# MANLY FREEZERS PTY LTD

**(ABN 37 000 581 420)**

## 60 BALGOWLAH ROAD
## BALGOWLAH NSW 2093
## Telephone 9949 8822
## Mon - Fri 9am to 3.00pm Sat 9am to 12 noon.

## PARTY PRICE LIST (January 2024)

EFTPOS now available - minimum $30.00 (1% surcharge for use)

**You may come in at anytime and pick your own order from shop**

| ***HEAT & SERVE*** | **approx.** Qty | $ |
|---|---|---|
| * Spinach Triangles | 12 | 5.56 doz |
| * Bulk Triangles - Spinach | 120 | 54.56 box |
| * Pastizzi: Curried Beef | 12 | 9.35 doz |
| * Pastizzi: Chicken | 13 | 9.35 doz |
| * Pastizzi: Mushy Peas | 12 | 8.42 doz |
| * Pastizzi: Ricotta & Spinach or Fetta & Ricotta | 12 | 8.42 doz |
| * Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary | 72 | 74.00 box |
| * Party Pies | 72 | 64.50 box |
| * Party Pies | 12 | 10.90 doz |
| * Party Sausage Rolls | 72 | 48.70 box |
| Meatballs Chargrilled | 60 | 16.60 kg |
| Falafels | 28 | 18.20 kg |
| Crumbed Calamari Rings | 50 | 14.00 kg |
| Thai Fish Cakes | 40 | 20.20 kg |
| Ovenable Spring Rolls | 40 | 13.10 box |
| Prawn or Vegetable Gyoza (Steam) | 40 | 14.20 kg |
| Mini Pork Buns | 12 | 8.85 pkt |
| Pork Dumplings with Chives (Steam) | 50 | 15.90 pkt |
| Salt & Pepper Squid | 35 | 19.80 kg |
| Fish Cocktails | 40 | 14.40 kg |
| Spicy Wedges (Seasoned) | 2 kg | 11.00 bag |
| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
| - Chicken Tenders - Sweet Chilli | 18 | 15.50 kg |
| - Chicken Wedges | 30 | 16.20 kg |
| - Buffalo Wings (1.5 kg) | 15 | 25.00 bag |
| - Classic Crumbed Tenders | 1kg | 16.50 bag |
| - Kyiv Garlic Balls | 1kg | |

***Indicates prices including GST**
**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

| Heat & Serve continued | Qty | $ |
|---|---|---|
| * LASAGNE - VEGETABLE | 2.3 kg | 21.67 tray |
| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
| Lentil Bites | 20 | 6.25 pkt |
| Falafels | 1 kg | 18.20 kg |
| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
|---|---|---|
| Mini Spring Rolls | 96 | 13.50 box |
| Samosas | 96 | 13.50 box |
| Crumbed Calamari Rings | 1 kg | 14.00 kg |
| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
| Frozen Sliced Onions | 1.5 kg | 8.30 bag |
| Jumbo Beef Burgers | 18 | 33.00 bag |

## SEAFOOD

| | | |
|---|---|---|
| Sliced Smoked Frozen Salmon | | 45.50 kg |
| Fresh Prawns (Frozen) | | 22.00 kg |
| PRAWNS -Green Prawn Cutlets ( Cleaned Tail On ) | | |
| 16/20 | 1kg | 28.00 kg |
| 31/40 (TAIL OFF) | 1kg | 24.40 kg |

## SMALL GOODS

| | | |
|---|---|---|
| Eggs | 1 Doz | 5.25 doz |
| Rindless Bacon | 5kg | 63.50 box |
| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
| * Cashews Raw | 1 kg | 18.20 kg |
| * Canape Cups (60 gm) | 20 | 3.90 pkt |
| Corn Chips | 750 gm | 8.40 pkt |

## CHEESE

| | | |
|---|---|---|
| Shredded Cheese | 2 kg | 25.50 bag |
| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

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*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable

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| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
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| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
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| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
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| Samosas | 96 | 13.50 box |
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| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
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## SEAFOOD

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| Fresh Prawns (Frozen) | | 22.00 kg |
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## SMALL GOODS

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| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
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## CHEESE

| | | |
|---|---|---|
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| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**
*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable

# MANLY FREEZERS PTY LTD

**(ABN 37 000 581 420)**

## 60 BALGOWLAH ROAD
## BALGOWLAH NSW 2093
## Telephone 9949 8822
## Mon - Fri 9am to 3.00pm Sat 9am to 12 noon.

## PARTY PRICE LIST (January 2024)

EFTPOS now available - minimum $30.00 (1% surcharge for use)

**You may come in at anytime and pick your own order from shop**

| ***HEAT & SERVE*** | **approx.** Qty | $ |
|---|---|---|
| * Spinach Triangles | 12 | 5.56 doz |
| * Bulk Triangles - Spinach | 120 | 54.56 box |
| * Pastizzi: Curried Beef | 12 | 9.35 doz |
| * Pastizzi: Chicken | 13 | 9.35 doz |
| * Pastizzi: Mushy Peas | 12 | 8.42 doz |
| * Pastizzi: Ricotta & Spinach or Fetta & Ricotta | 12 | 8.42 doz |
| * Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary | 72 | 74.00 box |
| * Party Pies | 72 | 64.50 box |
| * Party Pies | 12 | 10.90 doz |
| * Party Sausage Rolls | 72 | 48.70 box |
| Meatballs Chargrilled | 60 | 16.60 kg |
| Falafels | 28 | 18.20 kg |
| Crumbed Calamari Rings | 50 | 14.00 kg |
| Thai Fish Cakes | 40 | 20.20 kg |
| Ovenable Spring Rolls | 40 | 13.10 box |
| Prawn or Vegetable Gyoza (Steam) | 40 | 14.20 kg |
| Mini Pork Buns | 12 | 8.85 pkt |
| Pork Dumplings with Chives (Steam) | 50 | 15.90 pkt |
| Salt & Pepper Squid | 35 | 19.80 kg |
| Fish Cocktails | 40 | 14.40 kg |
| Spicy Wedges (Seasoned) | 2 kg | 11.00 bag |
| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
| - Chicken Tenders - Sweet Chilli | 18 | 15.50 kg |
| - Chicken Wedges | 30 | 16.20 kg |
| - Buffalo Wings (1.5 kg) | 15 | 25.00 bag |
| - Classic Crumbed Tenders | 1kg | 16.50 bag |
| - Kyiv Garlic Balls | 1kg | |

