	BULK BOXES
CHICKEN STEAKLETS 6KG	CHICKEN SCHNITZEL 5 KG
CHICKEN BURGERS 6KG	SOUTHERN FRIED STRIPS 5 KG
CHICKEN NUGGETS 6KG	CORDON BLEU NATURAL 5 KG
CHICKEN TENDERS 6KG	¼ POUNDER/ STEAK BURGER 5 KG
SOUTHERN FRIED POPS 6KG	PLAIN HAKE FILLETS 5 KG
SOUTHERN FRIED ROUNDER/BURGER 6KG	CRUMBED HAKE FILLETS 5 KG
CHICKEN KIEV 6KG	FISH CAKES 4KG R220,5KG R260, 8KG R390
CHICKEN CORDON BLEU 6KG	FISH FINGERS 4KG R210, 5KG R265, 6KG R 325
BUDGET BURGERS 3 KG	BUDGET NUGGETS 3 KG
Please note prices are subject to change without warning, specials are available while stocks last.	PLEASE ENQUIRE IN STORE FOR BULK BOXES PRICING