

The logo for ITC Hospitality Group, featuring the letters 'ITC' in a stylized, bold, white font on a dark blue background.

HOSPITALITY
GROUP



BY WORD OF MOUTH

frozen for you

A background image showing a person in a white chef's coat holding a round wooden plate. On the plate is a piece of food, possibly a dumpling or a small pie, topped with fresh green basil leaves. A hand with red nail polish is visible holding the edge of the plate. The text 'Full 2022 Menu' is overlaid on a dark grey banner across the middle of the image.

**Full 2022
Menu**



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How to order your meals

- Name
- Details
- Apartment number
- Meal order



HAVE A QUESTION? TALK TO US

021 465 8243

info@inthecity.co.za



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Meet 'Frozen For You'

Frozen For You is a family-owned catering company that turned its delicious, mouth-watering meals into an impressive range of family-favorite frozen meals that customers and guests can enjoy at home or on the go.

F4U is not only dedicated to taste but also to convenience! Meals are easily prepared, enjoyed, and disposed of.



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Ready-made meals

CHINESE CHICKEN CHOW MEIN with stir-fried egg noodles and vegetables (320g Serves 1) (640g Serves 2) (1.28 kg Serves 4)	R75 / R145 / R280
CHICKEN ENCHILADAS (320g Serves 1) (640g Serves 2) (1.28 kg Serves 4)	R85/ R156/ R305
MILD BUTTER CHICKEN CURRY with coriander (320g Serves 1) (640g Serves 2) (1.28kg Serves 4)	R73 / R146 / R289
CORONATION CHICKEN, with toasted almonds and parsley (320g Serves 1) (640g Serves 2) (1.28kg Serves 4)	R85/ R157/ R293
LAMB CURRY with fresh coriander (320g Serves 1) (640g Serves 2) (1.28kg Serves 4)	R177 / R338/ R667
BEEF STROGANOFF with crème fraiche and herbs (320g Serves 1) (640g Serves 2) (1,28kg Serves 4)	R92 / R180 / R340
FRAGRANT MALAY BOBOTIE a South African favourite (320g Serves 1) (640g Serves 2) (1,28kg Serves 4)	R58/ R105 /R189
PASTA FREE LASAGNE (400g Serves 1) (800g Serves 2) (1.6kg Serves 4-6)	R107/ R199/ R366
MAC AND CHEESE with butternut and crispy pancetta 800g (Serves 2)	R116
QUICHE LORRAINE made with Gruyère and bacon (320g Serves 1 -2) (1.20kg Serves 8-10)	R125/ R365



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Vegan

<p>VEGAN CHILLI CON 'CARNE' a meat-free version of this Mexican dish (450g Serves 2-3) (900g Serves 4-6)</p>	R115/ R225
<p>VEGETARIAN BEAN CURRY with sweet potato and chili (320g Serves 1) (640g Serves 2) (1.28kg Serves 4)</p>	R51/ R90/ R163
<p>ROASTED CARROT SOUP with coconut cream, lime and sumac (450ml -Serves 1) (900ml – Serves 2)</p>	R45/ R69

Remember: Halal and Kosher meals can be arranged by request!

Vegetarian

<p>VEGETABLE AND CHICKPEA CURRY with mixed masala spice and yoghurt (320g Serves 1) (640g Serves 2) (1.28kg Serves 4)</p>	R51/ R90/ R163
<p>SPINACH AND RICOTTA CANNELLONI with mozzarella (320g Serves 1) (640g Serves 2) (1.28kg Serves 4-6)</p>	R85/ R166/ R320
<p>BLACK BEAN ENCHILADAS a mildly spiced Mexican vegetarian favourite (320g Serves 1) (640g Serves 2) (1.28kg Serves 4)</p>	R80/ R149/ R294
<p>SPINACH AND FETA QUICHE with a healthy whole-wheat and oat pastry (320g Serves 1-2) (1,2kg Serves 8-10)</p>	R110/ R358



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Extras

FRAGRANT WHITE BASMATI RICE (250g Serves 1-2) (500g Serves 2-4)	R23/ R39
SPICED YELLOW RICE (250g Serves 1-2) (500g Serves 2-4)	R29/ R52
CRUSTY PLAIN LOAF (900g Serves 8-10)	R55
BUTTERNUT FRITTERS with caramel sauce (12 Serves 4)	R74
MINTED PEAS with sauteed leeks and fresh mint (180g Serves 1-2) (360g Serves 2-4)	R40/ R75

Soups

ROASTED TOMATO SOUP with a hint of chili and fresh basil (450ml - Serves 1) (900ml - Serves 2)	R51 /R89
CHICKEN SOUP for the soul (450ml - Serves 1) (900ml - Serves 2)	R60 /R115
CHORIZO BEAN AND BACON SOUP with sauteed onions, carrots and garlic (450ml -Serves 1) (900ml - Serves 2)	R56 / R95



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<p>APPLE CAKE in a caramel sauce (250g Serves 2-3) (1kg Serves 10-12)</p>	<p>R49/ R185</p>
<p>TRADITIONAL BAKED CHEESECAKE (220g serves 1 - 2) (1kg Serves 10-12)</p>	<p>R74/ R317</p>
<p>OUR FAMOUS CHOCOLATE BROWNIES (350g) (4 Portions)</p>	<p>R90</p>
<p>DATE SQUARES with crunchy biscuits and coconut (280g) (16 Portions)</p>	<p>R70</p>

Desserts