***Indicates prices including GST**
**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

| Heat & Serve continued | Qty | $ |
|---|---|---|
| * LASAGNE - VEGETABLE | 2.3 kg | 21.67 tray |
| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
| Lentil Bites | 20 | 6.25 pkt |
| Falafels | 1 kg | 18.20 kg |
| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
|---|---|---|
| Mini Spring Rolls | 96 | 13.50 box |
| Samosas | 96 | 13.50 box |
| Crumbed Calamari Rings | 1 kg | 14.00 kg |
| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
| Frozen Sliced Onions | 1.5 kg | 8.30 bag |
| Jumbo Beef Burgers | 18 | 33.00 bag |

## SEAFOOD

| | | |
|---|---|---|
| Sliced Smoked Frozen Salmon | | 45.50 kg |
| Fresh Prawns (Frozen) | | 22.00 kg |
| PRAWNS -Green Prawn Cutlets ( Cleaned Tail On ) | | |
| 16/20 | 1kg | 28.00 kg |
| 31/40 (TAIL OFF) | 1kg | 24.40 kg |

## SMALL GOODS

| | | |
|---|---|---|
| Eggs | 1 Doz | 5.25 doz |
| Rindless Bacon | 5kg | 63.50 box |
| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
| * Cashews Raw | 1 kg | 18.20 kg |
| * Canape Cups (60 gm) | 20 | 3.90 pkt |
| Corn Chips | 750 gm | 8.40 pkt |

## CHEESE

| | | |
|---|---|---|
| Shredded Cheese | 2 kg | 25.50 bag |
| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**
*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable

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**(ABN 37 000 581 420)**

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| ***HEAT & SERVE*** | **approx.** Qty | $ |
|---|---|---|
| * Spinach Triangles | 12 | 5.56 doz |
| * Bulk Triangles - Spinach | 120 | 54.56 box |
| * Pastizzi: Curried Beef | 12 | 9.35 doz |
| * Pastizzi: Chicken | 13 | 9.35 doz |
| * Pastizzi: Mushy Peas | 12 | 8.42 doz |
| * Pastizzi: Ricotta & Spinach or Fetta & Ricotta | 12 | 8.42 doz |
| * Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary | 72 | 74.00 box |
| * Party Pies | 72 | 64.50 box |
| * Party Pies | 12 | 10.90 doz |
| * Party Sausage Rolls | 72 | 48.70 box |
| Meatballs Chargrilled | 60 | 16.60 kg |
| Falafels | 28 | 18.20 kg |
| Crumbed Calamari Rings | 50 | 14.00 kg |
| Thai Fish Cakes | 40 | 20.20 kg |
| Ovenable Spring Rolls | 40 | 13.10 box |
| Prawn or Vegetable Gyoza (Steam) | 40 | 14.20 kg |
| Mini Pork Buns | 12 | 8.85 pkt |
| Pork Dumplings with Chives (Steam) | 50 | 15.90 pkt |
| Salt & Pepper Squid | 35 | 19.80 kg |
| Fish Cocktails | 40 | 14.40 kg |
| Spicy Wedges (Seasoned) | 2 kg | 11.00 bag |
| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
| - Chicken Tenders - Sweet Chilli | 18 | 15.50 kg |
| - Chicken Wedges | 30 | 16.20 kg |
| - Buffalo Wings (1.5 kg) | 15 | 25.00 bag |
| - Classic Crumbed Tenders | 1kg | 16.50 bag |
| - Kyiv Garlic Balls | 1kg | |

***Indicates prices including GST**
**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

| Heat & Serve continued | Qty | $ |
|---|---|---|
| * LASAGNE - VEGETABLE | 2.3 kg | 21.67 tray |
| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
| Lentil Bites | 20 | 6.25 pkt |
| Falafels | 1 kg | 18.20 kg |
| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
|---|---|---|
| Mini Spring Rolls | 96 | 13.50 box |
| Samosas | 96 | 13.50 box |
| Crumbed Calamari Rings | 1 kg | 14.00 kg |
| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
| Frozen Sliced Onions | 1.5 kg | 8.30 bag |
| Jumbo Beef Burgers | 18 | 33.00 bag |

## SEAFOOD

| | | |
|---|---|---|
| Sliced Smoked Frozen Salmon | | 45.50 kg |
| Fresh Prawns (Frozen) | | 22.00 kg |
| PRAWNS -Green Prawn Cutlets ( Cleaned Tail On ) | | |
| 16/20 | 1kg | 28.00 kg |
| 31/40 (TAIL OFF) | 1kg | 24.40 kg |

## SMALL GOODS

| | | |
|---|---|---|
| Eggs | 1 Doz | 5.25 doz |
| Rindless Bacon | 5kg | 63.50 box |
| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
| * Cashews Raw | 1 kg | 18.20 kg |
| * Canape Cups (60 gm) | 20 | 3.90 pkt |
| Corn Chips | 750 gm | 8.40 pkt |

## CHEESE

| | | |
|---|---|---|
| Shredded Cheese | 2 kg | 25.50 bag |
| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**
*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable

# MANLY FREEZERS PTY LTD

**(ABN 37 000 581 420)**

## 60 BALGOWLAH ROAD
## BALGOWLAH NSW 2093
## Telephone 9949 8822
## Mon - Fri 9am to 3.00pm Sat 9am to 12 noon.

## PARTY PRICE LIST (January 2024)

EFTPOS now available - minimum $30.00 (1% surcharge for use)

**You may come in at anytime and pick your own order from shop**

| ***HEAT & SERVE*** | **approx.** Qty | $ |
|---|---|---|
| * Spinach Triangles | 12 | 5.56 doz |
| * Bulk Triangles - Spinach | 120 | 54.56 box |
| * Pastizzi: Curried Beef | 12 | 9.35 doz |
| * Pastizzi: Chicken | 13 | 9.35 doz |
| * Pastizzi: Mushy Peas | 12 | 8.42 doz |
| * Pastizzi: Ricotta & Spinach or Fetta & Ricotta | 12 | 8.42 doz |
| * Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary | 72 | 74.00 box |
| * Party Pies | 72 | 64.50 box |
| * Party Pies | 12 | 10.90 doz |
| * Party Sausage Rolls | 72 | 48.70 box |
| Meatballs Chargrilled | 60 | 16.60 kg |
| Falafels | 28 | 18.20 kg |
| Crumbed Calamari Rings | 50 | 14.00 kg |
| Thai Fish Cakes | 40 | 20.20 kg |
| Ovenable Spring Rolls | 40 | 13.10 box |
| Prawn or Vegetable Gyoza (Steam) | 40 | 14.20 kg |
| Mini Pork Buns | 12 | 8.85 pkt |
| Pork Dumplings with Chives (Steam) | 50 | 15.90 pkt |
| Salt & Pepper Squid | 35 | 19.80 kg |
| Fish Cocktails | 40 | 14.40 kg |
| Spicy Wedges (Seasoned) | 2 kg | 11.00 bag |
| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
| - Chicken Tenders - Sweet Chilli | 18 | 15.50 kg |
| - Chicken Wedges | 30 | 16.20 kg |
| - Buffalo Wings (1.5 kg) | 15 | 25.00 bag |
| - Classic Crumbed Tenders | 1kg | 16.50 bag |
| - Kyiv Garlic Balls | 1kg | |

