

we are
FOOD

MARVELLOUS FOOD FOR YOUR FREEZER

**WHAT'S NEW IN
OUR FREEZER**

blue cheese
gnocchi bake

chocolate
brownie pudding

orange malva
pudding

*hello
glenashley!*

come visit us in our new,
fabulously frozen store at
Glenore Centre

starters

- Butternut Soup**   30
with cream
- Chicken & Corn Soup** 36
chicken, corn, celery and cream
- Cauliflower & Bacon Soup**  36
creamy cauliflower & crispy bacon
- Thai Fishcakes** 37
tuna, potato, coriander, lime & a hint of chilli

heat me from frozen in minutes

soul bowls

well-balanced meal on the go microwave from frozen in 5 minutes

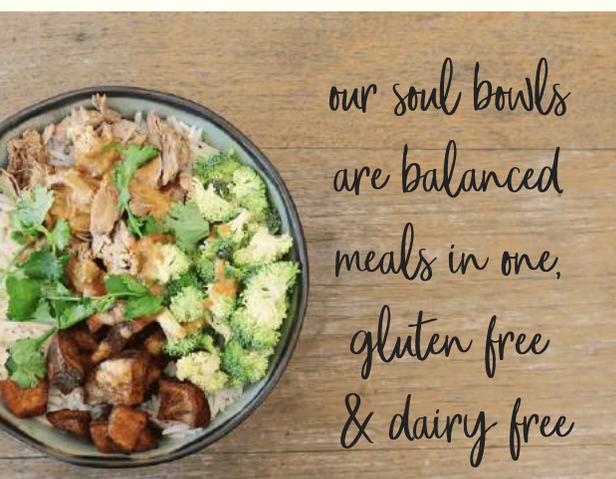
- Spanish Bean Soul Bowl**   48
a vegan, smoky bean and chickpea Spanish style stew, in a paprika-tomato sauce, layered with spicy roasted sweet potato, butternut & mixed peppers
- Lentil Dhal Soul Bowl**   48
a vegan-friendly, coconut & lentil curry layered with seasonal veggies and turmeric roasted chickpeas, on a bed of hybrid brown rice & quinoa.
- Thai Chicken Soul Bowl**   51
a light & spicy traditional Thai red chicken curry with coconut, lime leaf and lemongrass, layered with fresh, healthy veggies & rice noodles
- Massaman Beef Soul Bowl**   51
tender, lean beef in a rich & fragrant Massaman coconut curry, layered with broccoli, roasted sweet potato & coriander-basmati rice
- Pork Ragu Soul Bowl**   51
an Italian-braised leg of pork, in a hearty tomato & wine sauce, with lentils, roasted cauliflower & mushrooms, on a bed of brown rice & peas

veggie sides

cause every main needs a little friend

- Brown Rice & Lentils**   17
- Veggie Rice**   19
- Creamy Mashed Potato**  20
- Mashed Pumpkin**  21
- Roasted Sweet Potato & Butternut**   23
- Pesto Cous Cous Salad**  27
- Creamy Curried Lentils**  29
- Creamed Spinach** 29

cauliflower & bacon soup



our soul bowls are balanced meals in one, gluten free & dairy free

mini meals

- Mac 'n Cheese** 32
with a cheesy sauce including "hidden" mashed butternut
- Spaghetti Bolognese**  32
made with a traditional beef mince bolognese
- Cheesy Tuna Bake** 32
made with rice & a sprinkling of sweetcorn
- Ham Alfredo** 32
cream & smoky ham sauce with peas on spaghetti
- Fish & Pea Pie** 32
smoked haddock, peas & cheesy sauce topped with butternut & potato mash

our foils are
microwave
friendly

meals for one

traditional favourites

you don't mess with a good thing...

