



# MANLY FREEZERS PTY LTD

(ABN 37 000 581 420)

**60 BALGOWLAH ROAD  
BALGOWLAH NSW 2093**



**Telephone 9949 8822 Fax 9949 8900  
Mon - Fri 9am to 4.45pm Sat 9am to 12 noon.**

## PARTY PRICE LIST

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**

	<u>approx.</u> Qty	\$
* Spinach Triangles	12	5.30 doz
* Bulk Triangles - Spinach	120	48.20 box
* Pastizzi: Curried Beef	12	8.03 doz
* Pastizzi: Ricotta & Spinach	12	7.05 doz
* Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary)	72	61.40 box
* Party Pies	72	53.52 box
* Party Pies	12	9.02 doz
* Party Sausage Rolls	72	37.50 box
Meatballs Chargrilled	60	10.80 kg
Meatballs Swedish	60	13.95 kg
Falafels	50	16.10 kg
Crumbed Calamari Rings	50	12.60 kg
Thai Fish Cakes	40	16.65 kg
Ovenable Spring Rolls	40	12.00 box
Prawn or Vegetable Gyoza (Steam)	40	14.20 kg
Mini Pork Buns	12	7.45 pkt
Pork Dumplings with Chives (Steam)	50	13.65 pkt
Salt & Pepper Squid	35	16.90 kg
Fish Cocktails	40	12.05 kg
Mini Dim Sims - Chicken	60	10.85 kg
Spicy Wedges (Seasoned)	2 kg	8.00 bag
CHICKEN - Nuggets premium (breast)	50	13.50 kg
- Chicken Tenders - Sweet Chilli	18	15.00 kg
-Chicken Wedges	30	13.40 kg
- Chicken Goujons	50	13.40 kg
- Buffalo Wings (1.5 kg)	15	20.20 bag

**\*Indicates prices including GST**

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<b>Heat &amp; Serve continued</b>		
	<b>Qty</b>	<b>\$</b>
* LASAGNE - VEGETABLE	2.3 kg	16.50 tray
* LASAGNE - BEEF	3 kg	23.10 tray
<b>GRETWARD</b>		
* Quiche Lorraine or Florentine	24	13.85 pkt
* Satay Chicken Pie	12	10.25 pkt
* Lamb & Rosemary Pies	12	10.25 pkt
* Potato Mini Pie	12	13.00 pkt
* Mini Beef Party Pies	24	13.85 pkt
* Mini Pizza - Supreme or Ham & Pineapple	12	10.45 pkt
* Risotto Balls 2kg	60	21.60 pkt
* Party Sausage Rolls	24	12.80 pkt
FRIED RICE - (Frozen)	2kg	20.50 ea
<b>PATTIES GOURMET PARTY PIES &amp; ROLLS (COCKTAIL)</b>		
* King Island Beef Party Pies	24	22.45 pkt
* Spinach & Ricotta Mini Rolls	24	15.62 pkt

### **GLUTEN FREE**

Vegie Bites or Curried Pumpkin Bites	20	5.70 pkt
Lentil Burgers	4	7.50 pkt
Lentil Bites	20	5.70 pkt
Falafels	1 kg	16.10 kg
Meatballs	40	14.00 kg
Chicken Nuggets	50	13.50 kg
Corn Chips	750 gm	5.80 pkt

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

### **DEEP FRY**

BREADED - Prawn Cutlets	2 kg	32.40 box
Mini Spring Rolls	96	12.00 box
Samosas	96	12.00 box
Crumbed Calamari Rings	1 kg	12.60 kg
Money Bags	80	13.50 box
Prawn Parcels	40	16.20 box
Prawn Cones	38	14.90 box

### BBQ (also see seafood)

Sausages Blanched (order 1 week prior)Minium order 27 kg		6.80 kg
Rindless Bacon	5kg	56.00 box
Fresh Sliced Onions 2.5kg bags (Ordered 2 days prior)		5.45 kg
Frozen Sliced Onions	1.5 kg	7.30 bag

Jumbo Beef Burgers	18	23.85 bag
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### SEAFOOD