***Indicates prices including GST**
**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

| Heat & Serve continued | Qty | $ |
|---|---|---|
| * LASAGNE - VEGETABLE | 2.3 kg | 21.67 tray |
| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
| Lentil Bites | 20 | 6.25 pkt |
| Falafels | 1 kg | 18.20 kg |
| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
|---|---|---|
| Mini Spring Rolls | 96 | 13.50 box |
| Samosas | 96 | 13.50 box |
| Crumbed Calamari Rings | 1 kg | 14.00 kg |
| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
| Frozen Sliced Onions | 1.5 kg | 8.30 bag |
| Jumbo Beef Burgers | 18 | 33.00 bag |

## SEAFOOD

| | | |
|---|---|---|
| Sliced Smoked Frozen Salmon | | 45.50 kg |
| Fresh Prawns (Frozen) | | 22.00 kg |
| PRAWNS -Green Prawn Cutlets ( Cleaned Tail On ) | | |
| 16/20 | 1kg | 28.00 kg |
| 31/40 (TAIL OFF) | 1kg | 24.40 kg |

## SMALL GOODS

| | | |
|---|---|---|
| Eggs | 1 Doz | 5.25 doz |
| Rindless Bacon | 5kg | 63.50 box |
| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
| * Cashews Raw | 1 kg | 18.20 kg |
| * Canape Cups (60 gm) | 20 | 3.90 pkt |
| Corn Chips | 750 gm | 8.40 pkt |

## CHEESE

| | | |
|---|---|---|
| Shredded Cheese | 2 kg | 25.50 bag |
| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**
*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable

# MANLY FREEZERS PTY LTD

**(ABN 37 000 581 420)**

## 60 BALGOWLAH ROAD
## BALGOWLAH NSW 2093
## Telephone 9949 8822
## Mon - Fri 9am to 3.00pm Sat 9am to 12 noon.

## PARTY PRICE LIST (January 2024)

EFTPOS now available - minimum $30.00 (1% surcharge for use)

**You may come in at anytime and pick your own order from shop**

| ***HEAT & SERVE*** | **approx.** Qty | $ |
|---|---|---|
| * Spinach Triangles | 12 | 5.56 doz |
| * Bulk Triangles - Spinach | 120 | 54.56 box |
| * Pastizzi: Curried Beef | 12 | 9.35 doz |
| * Pastizzi: Chicken | 13 | 9.35 doz |
| * Pastizzi: Mushy Peas | 12 | 8.42 doz |
| * Pastizzi: Ricotta & Spinach or Fetta & Ricotta | 12 | 8.42 doz |
| * Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary | 72 | 74.00 box |
| * Party Pies | 72 | 64.50 box |
| * Party Pies | 12 | 10.90 doz |
| * Party Sausage Rolls | 72 | 48.70 box |
| Meatballs Chargrilled | 60 | 16.60 kg |
| Falafels | 28 | 18.20 kg |
| Crumbed Calamari Rings | 50 | 14.00 kg |
| Thai Fish Cakes | 40 | 20.20 kg |
| Ovenable Spring Rolls | 40 | 13.10 box |
| Prawn or Vegetable Gyoza (Steam) | 40 | 14.20 kg |
| Mini Pork Buns | 12 | 8.85 pkt |
| Pork Dumplings with Chives (Steam) | 50 | 15.90 pkt |
| Salt & Pepper Squid | 35 | 19.80 kg |
| Fish Cocktails | 40 | 14.40 kg |
| Spicy Wedges (Seasoned) | 2 kg | 11.00 bag |
| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
| - Chicken Tenders - Sweet Chilli | 18 | 15.50 kg |
| - Chicken Wedges | 30 | 16.20 kg |
| - Buffalo Wings (1.5 kg) | 15 | 25.00 bag |
| - Classic Crumbed Tenders | 1kg | 16.50 bag |
| - Kyiv Garlic Balls | 1kg | |

***Indicates prices including GST**
**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

| Heat & Serve continued | Qty | $ |
|---|---|---|
| * LASAGNE - VEGETABLE | 2.3 kg | 21.67 tray |
| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
| Lentil Bites | 20 | 6.25 pkt |
| Falafels | 1 kg | 18.20 kg |
| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
|---|---|---|
| Mini Spring Rolls | 96 | 13.50 box |
| Samosas | 96 | 13.50 box |
| Crumbed Calamari Rings | 1 kg | 14.00 kg |
| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
| Frozen Sliced Onions | 1.5 kg | 8.30 bag |
| Jumbo Beef Burgers | 18 | 33.00 bag |

## SEAFOOD

| | | |
|---|---|---|
| Sliced Smoked Frozen Salmon | | 45.50 kg |
| Fresh Prawns (Frozen) | | 22.00 kg |
| PRAWNS -Green Prawn Cutlets ( Cleaned Tail On ) | | |
| 16/20 | 1kg | 28.00 kg |
| 31/40 (TAIL OFF) | 1kg | 24.40 kg |

## SMALL GOODS

| | | |
|---|---|---|
| Eggs | 1 Doz | 5.25 doz |
| Rindless Bacon | 5kg | 63.50 box |
| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
| * Cashews Raw | 1 kg | 18.20 kg |
| * Canape Cups (60 gm) | 20 | 3.90 pkt |
| Corn Chips | 750 gm | 8.40 pkt |

## CHEESE

| | | |
|---|---|---|
| Shredded Cheese | 2 kg | 25.50 bag |
| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**
*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable

