

## FREEZERLAND PRICE LIST 2019

[www.freezerlandfrozenfoods.co.za](http://www.freezerlandfrozenfoods.co.za) 021-9304190

freezerlandbellville@cybersmart.co.za

No. 6 Boulevard Park, Bellville.

ITEM	PRICE
CHICKEN DRUMSTICKS, WINGS, THIGHS & STAR PACKS	R63.30/KG
BUFFALO WINGS	R99.90/KG
DE BONED WHOLE BIRD STUFFED 1.3KG	R114.90 <i>special</i> R99,90
WHOLE TURKEY 5/6	R56.90/KG
CHICKEN LIVERS 250G	R9.60/tub
<i>SKINLESS CHICKEN BREAST (individually wrapped)</i>	<i>R79.90/KG</i>
<i>SKINLESS CHICKEN PLAIN FILLETS</i>	<i>R50.00/KG</i>
CRUMBED CHICKEN BREAST	R 99.90/KG
CHICKEN GARLIC BREAST	R 99.90/KG
CHICKEN SCHNITZELS 8'S	R 99.90/KG
CHICKEN SCHNITZEL 4'S	R109.90/KG
CHEESE SCHNITZEL 4'S	R 99.90/KG
MUSHROOM SCHNITZEL 4'S	R 99.90/KG
CHICKEN KIEV 8'S	R 89.90/KG
CHICKEN CORDON BLEU 8	R 89.90/KG
SOUTHERN FRIED STRIPS 400G	R39.9PKT
HAND CUT NUGGETS	R99.90/KG
HAND CUT CHICKEN STRIPS	R 99.90/KG
<i>SOUTHERN FRIED STRIPS (BULK)</i>	<i>R89.90/KG</i>
SOUTHERN FRIED POPS	R89.90/KG
CHICKEN STEAKLETS 8'S , NUGGETS , BURGERS 8'S	R54.90/PKT
CRUMBED SPICY WINGS	R105,00/KG
PLAIN CHICKEN WINGS	R105,00/KG
FISH CAKES 12	R34.90
HADDOCK FILLETS 4/6	93.90/KG
PLAIN HAKE FILLETS 4/6	R95.80/KG
CRUMBED HAKE FILLETS	R99,90/KG
<b>NEW</b> YELLOWTAIL PORTIONS	R89,90/KG
SEAFOOD MIX	<b>NEW</b> R52.50 <i>special</i> R50,90
<i>CRUMBED CALAMARI RINGS</i>	R103,40
<i>CRUMBED CALAMARI STRIPS 500G</i>	R78,70
<i>CRUMBED CALAMARI RINGS</i>	R103,40
<i>½ SHELL GARLIC MUSSELS</i>	R91,30
CRAB STICKS	R49.90 <i>special</i> R44,30
<i>PRAWN MEAT</i>	<i>R149.90 special R147,90</i>
<i>500G PRAWN MEAT</i>	<i>R114,95</i>
<i>FISH FINGERS</i>	<i>R55.90</i>
<i>30CM PLAIN PIZZA BASE 5'S</i>	<i>R41,50</i>
VALORE 28 CM PIZZA BASES 5'S	R37.90
23CM PLAIN PIZZA BASE 5'S	R35.75
16 CM VALORE PIZZA BASES 5'S	R20.70
SNACK PACK MINI PIZZA 5'S	R32.40
3 PACK PIZZA BASES 23CM	R24.90
STREAKY BACON 250G	R36.10 <i>special</i> R33,70
BACK BACON 250G	R32.90
TEXAN STEAK	R94,50/KG
PORK RIB BURGERS	R97,80/KG
<b>NEW DELI – CO PRODUCTS</b>	<b>LAMB, SKILPADJIES, BURGERS, WORS</b>

