



## 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)

**Orders are not placed on Saturdays or 1 day before pick-up**

**You may come in on the day and pick your own order from shop**

<b>HEAT &amp; SERVE</b>	<b>approx.</b>	
	<small>Qty</small>	<small>\$</small>
* Spinach Triangles	12	5.10 doz
* Bulk Triangles - Spinach	120	44.90 box
* Pastizzi: Curried Beef	12	6.90 doz
* Pastizzi: Ricotta & Spinach	12	6.05 doz
* Oven Samosas - Lentil & Vegetable or Chicken Madras	50	19.95 box
* Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary)	72	47.24 box
* Party Pies	72	40.26 box
* Party Pies	12	6.90 doz
* Party Sausage Rolls	72	28.05 box
Meatballs Chargrilled	60	10.15 kg
Meatballs Swedish	60	11.55 kg
Falafels	50	15.80 kg
Crumbed Calamari Rings	50	13.60 kg
Thai Fish Cakes	40	16.00 kg
Ovenable Spring Rolls	40	12.00 box
Prawn or Vegetable Gyoza (Steam)	40	13.90 kg
Mini Pork Buns	12	6.90 pkt
Pork Dumplings with Chives (Steam)	50	11.10 kg
Salt & Pepper Squid	35	14.90 kg
Fish Cocktails	40	9.60 kg
Mini Dim Sims (Beef or Chicken)	60	10.20 kg
Spicy Wedges (Seasoned)	2 kg	8.00 bag
Vegetable Curry Puffs	50	19.95 box
CHICKEN - Nuggets premium (breast)	50	12.50 kg
- Chicken Tenders - Sweet Chilli	18	15.00 kg
- Wing Dings/ Devil Wing Dings	15	13.00 kg
- Wing Things (honey Satay)	20	12.40 kg
-Chicken Wedges	30	12.50 kg
- Chicken Goujons	50	13.00 kg

**\*Indicates prices including GST**

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<b>Heat &amp; Serve continued</b>		
	<b>Qty</b>	<b>\$</b>
* <b>MINI PIZZA - Supreme, Ham &amp; Pineapple, &amp; Vegetable</b>	72	59.68 box
* LASAGNE - Beef or Veg	2.3 kg	16.50 tray
<b>MINI QUICHE</b>		
* Chicken & Pesto, Smokey BBQ & Cheese, Spinach & Mushroom	72	57.81 box
<b>GRETWARD</b>		
* Quiche Lorraine or Florentine	24	11.90 pkt
* Thai Chicken Pie	12	8.90 pkt
* Satay Chicken Pie	12	8.90 pkt
* Lamb & Rosemary Pies	12	8.90 pkt
* Potato Mini Pie	12	10.80 pkt
* Mini Beef Party Pies	24	11.90 pkt
* Mini Pizza - Supreme or Ham & Pineapple	12	9.00 pkt
* Risotto Balls - Bacon/Mushroom & Aboria Rice	24	14.30 pkt
* Party Sausage Rolls	24	11.00 pkt
<b>PATTIES VARIETY PIES</b>	72	47.24 box
* 24 Curry Chicken & Veg, 24 Pepper Steak, 24 Lamb & Rosemary		
<b>PATTIES GOURMET PARTY PIES &amp; ROLLS (COCKTAIL)</b>		
* King Island Beef Party Pies	24	16.25 pkt
* Moroccan Lamb Party Pies	24	16.25 pkt
* Chicken & Leek Party Pies	24	16.25 pkt
* Spinach & Ricotta Mini Rolls	24	14.20 pkt
<b>GLUTEN FREE</b>		
Vegie Bites or Curried Pumpkin Bites	20	5.70 pkt
Lentil Burgers	4	7.20 pkt
Lentil Bites	20	5.70 pkt
* Marshmallows	180gm	3.20 pkg
* 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**		
<b>DEEP FRY</b>		
BREADED - Prawn Cutlets	2 kg	28.70 box
Mini Spring Rolls	96	11.20 box
Samosas	96	11.20 box
Money Bags	80	12.50 box
Prawn Parcels	40	16.20 box
Prawn Cones	38	15.50 box