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| * Bulk Triangles - Spinach | 120 | 54.56 box |
| * Pastizzi: Curried Beef | 12 | 9.35 doz |
| * Pastizzi: Chicken | 13 | 9.35 doz |
| * Pastizzi: Mushy Peas | 12 | 8.42 doz |
| * Pastizzi: Ricotta & Spinach or Fetta & Ricotta | 12 | 8.42 doz |
| * Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary | 72 | 74.00 box |
| * Party Pies | 72 | 64.50 box |
| * Party Pies | 12 | 10.90 doz |
| * Party Sausage Rolls | 72 | 48.70 box |
| Meatballs Chargrilled | 60 | 16.60 kg |
| Falafels | 28 | 18.20 kg |
| Crumbed Calamari Rings | 50 | 14.00 kg |
| Thai Fish Cakes | 40 | 20.20 kg |
| Ovenable Spring Rolls | 40 | 13.10 box |
| Prawn or Vegetable Gyoza (Steam) | 40 | 14.20 kg |
| Mini Pork Buns | 12 | 8.85 pkt |
| Pork Dumplings with Chives (Steam) | 50 | 15.90 pkt |
| Salt & Pepper Squid | 35 | 19.80 kg |
| Fish Cocktails | 40 | 14.40 kg |
| Spicy Wedges (Seasoned) | 2 kg | 11.00 bag |
| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
| - Chicken Tenders - Sweet Chilli | 18 | 15.50 kg |
| - Chicken Wedges | 30 | 16.20 kg |
| - Buffalo Wings (1.5 kg) | 15 | 25.00 bag |
| - Classic Crumbed Tenders | 1kg | 16.50 bag |
| - Kyiv Garlic Balls | 1kg | |

***Indicates prices including GST**
**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

| Heat & Serve continued | Qty | $ |
|---|---|---|
| * LASAGNE - VEGETABLE | 2.3 kg | 21.67 tray |
| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
| Lentil Bites | 20 | 6.25 pkt |
| Falafels | 1 kg | 18.20 kg |
| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
|---|---|---|
| Mini Spring Rolls | 96 | 13.50 box |
| Samosas | 96 | 13.50 box |
| Crumbed Calamari Rings | 1 kg | 14.00 kg |
| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
| Frozen Sliced Onions | 1.5 kg | 8.30 bag |
| Jumbo Beef Burgers | 18 | 33.00 bag |

## SEAFOOD

| | | |
|---|---|---|
| Sliced Smoked Frozen Salmon | | 45.50 kg |
| Fresh Prawns (Frozen) | | 22.00 kg |
| PRAWNS -Green Prawn Cutlets ( Cleaned Tail On ) | | |
| 16/20 | 1kg | 28.00 kg |
| 31/40 (TAIL OFF) | 1kg | 24.40 kg |

## SMALL GOODS

| | | |
|---|---|---|
| Eggs | 1 Doz | 5.25 doz |
| Rindless Bacon | 5kg | 63.50 box |
| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
| * Cashews Raw | 1 kg | 18.20 kg |
| * Canape Cups (60 gm) | 20 | 3.90 pkt |
| Corn Chips | 750 gm | 8.40 pkt |

## CHEESE

| | | |
|---|---|---|
| Shredded Cheese | 2 kg | 25.50 bag |
| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**
*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable

# MANLY FREEZERS PTY LTD

**(ABN 37 000 581 420)**

## 60 BALGOWLAH ROAD
## BALGOWLAH NSW 2093
## Telephone 9949 8822
## Mon - Fri 9am to 3.00pm Sat 9am to 12 noon.

## PARTY PRICE LIST (January 2024)

EFTPOS now available - minimum $30.00 (1% surcharge for use)

**You may come in at anytime and pick your own order from shop**

| ***HEAT & SERVE*** | **approx.** Qty | $ |
|---|---|---|
| * Spinach Triangles | 12 | 5.56 doz |
| * Bulk Triangles - Spinach | 120 | 54.56 box |
| * Pastizzi: Curried Beef | 12 | 9.35 doz |
| * Pastizzi: Chicken | 13 | 9.35 doz |
| * Pastizzi: Mushy Peas | 12 | 8.42 doz |
| * Pastizzi: Ricotta & Spinach or Fetta & Ricotta | 12 | 8.42 doz |
| * Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary | 72 | 74.00 box |
| * Party Pies | 72 | 64.50 box |
| * Party Pies | 12 | 10.90 doz |
| * Party Sausage Rolls | 72 | 48.70 box |
| Meatballs Chargrilled | 60 | 16.60 kg |
| Falafels | 28 | 18.20 kg |
| Crumbed Calamari Rings | 50 | 14.00 kg |
| Thai Fish Cakes | 40 | 20.20 kg |
| Ovenable Spring Rolls | 40 | 13.10 box |
| Prawn or Vegetable Gyoza (Steam) | 40 | 14.20 kg |
| Mini Pork Buns | 12 | 8.85 pkt |
| Pork Dumplings with Chives (Steam) | 50 | 15.90 pkt |
| Salt & Pepper Squid | 35 | 19.80 kg |
| Fish Cocktails | 40 | 14.40 kg |
| Spicy Wedges (Seasoned) | 2 kg | 11.00 bag |
| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
| - Chicken Tenders - Sweet Chilli | 18 | 15.50 kg |
| - Chicken Wedges | 30 | 16.20 kg |
| - Buffalo Wings (1.5 kg) | 15 | 25.00 bag |
| - Classic Crumbed Tenders | 1kg | 16.50 bag |
| - Kyiv Garlic Balls | 1kg | |

***Indicates prices including GST**
**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

| Heat & Serve continued | Qty | $ |
|---|---|---|
| * LASAGNE - VEGETABLE | 2.3 kg | 21.67 tray |
| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
| Lentil Bites | 20 | 6.25 pkt |
| Falafels | 1 kg | 18.20 kg |
| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
|---|---|---|
| Mini Spring Rolls | 96 | 13.50 box |
| Samosas | 96 | 13.50 box |
| Crumbed Calamari Rings | 1 kg | 14.00 kg |
| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
| Frozen Sliced Onions | 1.5 kg | 8.30 bag |
| Jumbo Beef Burgers | 18 | 33.00 bag |

## SEAFOOD

| | | |
|---|---|---|
| Sliced Smoked Frozen Salmon | | 45.50 kg |
| Fresh Prawns (Frozen) | | 22.00 kg |
| PRAWNS -Green Prawn Cutlets ( Cleaned Tail On ) | | |
| 16/20 | 1kg | 28.00 kg |
| 31/40 (TAIL OFF) | 1kg | 24.40 kg |

## SMALL GOODS

| | | |
|---|---|---|
| Eggs | 1 Doz | 5.25 doz |
| Rindless Bacon | 5kg | 63.50 box |
| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
| * Cashews Raw | 1 kg | 18.20 kg |
| * Canape Cups (60 gm) | 20 | 3.90 pkt |
| Corn Chips | 750 gm | 8.40 pkt |

