



# 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 (July 2023)**

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	<sup>s</sup>
* Spinach Triangles	12	5.56 doz
* Bulk Triangles - Spinach	120	54.56 box
* Pastizzi: Curried Beef	12	8.60 doz
* Pastizzi: Mushy Peas	12	7.60 doz
* Pastizzi: Ricotta & Spinach	12	7.80 doz
* Variety Party Pies (Curry Chick & Veg/Pepper/Lamb & Rosemary)	72	70.51 box
* Party Pies	72	61.44 box
* Party Pies	12	10.30 doz
* Party Sausage Rolls	72	62.43 box
Meatballs Chargrilled	60	16.60 kg
Falafels	28	16.75 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	8.50 pkt
Pork Dumplings with Chives (Steam)	50	15.85 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	15.60 kg
- Chicken Goujons	50	15.50 kg
- Buffalo Wings (1.5 kg)	15	24.90 bag
- Classic Crumbed Tenders	1kg	16.30 bag
- Kyiv Garlic Balls	1kg	18.00 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	21.67 tray
* LASAGNE - BEEF	3 kg	27.40 tray

### **BOSCASTLE**

* Angus Beef Pies	12	13.60 pkt
* Beef Burgandy Pies	12	13.60 pkt
* Chicken Mushroom Pies	12	13.60 pkt
* Thai Chicken Pies	12	13.60 pkt
* Korma Vegie Pie	12	13.60 pkt
* Sausage Rolls	12	13.25 pkt

FRIED RICE - (Frozen)	2kg	25.60 ea
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### **PATTIES**

* Combo Quiche	72	97.90 box
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### **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	16.75 kg
Chicken Nuggets	28	14.70 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	19.60 box
Salt and Pepper Squid	1kg	19.80 kg

**BBQ (also see seafood)**

Sausages Blanched (order 1 week prior)Minium order 27 kg		8.50 kg
Rindless Bacon	5kg	59.00 box
Fresh Sliced Onions (Ordered 2 days prior)	2.5kg	22.00 bag
Frozen Sliced Onions	1.5 kg	8.20 bag

Jumbo Beef Burgers	18	33.00 bag
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**SEAFOOD**

Sliced Smoked Frozen Salmon		42.00 kg
Fresh Prawns (Frozen)		21.00 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	4.80 doz
Rindless Bacon	5kg	59.00 box
<b>(HAMS MUST BE ORDERED 4 DAYS PRIOR TO PICK-UP)</b>		
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	18.95 ea
Sakims Sweet & Sour	1.9 Ltr	18.95 ea
Salsa Sauce	2 Lit	18.05 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	14.90 bag
Strawberries	1 kg	9.00 bag
Pineapple Pieces	1 kg	9.50 bag
Berry Combo - Mixed Berries	1 kg	13.00 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
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### MIXED LOLLIES/JELLY BEANS/MIXED FROGS

* FRECKLES/SNAKES/LICORICE ALLSORTS/HARD JUBES/		FROM
* RASPBERRIES OR STRAWBERRIES & CREAM	1kg	11.40 kg
* BANANAS	250gm	4.55 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](http://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
* 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	200	4.50 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		21.23 ea
* Foil 150 m x 44 cm		20.79 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
* Foil Trays		.90 ea
* 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
* <b>BIODEGRADABLE PLATES</b>		
Round Plates 7"	50	7.80 pkt
* Round Plates 9"	50	10.90 pkt
* Large Oval Plates	50	21.70 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	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	24.150 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
- 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).
- 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