Sliced Smoked Frozen Salmon		35.50 kg
Fresh Prawns		20.00 kg
PRAWNS -Green Prawn Cutlets ( Cleaned Tail On )		
16/20	1kg	28.00 kg
31/40 (TAIL OFF)	1kg	26.00 kg

### SMALL GOODS

Eggs	1 Doz	4.50 doz
Rindless Bacon	5kg	56.00 box
<b>(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)</b>		
Leg Hams Whole		10.50 kg
Leg Hams Half		10.50 kg
Sausages (See BBQ heading)		

### DRY GOODS

Mixed Nuts Premium	1 kg	24.75 kg
* Cashews	1 kg	21.50 kg
* Canape Cups (60 gm)	20	3.50 pkt
Corn Chips	750 gm	5.80 pkt

### CHEESE

Shredded Cheese	2 kg	18.40 bag
Brie (Weights will vary)	1 kg	22.00 kg
Blue Vein	100g	3.50 ea
Castello - Blue and white	125g	6.50 ea

Other assorted cheeses available in store.

### DIPS

Variety of dips available

**SAUCES**

	<b>Qty</b>	<b>\$</b>
Tomato Sauce	4 Litre	8.50 ea
Tomato Sauce	920 ml	4.90 ea
BBQ Sauce	4 litre	12.00 ea
BBQ Sauce	920 ml	4.90 ea
Sweet Chilli Sauce	5 Litre	12.90 ea
Sweet Chilli Sauce	700 ml	3.50 ea
Masterfoods Satay Sauce	2.7 Ltr	20.40 ea
Sakims Sweet & Sour	1.9 Ltr	15.00 ea
Salsa Sauce	2 Lit	12.50 ea

**FROZEN FRUIT**

Blackberries	1 kg	7.50 bag
Blueberries	2 kg	12.00 bag
Boysenberries	1 kg	11.50 bag
Mango Cheeks	3 kg	30.60 bag
Raspberries	1 kg	10.00 bag
Strawberries	1 kg	6.50 bag
Pineapple Pieces	1 kg	9.50 bag
Berry Combo - Mixed Berries	1 kg	9.00 kg

**DESSERTS**

I & J Slab Cakes - Tiramisu	28	35.20 ea
* Chocolate Eclairs - Chocolate Cream	12	5.95 pkt
* Chocolate Eclairs - Custard	45	19.95 box
* Chocolate Dipped Cream Puffs	46	19.50 box
* Cream Puffs - Vanilla Centre	90	23.50 box
* Mini Assort. Belgian Pastries	20	10.80 box
* Mini Assort. Belgian Pastries	55	32.00 box
* Mini Vanilla Slice	16	7.95 box
* Sara Lee Slab Cakes - Carrot	28	33.20 ea
* Sara Lee Slab Cakes: Banana, Chocolate or Orange	28	27.70 ea
* Sara Lee Slab Cake - White Chocolate & Raspberry	28	29.30 ea
* Sara Lee 1/2 Slab Cheese Cake - Peach & Mango, French Cream, Strawberry		20.80 ea
* Sara Lee Petite Muffins - Chocolate or Blueberry	20	12.40 tray
* Slab Plain Vanilla or Chocolate Cake (No Icing)	28	25.70 ea
* Apple Strudel		22.00 ea
* Bravo - Mini Gelato Cones	12	12.30 box
* Lemon or Mango Sorbet	1lt	9.30 tub

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**MIXED LOLLIES/JELLY BEANS/MIXED FROGS**

* FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/		
* RASPBERRIES OR STRAWBERRIES & CREAM	1kg	8.80 kg
* SOUR WORMS	1kg	12.80 kg
* BANANAS	250gm	3.00 pkt

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**ICE CREAM CAKES**

Round Speckled (Vanilla) Serves 16	250mm	17.80 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](http://www.icecreamfactory.com.au).....to view and order