## CHEESE

| | | |
|---|---|---|
| Shredded Cheese | 2 kg | 25.50 bag |
| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**
*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable

# MANLY FREEZERS PTY LTD

**(ABN 37 000 581 420)**

## 60 BALGOWLAH ROAD
## BALGOWLAH NSW 2093
## Telephone 9949 8822
## Mon - Fri 9am to 3.00pm Sat 9am to 12 noon.

## PARTY PRICE LIST (January 2024)

EFTPOS now available - minimum $30.00 (1% surcharge for use)

**You may come in at anytime and pick your own order from shop**

| ***HEAT & SERVE*** | **approx.** Qty | $ |
|---|---|---|
| * Spinach Triangles | 12 | 5.56 doz |
| * Bulk Triangles - Spinach | 120 | 54.56 box |
| * Pastizzi: Curried Beef | 12 | 9.35 doz |
| * Pastizzi: Chicken | 13 | 9.35 doz |
| * Pastizzi: Mushy Peas | 12 | 8.42 doz |
| * Pastizzi: Ricotta & Spinach or Fetta & Ricotta | 12 | 8.42 doz |
| * Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary | 72 | 74.00 box |
| * Party Pies | 72 | 64.50 box |
| * Party Pies | 12 | 10.90 doz |
| * Party Sausage Rolls | 72 | 48.70 box |
| Meatballs Chargrilled | 60 | 16.60 kg |
| Falafels | 28 | 18.20 kg |
| Crumbed Calamari Rings | 50 | 14.00 kg |
| Thai Fish Cakes | 40 | 20.20 kg |
| Ovenable Spring Rolls | 40 | 13.10 box |
| Prawn or Vegetable Gyoza (Steam) | 40 | 14.20 kg |
| Mini Pork Buns | 12 | 8.85 pkt |
| Pork Dumplings with Chives (Steam) | 50 | 15.90 pkt |
| Salt & Pepper Squid | 35 | 19.80 kg |
| Fish Cocktails | 40 | 14.40 kg |
| Spicy Wedges (Seasoned) | 2 kg | 11.00 bag |
| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
| - Chicken Tenders - Sweet Chilli | 18 | 15.50 kg |
| - Chicken Wedges | 30 | 16.20 kg |
| - Buffalo Wings (1.5 kg) | 15 | 25.00 bag |
| - Classic Crumbed Tenders | 1kg | 16.50 bag |
| - Kyiv Garlic Balls | 1kg | |

***Indicates prices including GST**
**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

| Heat & Serve continued | Qty | $ |
|---|---|---|
| * LASAGNE - VEGETABLE | 2.3 kg | 21.67 tray |
| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
| Lentil Bites | 20 | 6.25 pkt |
| Falafels | 1 kg | 18.20 kg |
| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
|---|---|---|
| Mini Spring Rolls | 96 | 13.50 box |
| Samosas | 96 | 13.50 box |
| Crumbed Calamari Rings | 1 kg | 14.00 kg |
| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
| Frozen Sliced Onions | 1.5 kg | 8.30 bag |
| Jumbo Beef Burgers | 18 | 33.00 bag |

## SEAFOOD

| | | |
|---|---|---|
| Sliced Smoked Frozen Salmon | | 45.50 kg |
| Fresh Prawns (Frozen) | | 22.00 kg |
| PRAWNS -Green Prawn Cutlets ( Cleaned Tail On ) | | |
| 16/20 | 1kg | 28.00 kg |
| 31/40 (TAIL OFF) | 1kg | 24.40 kg |

## SMALL GOODS

| | | |
|---|---|---|
| Eggs | 1 Doz | 5.25 doz |
| Rindless Bacon | 5kg | 63.50 box |
| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
| * Cashews Raw | 1 kg | 18.20 kg |
| * Canape Cups (60 gm) | 20 | 3.90 pkt |
| Corn Chips | 750 gm | 8.40 pkt |

## CHEESE

| | | |
|---|---|---|
| Shredded Cheese | 2 kg | 25.50 bag |
| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**
*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable

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| * Spinach Triangles | 12 | 5.56 doz |
| * Bulk Triangles - Spinach | 120 | 54.56 box |
| * Pastizzi: Curried Beef | 12 | 9.35 doz |
| * Pastizzi: Chicken | 13 | 9.35 doz |
| * Pastizzi: Mushy Peas | 12 | 8.42 doz |
| * Pastizzi: Ricotta & Spinach or Fetta & Ricotta | 12 | 8.42 doz |
| * Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary | 72 | 74.00 box |
| * Party Pies | 72 | 64.50 box |
| * Party Pies | 12 | 10.90 doz |
| * Party Sausage Rolls | 72 | 48.70 box |
| Meatballs Chargrilled | 60 | 16.60 kg |
| Falafels | 28 | 18.20 kg |
| Crumbed Calamari Rings | 50 | 14.00 kg |
| Thai Fish Cakes | 40 | 20.20 kg |
| Ovenable Spring Rolls | 40 | 13.10 box |
| Prawn or Vegetable Gyoza (Steam) | 40 | 14.20 kg |
| Mini Pork Buns | 12 | 8.85 pkt |
| Pork Dumplings with Chives (Steam) | 50 | 15.90 pkt |
| Salt & Pepper Squid | 35 | 19.80 kg |
| Fish Cocktails | 40 | 14.40 kg |
| Spicy Wedges (Seasoned) | 2 kg | 11.00 bag |
| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
| - Chicken Tenders - Sweet Chilli | 18 | 15.50 kg |
| - Chicken Wedges | 30 | 16.20 kg |
| - Buffalo Wings (1.5 kg) | 15 | 25.00 bag |
| - Classic Crumbed Tenders | 1kg | 16.50 bag |
| - Kyiv Garlic Balls | 1kg | |

***Indicates prices including GST**
**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

| Heat & Serve continued | Qty | $ |
|---|---|---|
| * LASAGNE - VEGETABLE | 2.3 kg | 21.67 tray |
| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
| Lentil Bites | 20 | 6.25 pkt |
| Falafels | 1 kg | 18.20 kg |
| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
|---|---|---|
| Mini Spring Rolls | 96 | 13.50 box |
| Samosas | 96 | 13.50 box |
| Crumbed Calamari Rings | 1 kg | 14.00 kg |
| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
| Frozen Sliced Onions | 1.5 kg | 8.30 bag |
| Jumbo Beef Burgers | 18 | 33.00 bag |