Chicken, Ham & Leek Pie 52

smoked gammon, tender chicken pieces & a creamy braised leek sauce, topped with our home-made short crust pastry

must be cooked in the oven

Cottage Pie 54

tasty, home-style mince topped with creamy mash

Creamy Sundried Tomato Chicken 59

lightly crumbed chicken fillet, in a sauce of slow-roasted tomato, basil and lemon cream

Lamb Moussaka 59

slow-cooked lamb mince in a rich tomato, cinnamon & red-wine sauce, layered with roasted potato cubes, brinjal slices & a creamy, nutmeg-infused white sauce. Topped with a cheddar & thyme crumb

Smoked Haddock & Bacon Gratin 59

tender pieces of smoked haddock & hake, in a smoky sauce of bacon, paprika, onion, leeks & sweetcorn, topped with roasted sweet potato, potato & a cheesy crumb.

must be cooked in the oven

vegetarian

Chickpea & Roasted Veg Korma 44

authentic spices, coconut milk, yoghurt & a fragrant, rich flavour enhanced with smoky paprika and fresh dhania

Lentil & Butternut Bobotic 44

traditional South African favourite, authentic, fragrant spices, & topped with potato & butternut mash

Rainbow Veggie Bake 48

colourful layers of seasonal veg, roasted til golden & layered with caramelised onion & creamed spinach

Paneer Butter Masala 50

a rich & delicious North Indian curry of soft Paneer cheese in a mild & delectable sauce of mixed spices, tomato & cream. With added steamed cauliflower florets.

Melanzane Bake 50

layers of brinjal, with Italian tomato and mozzarella

Vegetable Lasagne 50

layered with creamed spinach & roasted butternut with Italian tomato, topped with cheddar.

not suitable for microwave

Blue Cheese Gnocchi Bake 52

in a creamy sauce of blue cheese & spinach topped with a parmesan & pecan crumb

low carb meals

no gluten,
no refined-carbs
and no loaded fats



Country Chicken Bake 56

roasted chicken, spinach & Italian tomato sauce, with fresh herbs, topped with oven roasted, mashed pumpkin & our famous cauliflower cream sauce, sprinkled with grated cheddar

Banting Cottage Pie 57

slow-cooked beef bolognaise mince, topped with creamy cauliflower mash

Banting Chicken Lasagne 59

layers of tender, poached chicken in a tomato sauce, with oven roasted, thinly sliced brinjal, topped with cauliflower cream sauce & cheddar

Banting Beef Lasagne 59

oven roasted brinjal, layered with slow cooked beef bolognaise & creamy cauliflower sauce & cheese

Coconut Beef Masala 62

a rich & creamy curry of slow-cooked beef flank in a medium heat tomato, coconut milk & Masala gravy

pastas

Chicken & Broccoli Pasta Bake 48

penne pasta tossed with roasted chicken and broccoli, in a creamy sauce topped with cheese

Bolognaise Pasta Bake 48

cheesy pasta bake, layered with our slow-cooked bolognaise mince

Beef Lasagne 52

slow-cooked bolognaise layered with béchamel sauce

must be cooked in the oven

curries & stews

just add
rice or mash

Chicken a la king 48

poached chicken cubes with a sauce of red, yellow and green peppers, a dash of cream & smoky paprika

Thai Green Curry 56

delicate chicken breast pieces in coconut milk, Thai spices & a touch of peanut with steamed veg

Pulled Beef Chilli Con Carne 57

slow-cooked, hand pulled beef flank in a spicy, tomato sauce with smoky paprika, green peppers, fried beans & charred corn

Butter Chicken Curry 54

marinated fillet pieces cooked in a creamy sauce of turmeric with roasted butternut

Beef Stroganoff 62

lean beef strips, in a creamy mushroom sauce

Massaman Beef Curry 62

tender beef flank cubes in a rich, relatively mild, aromatic Thai Curry with spicy cumin-roasted sweet potato.

Slow Cooked Lamb Casserole 67

boneless leg of lamb cubes slow roasted in a sauce of red wine & tomato with delicious potatoes and slow-cooked carrots