### MISCELLANEOUS ITEMS

Plastic Forks, Spoons or Teaspoons	100	2.50 pkt
* Wooden Forks, Knives	100	5.20 pkt
* Wooden Dessertspoons	100	6.50 pkt
* Plastic Dinner Plates 230 mm Round	50	5.70 pkt
* Plastic Desserts Plates 180 mm Round	50	4.70 pkt
* Plastic Oval Plates 230mm x 270mm	50	8.90 pkt
* Plastic Bowls 180mm Round	50	6.40 pkt
* Double Pointed Tooth Picks	1000	2.40 pkt
* Large Black Foam Platters		.90 ea
* Dinner Napkins - White	50	3.90 pkt
* Dinner Napkins - Red or Black	50	5.90 pkt
* Napkins White 1 Ply	500	6.00 pkt
* Cocktail Napkins 2 ply	200	4.50 pkt
* Black Cocktail Napkins	100	6.00 pkt
* Noodle Boxes 26 oz	25	11.50 pkt
* Noodle Boxes 16 oz	25	9.50 pkt
* Noodle Boxes 8 oz	25	6.95 pkt
* Clear Plastic Cups 200ml	50	2.50 pkt
* Gloves Disposable - Large, Medium or Small	100	5.95 pkt
* Clingwrap 600m x 33cm		17.40 ea
* Foil 150 m x 44 cm		20.13 ea
* Silver Rimmed - Champagne Flutes, Wine Goblets, Tumblers	12	6.50 pkt
* Champagne Flutes, Wine Goblets, Cocktail Glasses	10	4.50 pkt
* 285 ml. Plastic Cups	50	4.30 pkt
* 425 ml. Plastic Cups	50	4.80 pkt
* Short Stem Wine Goblets (185 ml)	10	3.45 pkt
* Foil Trays		.90 ea
* Doyleys - 4"	250	2.20 pkt
* Doyleys - 8"	250	4.60 pkt
* Doyleys - 10.5"	250	8.25 pkt
* Doyleys - 12" Oval	250	13.30 pkt
* Plastic Rectangle Table Cloth( various colours)		2.50 ea
Paper Table Cloth White - 30 metres	30 mtr	21.80 roll
<b>* BIODEGRADABLE PLATES</b>		
Round Plates 7"	50	7.40 pkt
* Round Plates 9"	25	5.30 pkt
* Large Oval Plates	25	9.70 pkt
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## GOURMET FRESH SALADS

\*\*\*\*MUST BE ORDERED AT LEAST THREE WORKING DAYS  
(MON/FRI) IN ADVANCE\*\*\*\*

### PASTA/NOODLE SALAD

Creamy Noodles	2.5 kg	16.90 ea
Pesto Pasta	2.5 kg	21.80 ea
GF - Thai Beef Noodles	2.5 kg	32.50 ea
Chicken Basil Penne	2.5 kg	23.70 ea
Fettucine Basil In Mayo	2.5 kg	20.80 ea
Glass Noodles with Asian Vegetables (serve HOT or COLD)	2.5 kg	23.75 ea
Tortellini Pesto Pumpkin (serve HOT or COLD)	2.5 kg	23.40 ea
Singapore Noodles	2.5kg	23.40 ea

### QUINOA SALADS

GF - Coconut & Coriander Quinoa with Almonds	2.5 kg	25.20 ea
GF - Greek Quinoa Salad	2.5 kg	25.40 ea
GF - Red Quinoa with Tomato	2.5kg	22.10 ea

### TOSSED SALADS

GF - Garden (Dry)	1kg	15.60 ea
Caesar Salad (DRY)	1.5kg	25.35 ea
Greek Salad (Dry)	2kg	26.50 ea
DRESSING FOR DRY SALADS (400 gms)		
Asian Lime Coriander/Caesar or Egg Mayo	400 gm	3.65 ea
Garlic or French	400 gm	2.40 ea
Balsamic	400 gm	3.40 ea

### COLESLAW SALADS

GF - Coleslaw (Dry)	2kg	10.70 ea
Coleslaw (Blend)	2.5kg	14.05 ea
GF - Corn & Coriander Slaw (Dry)	2.5kg	19.80 ea