## SEAFOOD

| | | |
|---|---|---|
| Sliced Smoked Frozen Salmon | | 45.50 kg |
| Fresh Prawns (Frozen) | | 22.00 kg |
| PRAWNS -Green Prawn Cutlets ( Cleaned Tail On ) | | |
| 16/20 | 1kg | 28.00 kg |
| 31/40 (TAIL OFF) | 1kg | 24.40 kg |

## SMALL GOODS

| | | |
|---|---|---|
| Eggs | 1 Doz | 5.25 doz |
| Rindless Bacon | 5kg | 63.50 box |
| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
| * Cashews Raw | 1 kg | 18.20 kg |
| * Canape Cups (60 gm) | 20 | 3.90 pkt |
| Corn Chips | 750 gm | 8.40 pkt |

## CHEESE

| | | |
|---|---|---|
| Shredded Cheese | 2 kg | 25.50 bag |
| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**
*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable

# MANLY FREEZERS PTY LTD

**(ABN 37 000 581 420)**

## 60 BALGOWLAH ROAD
## BALGOWLAH NSW 2093
## Telephone 9949 8822
## Mon - Fri 9am to 3.00pm Sat 9am to 12 noon.

## PARTY PRICE LIST (January 2024)

EFTPOS now available - minimum $30.00 (1% surcharge for use)

**You may come in at anytime and pick your own order from shop**

| ***HEAT & SERVE*** | **approx.** Qty | $ |
|---|---|---|
| * Spinach Triangles | 12 | 5.56 doz |
| * Bulk Triangles - Spinach | 120 | 54.56 box |
| * Pastizzi: Curried Beef | 12 | 9.35 doz |
| * Pastizzi: Chicken | 13 | 9.35 doz |
| * Pastizzi: Mushy Peas | 12 | 8.42 doz |
| * Pastizzi: Ricotta & Spinach or Fetta & Ricotta | 12 | 8.42 doz |
| * Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary | 72 | 74.00 box |
| * Party Pies | 72 | 64.50 box |
| * Party Pies | 12 | 10.90 doz |
| * Party Sausage Rolls | 72 | 48.70 box |
| Meatballs Chargrilled | 60 | 16.60 kg |
| Falafels | 28 | 18.20 kg |
| Crumbed Calamari Rings | 50 | 14.00 kg |
| Thai Fish Cakes | 40 | 20.20 kg |
| Ovenable Spring Rolls | 40 | 13.10 box |
| Prawn or Vegetable Gyoza (Steam) | 40 | 14.20 kg |
| Mini Pork Buns | 12 | 8.85 pkt |
| Pork Dumplings with Chives (Steam) | 50 | 15.90 pkt |
| Salt & Pepper Squid | 35 | 19.80 kg |
| Fish Cocktails | 40 | 14.40 kg |
| Spicy Wedges (Seasoned) | 2 kg | 11.00 bag |
| CHICKEN - Nuggets premium (breast) | 50 | 14.70 kg |
| - Chicken Tenders - Sweet Chilli | 18 | 15.50 kg |
| - Chicken Wedges | 30 | 16.20 kg |
| - Buffalo Wings (1.5 kg) | 15 | 25.00 bag |
| - Classic Crumbed Tenders | 1kg | 16.50 bag |
| - Kyiv Garlic Balls | 1kg | |

***Indicates prices including GST**
**PRICES SUBJECT TO CHANGE WITHOUT NOTICE**

| Heat & Serve continued | Qty | $ |
|---|---|---|
| * LASAGNE - VEGETABLE | 2.3 kg | 21.67 tray |
| * LASAGNE - BEEF | 3 kg | 28.40 tray |
| **BOSCASTLE** | | |
| * Angus Beef Pies | 12 | 13.75 pkt |
| * Beef Burgandy Pies | 12 | 13.75 pkt |
| * Sausage Rolls | 12 | 13.75 pkt |
| FRIED RICE - (Frozen) | 2kg | 25.70 ea |
| **PATTIES** | | |
| * Combo Quiche | 72 | 102.60 box |
| **GLUTEN FREE** | | |
| Vegie Bites or Curried Pumpkin Bites | 20 | 6.25 pkt |
| Lentil Burgers | 4 | 8.05 pkt |
| Lentil Bites | 20 | 6.25 pkt |
| Falafels | 1 kg | 18.20 kg |
| Corn Chips | 750 gm | 8.40 pkt |

* **We also carry a large range of Dry Goods in pasta, cake mix crumbs, crispbread, biscuits and sauces**

| DEEP FRY | | |
|---|---|---|
| Mini Spring Rolls | 96 | 13.50 box |
| Samosas | 96 | 13.50 box |
| Crumbed Calamari Rings | 1 kg | 14.00 kg |
| Prawn Cones | 1kg | 30.30 box |
| Salt and Pepper Squid | 1kg | 19.80 kg |

## BBQ (also see seafood)

| | | |
|---|---|---|
| Sausages Blanched (order 1 week prior) 3kg (approx 50) | | 8.50 kg |
| Rindless Bacon | 5kg | 63.50 box |
| Fresh Sliced Onions (Ordered 2 days prior) | 2.5kg | 23.75 bag |
| Frozen Sliced Onions | 1.5 kg | 8.30 bag |
| Jumbo Beef Burgers | 18 | 33.00 bag |

## SEAFOOD

| | | |
|---|---|---|
| Sliced Smoked Frozen Salmon | | 45.50 kg |
| Fresh Prawns (Frozen) | | 22.00 kg |
| PRAWNS -Green Prawn Cutlets ( Cleaned Tail On ) | | |
| 16/20 | 1kg | 28.00 kg |
| 31/40 (TAIL OFF) | 1kg | 24.40 kg |

## SMALL GOODS

| | | |
|---|---|---|
| Eggs | 1 Doz | 5.25 doz |
| Rindless Bacon | 5kg | 63.50 box |
| **(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)** | | |
| Leg Hams Whole | | 12.50 kg |
| Leg Hams Half | | 12.50 kg |
| Sausages (See BBQ heading) | | |

## DRY GOODS

| | | |
|---|---|---|
| * Cashews Raw | 1 kg | 18.20 kg |
| * Canape Cups (60 gm) | 20 | 3.90 pkt |
| Corn Chips | 750 gm | 8.40 pkt |

## CHEESE

| | | |
|---|---|---|
| Shredded Cheese | 2 kg | 25.50 bag |
| Brie (Weights will vary) | 1 kg | 24.50 kg |
| Blue Vein | 100g | 4.00 ea |
| Castello - Blue and white | 125g | 6.50 ea |

Other assorted cheeses available in store.