### BBQ (also see seafood)

Sausages Blanched(order at least 2 days prior) Minium order 20kg		8.50 kg
Rindless Bacon	5kg	48.00 box
Fresh Sliced Onions 2.5kg bags (Ordered 2 days prior)		4.40 kg
Frozen Sliced Onions	1.5 kg	6.80 bag
KEBABS COCKTAIL CHICKEN - SATAY (FROZEN) (Allow approx 3 days for defrosting)	56	50.00 box
Jumbo Beef Burgers	18	20.10 bag

### SEAFOOD

Sliced and Smoked "A" Grade Salmon		40.50 kg
Sliced Smoked Frozen Salmon		30.00 kg
Fresh Prawns		18.50 kg
PRAWNS -Green Prawn Cutlets ( Cleaned Tail On )		
16/20 - marinated	1kg	25.00 kg
21/25 - marinated	1kg	24.00 kg
26/30 - marinated	1kg	23.00 kg
31/40 (tail off) - marinated	1kg	24.00 kg

### SMALL GOODS

Eggs	1 Doz	3.50 doz
Rindless Bacon	5kg	48.00 box
<b>(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)</b>		
Leg Hams Whole		TBA
Leg Hams Half		TBA
Sausages (See BBQ heading)		

### DRY GOODS

* Mixed Nuts	1 kg	13.50 kg
* Cashews	1 kg	20.00 kg
* Peanuts/unsalted/salted	1 kg	7.00 kg
Canape Cups (60 gm)	20	3.50 pkt
Corn Chips	500gm	3.80 pkt

### CHEESE

Cubed Cheese	2 kg	29.00 bag
Shredded Cheese	2 kg	16.50 bag
Brie (Weights will vary)	1 kg	22.00 kg
Camembert	125g	3.50 ea
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	8.25 ea
Tomato Sauce	920 ml	4.90 ea
BBQ Sauce	4 litre	10.80 ea
BBQ Sauce	920 ml	4.90 ea
Sweet Chilli Sauce	5 Litre	12.90 ea
Sweet Chilli Sauce	920 ml	3.50 ea
Masterfoods Satay Sauce	2.7 Ltr	20.40 ea
Sakims Sweet & Sour	1.9 Ltr	14.10 ea
Salsa Sauce	2 Lit	12.15 ea

**FROZEN FRUIT**

Blackberries	1 kg	7.50 bag
Blueberries	2 kg	17.00 bag
Boysenberries	1 kg	9.00 bag
Mango Cheeks	1 kg	10.20 bag
Raspberries	1 kg	9.50 bag
Strawberries	1 kg	7.50 bag
Pineapple Pieces	1 kg	9.50 bag
Berry Combo - Mixed Berries	1 kg	9.90 bag

**DESSERTS**

* I & J Slab Cakes - Tiramisu	28	32.70 ea
* Chocolate Eclairs - Custard	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 Cakes - Banana Caramel/Carrot/Triple Choc.	30	25.30 tray
* Sara Lee Petite Muffins	20	12.40 tray
* Slab Plain Vanilla or Chocolate Cake (No Icing)	28	23.50 ea
* Apple Strudel		22.00 ea
* Bravo - Mini Gelato Cones	12	12.30 box
* Lemon or Mango Sorbet	1lt	9.30 tub
* MIXED LOLLIES/JELLY BEANS/MIXED FROGS		
* FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/		
* RASPBERRIES OR STRAWBERRIES & CREAM	1kg	8.80 kg
* SOUR WORMS	1kg	10.50 kg
* BANANAS	250gm	3.00 pkt
* DARK CHOCOLATE BULLETS	1kg	12.20 kg

**ICE CREAM CAKES**

* Round Speckled (Vanilla) Serves 16	250mm	17.20 ea
Also available (Must be ordered - allow 7 days)		
Gel Image eg Sponge Bob, Simpsons		
* Characters eg Wiggles - Sporting eg NRL Logos, Soccer		
Numeric eg 18th, 21st, 50th		
Occasion eg Engagement, Christening - Festive eg Christmas, Easter		
GO TO:- <a href="http://www.icecreamfactory.com.au">www.icecreamfactory.com.au</a> .....to view and order		