entertaining range

serving sizes are based on buffet-style dining

- Baked Camembert Parcel** 75
 an entire 125g Natal Midlands Camembert, layered with dates, balsamic vinegar, thyme & honey. Encased in our cheese pastry & sprinkled with sesame seeds. (serves 3-4)
- Pesto Cous Cous Salad for a crowd** 117
 fluffy cous cous tossed with almond & basil pesto, layered with roasted vegetables, honey & mint dressing, crumbled fetā & pumpkin seeds (serves 8-10)
- Crustless Quiche Lorraine** 165
 packed with smoky ham, creamy cheddar, caramelised onions & leeks, with loads of fresh herbs (serves 8-10)
- Roasted Vegetable Pie** 165
 this show-stopper is the perfect centrepiece for your next dinner party. A beautiful home-made cheese pastry, filled with layered, roasted root veggies, caramelised onions & creamed spinach (serves 8-10)
- Brie, Potato & Thyme Quiche** 175
 a creamy quiche filled with wedges of Brie, roasted country potatoes, fresh thyme and our own onion marmalade (serves 8-10)
- Sausage & Herb Plait** 215
 home-made cheese pastry plaited around a traditional filling of herby pork sausage, caramelised onion & creamy mash (serves 10-12)
- Grande Veg Lasagne** 345
 feed a small army of 8-10. 2.7kg lasagne bake
- Grande Beef Lasagne** 365
 feed a small army of 8-10. 2.7kg lasagne bake

family meals

serves 4
 serve with salad or veg. & happy family & friends

- Chicken & Broccoli Pasta Bake** 175
- Vegetable Lasagne** 180
- Beef Lasagne** 190
- Chicken, Ham & Leek Pie** 190
- Creamy Sundried Tomato Chicken** 195
- Thai Green Curry** 195
- Butter Chicken Curry** 195
- Lamb Moussaka** 210
- Banting Beef Lasagne** 215
- Beef Stroganoff** 225
- Massaman Beef Curry** 225



roasted vegetable pie



crustless quiche lorraine

Whether going through celebration or hardship, food is always a great bringer of happiness and comfort.

We have put a lot of time into creating meals and value packs which make a thoughtful gift for someone special

the gift of food

value packs

discounted packs of our bestsellers - great as a gift! each pack is delivered in our We are Food cooler bag
 only available online

- Soul Bowl Value Pack** 795
 our range of Soul Bowls consists of two Vegan options and three meat options, all of which are Gluten and Dairy Free. This pack contains 16 of our Soul Bowls, all delivered frozen so that you can defrost and enjoy at your convenience, and all packaged for you in our We are Food coolers. The pack consists of 4x each meat option and 2x each veg option.
- Vegetarian Value Pack** 970
 this pack is made up of We are Food's favourite herbivore options. From delectable sides and veggies which double as a light meal. To our famous vegetarian mains, which will keep any fan of the flora satisfied! This pack is a delightful tour of 26 of our best veg dishes!
- Chefs Choice Value Pack** 1080
 we've put together 22 of our best selling meals for a convenient bundle or gift for a loved one! This pack includes curries, pastas, soups and fishcakes to name a few. Please view online for full list.
- Family Value Pack** 1100
 6 family meals in one handy pack. Pack includes Chicken & Broccoli Bake, Beef Lasagne, Vegetable Lasagne, Butter Chicken, Lamb Moussaka & Beef Stroganoff.
- Banting Pack** 1320
 we have replaced all the refined carbs with veggie options - not only making this pack a healthy choice for weightloss, but a great option for gluten intolerance! This pack contains 26 of our Banting favourites.

pudding range

Croissant Bread & Butter Pudding	36
made with buttery, Yoli's chocolate, almond & plain croissants	
Double Choc Brownies	45
a pack of 6 dark, fudgy brownie squares with white choc chunks	
Orange Malva Pudding	120
a large malva pudding with orange zest & a fudge sauce	
Chocolate Brownie Pudding	165
a delightful tart of dark chocolate brownie. Can be served hot or cold!	
Apple Sticky Toffee Pudding	96
a hot, sponge pudding with apple & fudge sauce	
Baked Vanilla Cheesecake	167
made the traditional way, with a biscuit base & dense vanilla cheesecake topping. Serve as is or enjoy with fresh strawberries & cream	
pudding cups for one	
Bar-one Chocolate Mousse 	26
the most decadent mousse, made with real bar one	
Banting Milk Tart Panna Cotta  	30
a silky panna cotta sweetened with xylitol & topped with cinnamon	
Banting Strawberry Cheesecake  	30
a thick & creamy vanilla cheesecake on a strawberry coulis topped with roasted nuts & sweetened with xylitol	

something sweet

where can you find us?