## DIPS

Variety of dips available

| SAUCES | Qty | $ |
|---|---|---|
| Tomato Sauce | 4 Litre | 12.35 ea |
| Tomato Sauce | 920 ml | 4.90 ea |
| BBQ Sauce | 4 litre | 16.15 ea |
| BBQ Sauce | 920 ml | 4.90 ea |
| Sweet Chilli Sauce | 5 Litre | 17.95 ea |
| Sweet Chilli Sauce | 700 ml | 3.50 ea |
| Satay Sauce | 1.9 Ltr | 19.50 ea |
| Sakims Sweet & Sour | 1.9 Ltr | 19.50 ea |
| Salsa Sauce | 2 Lit | 19.50 ea |

## FROZEN FRUIT

| | | |
|---|---|---|
| Blackberries | 1 kg | 11.60 bag |
| Blueberries | 2 kg | 14.00 bag |
| Boysenberries | 1 kg | 18.00 bag |
| Mango Cheeks | 1 kg | 10.20 bag |
| Raspberries | 1 kg | 12.90 bag |
| Strawberries | 1 kg | 9.00 bag |
| Pineapple Pieces | 1 kg | 9.50 bag |
| Berry Combo - Mixed Berries | 1 kg | 10.00 bag |

## DESSERTS

| | | | |
|---|---|---|---|
| * | Sara Lee Slab Cakes - Carrot | 28 | 42.20 ea |
| * | Sara Lee Slab Cakes: Banana, Chocolate or Orange | 28 | 35.00 ea |
| * | Sara Lee Slab Cake - White Chocolate & Raspberry | 28 | 37.20 ea |
| * | Sara Lee Mud Slab | | 42.00 ea |
| * | Sara Lee 1/2 Slab Cheese Cake - French Cream | | 24.00 ea |
| * | Sara Lee 1/2 Slab Sticky Date | | 20.80 ea |
| * | Sara Lee Petite Muffins - Chocolate or Blueberry | 20 | 16.20 tray |
| * | Slab Plain Vanilla or Chocolate Cake (No Icing) | 28 | 25.70 ea |
| * | Bravo - Mini Gelato Cones | 12 | 13.30 box |
| * | Lemon or Mango Sorbet | 1lt | 10.30 tub |
| * | | | |
| | MIXED LOLLIES/JELLY BEANS/MIXED FROGS | | |
| * | FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/ | | FROM |
| * | RASPBERRIES OR STRAWBERRIES & CREAM | 1kg | 11.40 kg |
| * | BANANAS | 250gm | 5.00 pkt |

## ICE CREAM CAKES

| | | |
|---|---|---|
| Round Speckled (Vanilla) Serves 16 | 250mm | 19.80 ea |

* Also available (Must be ordered - allow 7 days)
* Gel Image eg Sponge Bob, Simpsons, Characters eg Wiggles - Sporting Logos
* eg NRL, Soccer - Numeric eg 18th, 21st, 50th - Occasion eg Engagement, Christening - Festive eg Christmas, Easter

GO TO:- **www.icecreamfactory.com.au……to view and order**

## MISCELLANEOUS ITEMS

| | | | |
|---|---|---|---|
| * | Wooden Forks, Knives | 100 | 5.20 pkt |
| * | Wooden Dessertspoons | 100 | 6.20 pkt |
| * | Plastic Dinner Plates 230 mm Round | 25 | 7.50 pkt |
| * | Plastic Dinner Plates 180 mm Round | 25 | 4.90 pkt |
| * | Palm Leaf Platter Approx 56mm | 2 | 6.50 pkt |
| * | Palm Leaf Square Plate Approx 180mm | 10 | 4.60 pkt |
| * | Double Pointed Tooth Picks | 1000 | 2.40 pkt |
| * | Dinner Napkins - White | 100 | 4.60 pkt |
| * | Napkins White 1 Ply | 500 | 6.00 pkt |
| * | Cocktail Napkins 2 ply | 100 | 2.20 pkt |
| * | Black Cocktail Napkins | 50 | 3.00 pkt |
| * | White Cocktail Napkins | 50 | 3.00 pkt |
| * | Clear Plastic Cups 300ml | 50 | 3.50 pkt |
| * | Gloves Disposable - Large, Medium or Small | 100 | 5.50 pkt |
| * | Clingwrap 600m x 33cm | | 23.55 ea |
| * | Foil 150 m x 44 cm | | 30.31 ea |
| * | Champagne Flutes, Wine Goblets, Martini, Cocktail Glasses | 12 | 5.50 pkt |
| * | 425 ml. Plastic Cups | 50 | 4.80 pkt |
| * | Short Stem Wine Goblets (185 ml) | 15 | 5.75 pkt |
| * | Doyleys - RECTANGLE 258mm x 372 mm | 24 | 2.85 pkt |
| * | Doyleys - OVAL 267mm x 355mm | 24 | 2.85 pkt |
| * | Doyleys - ROUND 267mm | 24 | 2.10 pkt |
| * | Doyleys - ROUND 215mm | 24 | 1.60 pkt |
| * | Doyleys - 10.5" | 250 | 8.25 pkt |
| * | Paper Rectangle Table Cloth(various colours) | | 3.60 ea |
| * | Paper Table Cloth White - 20 metres | 20 mtr | 16.00 roll |
| * | **BIODEGRADABLE PLATES** | | |
| | Round Plates 7" | 50 | 7.80 pkt |
| * | Round Plates 9" | 50 | 10.90 pkt |
| * | Large Oval Plates | 50 | 21.10 pkt |
| * | | | |

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*** Indicates prices including GST**

## GOURMET FRESH SALADS
## ****MUST BE ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE****

### PASTA/NOODLE SALAD

| | | |
|---|---|---|
| Creamy Noodles | 2.5 kg | 19.20 ea |
| Pesto Pasta | 2.5 kg | 28.40 ea |
| GF - Thai Beef Noodles | 2.5 kg | 39.75 ea |
| Basil Penne with Roasted Pumpkin & Spinach | 2.5 kg | 32.90 ea |
| Fettucine Basil In Mayo | 2.5 kg | 26.10 ea |
| GF - Glass Noodles with Asian Vegetables (serve HOT or COLD) | 2.5 kg | 26.65 ea |
| Tortellini Pesto Pumpkin (serve HOT or COLD) | 2.5 kg | 26.35 ea |
| Singapore Noodles | 2.5 kg | 27.85 ea |
| Italian Penne Salad | 2.5 kg | 23.70 ea |