### MISCELLANEOUS ITEMS

* Plastic Forks, Spoons or Teaspoons	100	2.50 pkt
* Wooden Forks, Knives or Forks	100	8.70 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	7.90 pkt
* Plastic Bowls 180mm Round	50	5.50 pkt
* Frill 7cm Tooth Picks	1000	7.10 pkt
* Double Pointed Tooth Picks	1000	2.40 pkt
* Large Black Foam Platters		.90 ea
* Dinner Napkins - White	50	3.70 pkt
* Dinner Napkins - Red or Black	50	5.20 pkt
* Napkins White 1 Ply	500	6.00 pkt
* Cocktail Napkins	200	3.90 pkt
* Noodle Boxes 26 oz	25	8.80 pkt
* Noodle Boxes 16 oz	25	7.30 pkt
* Noodle Boxes 8 oz	25	5.50 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
* World Famous Red Party Cup 532ml	20	4.50 pkt
* 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	3.90 pkt
* 425 ml. Plastic Cups	50	4.80 pkt
* Short Stem Wine Goblets (185 ml)	10	2.80 pkt
* 37ml Shot Glasses	125	4.90 pkt
* Foil Trays		.90 ea
* Doyleys - 4"	250	1.90 pkt
* Doyleys - 8"	250	4.60 pkt
* Doyleys - 10.5"	250	7.30 pkt
* Doyleys - 12" Oval	250	11.00 pkt
Plastic Rectangle Table Cloth(various colours)		2.50 ea
* Paper Table Cloth White - 30 metres	30 mtr	19.80 roll
<b>BIODEGRADABLE PLATES</b>		
* Round Plates 7"	50	6.80 pkg
* Round Plates 9"	25	5.00 pkt
* Large Oval Plates	25	8.50 pkt

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**GOURMET FRESH SALADS**  
**E ORDERED AT LEAST THREE WORKING DAYS (MON/FRI) IN ADVANCE\*\*\*\***  
**IN ADVANCE \*\*\***

**PASTA/NOODLE SALAD**

Creamy Noodles	2.5 kg	15.95 ea
Pesto Pasta	2.5 kg	20.80 ea
GF - Thai Beef Noodles	2.5 kg	28.80 ea
Chicken Basil Penne	2.5 kg	22.45 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
Singapore Chicken Noodles	2.5 kg	24.70 ea
Singapore Noodles	2.5kg	22.10 ea

**QUINOA SALADS**

GF - Coconut & Coriander Quinoa with Almonds	2.5 kg	25.20 ea
GF - Greek Quinoa Salad	2.5 kg	23.80 ea
GF - Red Quinoa with Tomato	2.5kg	24.05 ea

**TOSSED SALADS**

GF - Garden (Dry)	1kg	15.60 ea
Caesar Salad (DRY)	2kg	22.10 ea
Greek Salad (Dry)	2kg	24.20 ea
Dressing separate (Caesar \$3.65 & Garden & Greek \$2.50)		

**COLESLAW SALADS**

GF - Coleslaw (Dry)	2kg	10.70 ea
Coleslaw (Blend)	2.5kg	13.85 ea
GF - Corn & Corriander Slaw	2.5kg	16.90 ea

**POTATO SALADS**

Australian Potato	2.5kg	14.30 ea
GF - Creamy German Potato	2.5kg	19.50 ea
Potato, Bacon and Egg	2.5kg	17.90 ea
GF - Baby Potato in Basil Mayonnaise	2.5 kg	26.70 ea
Potato Bake	2.5 kg	14.75 ea

**COUSCOUS SALADS**

Moroccan	2.5kg	17.60 ea
Pumpkin	2.5kg	23.40 ea
Preserved Lemon & Herb	2.5kg	20.30 ea

**RICE SALADS**

Black Rice with Coconut & Cranberry	2.5kg	24.70 ea
GF - Persian Rice Salad	2.5kg	25.25 ea
Teryiaki Chicken w/ Brown Rice & Sesame	2.5kg	23.40 ea

**SEAFOOD SALAD**

Seafood	2.5kg	30.60 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	28.60 ea
GF - Bean Medley	2.5kg	20.60 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	16.30 ea

**FRUIT SALAD**

FRUIT SALAD (seasonal fruit- Hand Cut) Tray	2 kg	21.10 ea
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**FRESH SLICED ONIONS - 2.5 KG BAGS** 4.40 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

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.

PRESERVED LEMON HERB COUSCOUS - Couscous, preserved lemon, shallots, parsley, coriander,  
almonds, pepitas, mint, garlic, pepper, mustard

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