### POTATO SALADS

Australian Potato	2.5kg	16.25 ea
GF - Creamy German Potato	2.5kg	19.50 ea
Potato, Bacon and Egg	2.5kg	19.50 ea
GF - Baby Potato in Basil Mayonnaise	2.5 kg	27.95 ea
Potato Bake	2.5 kg	19.20 ea

### COUSCOUS SALADS

Moroccan	2.5kg	19.20 ea
Pumpkin	2.5kg	23.40 ea
Israeli Cous Cous	2.5kg	25.00 ea

### RICE SALADS

Black Rice with Coconut & Cranberry	2.5kg	25.90 ea
GF - Persian Rice Salad	2.5kg	25.90 ea
Tandoori Chicken Rice	2.5kg	21.70 ea

### SEAFOOD SALAD

Seafood	2.5kg	31.55 ea
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### VEGETABLE SALADS

Tabouleh (Blend)	2.5kg	28.30 ea
Tabouleh (Dry) Dressing pack separate	2.5kg	28.30 ea
Waldorf	2.5kg	32.50 ea
GF - Bean Medley	2.5kg	21.20 ea
GF - Beetroot, Spinach & Feta	2.5kg	31.20 ea

### LENTIL/CHICKPEA SALADS

GF - Lentil with Roast Pumpkin (serve HOT or COLD)	2.5kg	23.40 ea
Chick Pea with Roast Pumpkin (serve HOT or COLD)	2.5kg	20.50 ea
Lebanese Lentil Salad	2.5kg	16.90 ea

### FRUIT SALAD

FRUIT SALAD (seasonal fruit- Hand Cut) Tray	2 kg	22.40 ea
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**FRESH SLICED ONIONS - 2.5 KG BAGS** 5.45 kg

### 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

THAI BEEF NOODLE - Vermicelli noodles, Thai Beef, cucumber, carrot, cabbage, capsicum, onion, fish sauce  
garlic, ginger, mustard, sesame seeds & lemongrass marinade. GLUTEN FREE

CHICKEN BASIL PENNE - Pasta, mayonnaise, Chicken Breast Strips, 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

COCONUT & CORIANDER QUINOA - Quinoa, Carrot, Coconut, Almonds, Capsicum Celery  
Almonds & coriander in Coriander Dressing GF

GREEK QUINOA SALAD - Black Quinoa, onion, tomato, fetta, olives, parsley, garlic, vinegar, mustard GF

## GOURMET SALAD INGREDIENTS

- RED QUINOA W TOMATO - Red Quinoa, Tomatos, Parsley, Spanish Onion, Sundried Tomato Dressing GF
- 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.
- BABY POTATO IN BASIL MAYONNAISE -Baby potato, almonds, red capsicum, salt, pepper & basil mayo GF
- POTATO BAKE - Sliced Potato, creamy cheese sauce
- MOROCCAN COUSCOUS - Cous cous, chickpea, cucumber, onion, red capsicum, green capsicum, celery, shallots, continental parsley and garlic dressing.
- PUMPKIN & COUSCOUS - Pumpkin, couscous, red capsicum, shallots & mint dressing.
- BLACK RICE COCONUT/CRANBERRY - Black Rice, capsicum, coconut, pepitas, cranberries, parsley, shallots, garlic, honey dark soy sauce, black bean sauce, hoisin sauce
- PERSIAN RICE - Basmati rice, wild rice, onion, raisins, pinenuts, almonds, celery, carrot, spices, garlic GF
- BLACK RICE CORN CORIANDER - Black rice, corn, tomato, shallots, parsley, vinegar 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).
- WALDORF - Apples, celery, walnuts, sultanas, mayonnaise & sour cream.
- 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.
- LEBANESE LENTIL - Lentils, couscous, chickpeas, tomato, onion, parsley, garlic, mustard, shallots, dressing
- FRUIT SALAD - Honeydew melon, Rockmelon, Watermelon, Grapes & Pineapple
- ISRAELI COUSCOUS - Pearl Couscous, Roast Pumpkin, Sultanas & Fresh Vegetables
- TORTELLINI PESTO PUMPKIN - Spinach & Ricotta Tortellini, Roast Pumpkin, Chick Pea & Vegetable