### QUINOA SALADS

| | | |
|---|---|---|
| GF - Mexican Quinoa and Bean | 2.5 kg | 24.15 ea |
| Cyprus Grain with Preserved Lemon | 2.5 kg | 23.70 ea |
| GF - Thai Pumpkin Quinoa | 2.5kg | 30.85 ea |

### TOSSED SALADS

| | | |
|---|---|---|
| GF - Garden (Dry) | 1kg | 25.90 ea |
| Caesar Salad (DRY) | 1.6kg | 37.45 ea |
| GF - Greek Salad (Dry) | 2kg | 34.45 ea |
| DRESSING FOR DRY SALADS (400 gms) | | |
| GF - Caesar Dressing | 400 gm | 4.20 ea |
| Garlic French Dressing | 400 gm | 2.60 ea |

### COLESLAW SALADS

| | | |
|---|---|---|
| GF - Coleslaw (Dry) | 2kg | 16.55 ea |
| GF - Coleslaw (Blend) | 2.5kg | 20.15 ea |
| GF - Corn & Coriander Slaw (Dry) | 2.5kg | 28.30 ea |
| GF Japanese Slaw with Sesame Mayo | 2.4kg | 31.60 ea |

### POTATO SALADS

| | | |
|---|---|---|
| GF - Australian Potato | 2.5 kg | 22.35 ea |
| GF - Creamy German Potato | 2.5 kg | 23.00 ea |
| GF - Potato, Bacon and Egg | 2.5 kg | 24.50 ea |
| GF - Potato with Basil Mayonnaise and Almonds | 2.5 kg | 23.95 ea |
| GF - Potato with Sour Cream and Herbs | 2.5 kg | 21.30 ea |

### COUSCOUS SALADS

| | | |
|---|---|---|
| Sweet Potato Cauliflower Moroccan Couscous | 2.5kg | 21.15 ea |
| Pumpkin | 2.5kg | 25.80 ea |
| Spiced Israeli Cous Cous | 2.5kg | 25.25 ea |

### RICE SALADS

| | | |
|---|---|---|
| GF - Black Rice with Beetroot, Walnut and Fetta | 2.5kg | 31.40 ea |
| GF - Persian Rice Salad | 2.5kg | 32.70 ea |
| GF - Tandoori Chicken Rice | 2.5kg | 26.15 ea |
| GF - Japanese Sesame Rice with Honey and Edamame | 2.5kg | 22.65 ea |

### SEAFOOD SALAD

| | | |
|---|---|---|
| Seafood | 2.5kg | 39.10 ea |

## VEGETABLE SALADS

| | | |
|---|---|---|
| Tabouleh (Blend) | 2.5kg | 38.20 ea |
| Tabouleh (Dry) Dressing pack separate | 2.5kg | 40.30 ea |
| GF - Bean Medley | 2.5kg | 26.30 ea |
| GF - Beetroot, Spinach & Feta | 2.5kg | 35.70 ea |

## LENTIL/CHICKPEA SALADS

| | | |
|---|---|---|
| GF - Lentil with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 27.00 ea |
| GF - Chick Pea with Roast Pumpkin (serve HOT or COLD) | 2.5kg | 25.65 ea |
| Mediterranean Chick Pea | 2.5kg | 30.15 ea |

**FRESH SLICED ONIONS - 2.5 KG BAGS** 23.75 bag

**GF - NO GLUTEN ADDED**

### GOURMET SALAD INGREDIENTS

CREAMY NOODLE - Elbow pasta, capsicum, celery, onion, shallots, carrot & creamy sweet mayonnaise.

PESTO PASTA - Spiral pasta, slivered almonds, pesto, herbs, cheese, tomato, French dressing, salt & pepper

BASIL PENNE - Pasta, mayonnaise, celery, parsley, basil, sundried tomato, parmesan cheese, lemon juice, garlic, pepper

FETTUCINE BASIL IN MAYO - Fettucine, mayonnaise, capsicum, almonds, shallots, basil, canola oil, parmesan, parsley, salt, vinegar, lemon juice, garlic, pepper

GLASS NOODLES W ASIAN VEGETABLES - Vermicelli Noodles, Asian Vegetables, fresh Herbs in Sesame Oil Dressing

SINGAPORE NOODLES - Hokkien Noodles, Carrot, capsicum, onions, shallots, soy sauce, chilli, vinegar, sesame paste

## GOURMET SALAD INGREDIENTS

GARDEN SALAD - Assortment of lettuce, tomato, capsicum, cucumber, carrot & onion.

GREEK SALAD - Cherries, tomato, cucumber, capsicum, celery, spanish onion, olives, dill,oregano, fetta

CAESAR SALAD DRY - Lettuce, Parmesan, bacon, croutons, herb garlic seasoning.

COLESLAW - Cabbage, carrot, capsicum & parsley.

COLESLAW BLEND - As above with coleslaw mayonnaise.

CORN & CORIANDER SLAW - Cabbage, corn, carrot, celery, red cabbage, coriander, capsicum, mustard, honey, garlic, lemon juice, lime juice GLUTEN FREE

AUSTRALIAN POTATO - Potato diced, parsley, shallots, salt, pepper, mustard, full egg & basic mayonnaise

CREAMY GERMAN POTATO - Sliced pontiac potato, celery, shallots, bacon, salt, pepper, mustard, full egg mayonnaise GF

POTATO, BACON & EGG - Potato diced, egg, bacon, parsley, onion, salt, pepper & full egg mayonnaise.

PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.

PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF

SEAFOOD SALAD - Seafood (seafood extender, crabsticks, prawns),full egg mayonnaise, celery & parsley.

TABBOULEH Blend - Parsley, shallots, tomato, onion, cucumber, brughal, salt,pepper, oil & lemon juice.
TABBOULEH Dry - As above (Dressing packed separately).

BEAN MEDLEY - Haricot, red kidney, 3 Bean, soy beans, turtle beans, celery, carrot, capsicum, onion, corn, shallots & parsley in a garlic dressing GF

BEETROOT SPINACH FETTA - Cooked Beetroot, onion, fetta, spinach, balsamic vinegar, dressing, GF

LENTILS WITH ROAST PUMPKIN - Lentils,roast pumpkin,spanish onion & coriander in balsamic dressing GF

CHICKPEA WITH ROAST PUMPKIN - Chickpeas, roast pumpkin, celery, capsicum & shallots in a sesame oil dressing.

LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing

ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables

TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable