



PRICE LIST

PRODUCT	INGREDIENTS	ORDER QUANTITY	PRICE	PREPARATION
SOUTHERN FRIED CHICKEN STRIPS ORIGINAL	CHICKEN, BUTTERMILK, FLOUR, CORN STARCH, SALT, BLACK PEPPER, GARLIC POWDER, ONION POWDER, PAPRIKA, VEGETABLE OIL (SUNFLOWER)	1 x 260g	R 47.71	OVEN BAKE from frozen at 200°C for 10 - 15 minutes on a backing rack till crispy.
		1 x 520g	R 89.06	
		1 x 2kg	R 324.58	
SOUTHERN FRIED CHICKEN STRIPS SPICY	CHICKEN, BUTTERMILK, FLOUR, CORN STARCH, BLACK PEPPER, CAYENNE PEPPER, SALT, GARLIC POWDER, ONION POWDER, PAPRIKA, VEGETABLE OIL (SUNFLOWER)	1 x 260g	R 52.41	OVEN BAKE from frozen at 200°C for 10 - 15 minutes on a backing rack till crispy.
		1 x 520g	R 97.77	
		1 x 2kg	R 353.96	
CHEESE BITES	MOZZARELLA CHEESE, CORN STARCH, BREAD CRUMB, EGG, SALT, BLACK PEPPER, GARLIC POWDER	1 x 160g bags	R 56.24	DEEF FRY from frozen at 140°C for 4 - 5 minutes

Orders: Need to be placed no later than Tuesday for Friday Delivery

Contact: info@calories.net.za; 064 547 0885