We are Food Stores

KwaZulu-Natal

- Our Kitchen, 520 Chris Hani Road, Durban North
- The Market, Ballito Lifestyle Centre
- Glenore Centre, Glenashley

Gauteng

- 11 4th Avenue, Parkhurst, JHB
0832694265 / 0730525581

Online

KwaZulu-Natal only for online orders & delivery at www.wearefood.co.za

codes explained



gluten-free



dairy-free



low-carb



vegetarian



vegan

advice on allergens

we've taken all necessary precautions, but there is a possibility that our food may contain traces of nuts, tree nuts, wheat, dairy, eggs, soy, fish, shellfish or other allergens.

baby food

We are thrilled to offer this remarkable range of meals for little ones from the incredible **Umatie** kitchen in Stellenbosch
Heat from frozen in minutes, how handy!

perfect purees

6+ months, smooth texture, no bits. 100g

Breakfast with Fruit Purees

Wakey-Wakey	16.50
high fibre breakfast of sorghum, coconut, pear & vanilla	
Tropical Cocktail	16.50
apple, banana, mango & coconut	
Fruit Deluxe	16.50
pear, apple, peach, date, orange & ground cinnamon	
Zippy Pear	16.50
pear, apple & prune	
Berry Delight	16.50
apple, pear, peach, blueberry & cranberry	
Angelic Rooibos	16.50
apple, pear, date & rooibos	

Vegetable Purees

Coconut Combo	16.50
butternut, sweet potato, baby marrow, coconut, lemon & coriander	
Mello Yello	16.50
sweet potato, mango & orange	
Wroom-Wroom	16.50
sweet potato, butternut, orange, carrot, raisin & black carrot	
Runaway Bean	16.50
butternut, sweet potato, cauliflower, green bean & ground coriander	
Dream Team	16.50
sweet potato, apple, potato, broccoli, leek, thyme & ground nutmeg	

dinky dinners

7+ months. slight texture, mostly smooth protein meals. 150g

Heavenly Lentils	21
pear, sweet potato, carrot, potato & red lentil	
Chicken Run	26
chicken, sweet potato, apple, potato, carrot, prune, leek & thyme	
Cookerecoo	26
chicken, amasi, butternut, baby marrow, cauliflower, sweet potato, red lentil, coriander, ground coriander, ground ginger & garam masala	
Juicy Lucy	26
chicken, sweet potato, potato, butternut, carrot, peas & spinach	
Everyday Casserole	26
lamb, sweet potato, butternut, baby marrow, carrot, coconut, ground coriander & thyme	
Tom-Tom Stew	26
lamb, tomato, sweet potato, carrot, potato, date, celery & thyme	

mighty munch

10+ months. slightly coarse texture, chunky bits. protein meals. 180g

Spagbol	31.50
beef mince, butternut, pasta, sweet potato, tomato, mushroom, red pepper & parsley	
Bobo-Tie	31.50
beef mince, sweet potato, apple, banana, prune, raisin, peach, lemon, mild curry & yellow rice, topped with sweet potato & apple	
Apricot Potjie	31.50
chicken, pear, butternut, sweet potato, baby marrow, apricot, thyme & rice	
Comfy Chicken	31.50
chicken, butternut, carrot, mushroom, cream, celery & thyme, topped with sweet potato & potato mash	
I Love Beans	31.50
lamb, sweet potato, potato, green bean, tomato, ground caraway, thyme & rice	
Go Green	31.50
lamb, sweet potato, cream, carrot, broccoli, green bean, pea, thyme & rice	

blendid smoothies

ready to blend

smoothie packs, just add a liquid of your choice and enjoy!

Ginja Ninja	40
ginger, carrot, banana, lemon, pineapple, honey, chia seeds, turmeric	
Green Mamba	40
spinach, celery, cucumber, kiwi, mint, ginger, lemon, honey	
Honey Pot	40
honey, banana, plain yoghurt, chia seeds, almonds	
Hangover Cure	40
watermelon, berries, lemon, mint, chia seeds	
Hunger Pains	45
red apple, strawberries, plain yoghurt, honey, cinnamon, chia seeds, almonds	