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WHOLE WHEAT/PLAIN WRAPS 8	R28.60/PACK
ROTI 5`S	FROM R20.90/PACK
NAAN BREAD 2`S	R14.90 <i>special</i> R12,90
<i>FROZEN CHIPS 2.5 KG</i>	<i>R52.90</i>
<i>STEAK CUT CHIPS 2.5KG</i>	<i>R56.40</i>
<i>FROZEN CHIPS 1 KG</i>	<i>R21.90</i>
<i>HASH BROWNS 6`S</i>	<i>R17.30</i>
<i>BATTERED ONION RINGS</i>	<i>R46.60</i>
FAMILY PIES BAKED	R59.90 EACH
FAMILY MEAL PIES	R48,50 EACH
BENNY`S COCKTAIL PIES 30/BOX	R110.00
SINGLEASSORTED BENNY`S PIES	FROM R11,90
4 PACK LARGE PIES OR SAUSAGE ROLLS	R73,40
COCKTAIL PIES 12`S	R56,95
BEEFY`S PIES	R13,70
<i>SAMOOSA/SPRINGROLLS 12`S</i>	<i>R28.60</i>
<i>ROLLED PASTRY 400g &amp; 620g</i>	<i>From R14.30</i>
<i>JALAPEÑO FINGERS &amp; CHILLI BOMBS</i>	<i>R70,90</i>
<i>POTATO CHEESE BALLS</i>	<i>R70.90</i>
<i>SPRING-ROLLS /SAMOOSA 50`S</i>	<i>R105,00</i>
<i>COCKTAIL PIES 50`S</i>	<i>R120.00</i>
<i>PARTY PACK VARIETY 50`S</i>	<i>R105.00</i>
CHOPPED SPINACH	R22.00
BUTTERNUT	R20.00/KG
BUTTERNUT & BEETROOT	R34.30/KG <i>special</i> R30,80
<i>PUMPKIN</i>	<i>R20.00/KG</i>
SWEET POTATO	R26.50/KG
COUNTRY CROP	R21.50/KG
ROAST VEG	R22.90/KG
BRUSSEL SPROUTS	R21.80/KG
SLICED PEPPERS	R39.40/KG
MIXED VEG	R19.80/KG
BABY CARROTS	R16.50/KG
CARROT RINGS	R12.20/KG
<i>PEAS &amp; CARROTS</i>	<i>R26.50/KG</i>
CORN	R28,50/KG
SUMMER MIX	R26.40KG <i>special</i> R24.70
CUT BEANS	R21.90/KG
BEANS, POTATO & ONION MIX	R30.70/KG
PEAS	R25.70/KG
PEAS, CORN & CARROTS	R26.50KG
SLICED ONIONS	R23.60/KG
CAULIFLOWER	R23,00/KG
BROCCOLI	R28.90/KG
BROCCOLI & CAULIFLOWER MIX	R28.50/KG
SLICED MUSHROOMS	R28.90/KG
<i>EURO MIX</i>	<i>R32.30/KG</i>
<i>BUTTERNUT , PEA/HAM &amp; VEGETABLE SOUP</i>	<i>R28.60/ LITRE</i>

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CHICKEN A LA KING	R44.90
MACARONI & CHEESE 1 KG	R49.90
MACARONI & CHEESE 350G	R21.90
BROCCOLI BAKE	R44.90
SPINACH GRATIN	R44.90
BEEF LASAGNE 1 KG	R74.60
CHICKEN LASAGNE 1 KG	R83.90
COTTAGE PIE 1 KG	R95.90
CHOCOLATE FUDGE PUDDING	R39.90
MALVA PUDDING	R39.90
STICKY TOFFEE PUDDING	R39.90
SCONES 4 PACK	R32.90 special R29,90
ROUND WAFFLES 4'S	R26.30
FLAP JACKS 8	R17.10
FROZEN STRAWBERRIES 500G	R19.90
FROZEN MIXED BERRIES 500G	R41,50
FROZEN BLUEBERRIES 500G	R44.20 special R39,90
WHIPPING CREAM 1L	R49.70
5L PREMIER VANILLA ICE CREAM	R91.20
2L PREMIER VANILLA ICE CREAM	R49.90
MARCEL'S QUICK BITE STICKS	R19.50
MARCEL'S TUBS 175ML	R23.20
MARCEL'S 1L TUBS	R62.90
MOO'S FROZEN ICE CREAM 12'S	R64.90
PAMPOEN KOEKIES/PUMPKIN FRITTERS 350G	R35,70
NU VEG VARIETY PACKS	R30,70
ECLAIRS SWEETS 50'S	R10.00
RICE CAKE SNACKS 40G	FROM R6.10
<i>ST DALFOUR JAMS &amp; FRENCH BISTRO</i>	R34.20
<i>ST DALFOUR ORGANIC TEA</i>	R37.95
<i>INA PAARMAN SPICES 200ML</i>	FROM R25.90
<i>READY TO SERVE SAUCE</i>	R29.70
<i>CHARCOAL/BRIQUETTES 4KG</i>	R28.40
<i>FIRE LIGHTERS</i>	R13.70
<b>BULK BOXES</b>	<b>BULK BOXES</b>
CHICKEN STEAKLETS 6 KG	CHICKEN SCHNITZEL 5 KG
CHICKEN BURGERS 6 KG	CRUMBED CHICKEN BREAST FILLETS 5KG
CHICKEN NUGGETS 6 KG	SOUTHERN FRIED STRIPS 5 KG
SOUTHERN FRIED POPS 6 KG	S/F HAND CUT CHICKEN FILLET STRIPS 5 KG
CHICKEN KIEV 6 KG	
CHICKEN CORDON BLEU 6 KG	FISH CAKES 5KG
	FISH FINGERS 5KG
<i>BUDGET BURGERS 3 KG</i>	
Please note prices are subject to change without warning, specials are available while stocks last.	PLEASE ENQUIRE IN STORE FOR BULK BOXES PRICING