



2026 Catalogue

GOLDEN HARMONY FOODS
96 FOREST RD, BRAMLEY.
JOHANNESBURG, 2090



OUR OFFERINGS

At Golden Harmony Foods, we believe great snacking should be simple, delicious, and dependable. Our Chicken Donuts and Panko Corndogs are fully cooked, frozen, and ready to heat and serve — delivering golden crispness, tender fillings, and consistent quality every time. Produced in trusted third-party, GFSI-certified facilities, our products are crafted to delight your customers, whether on retail shelves, in wholesale orders, or in food-service kitchens.





Product Description	Pack Size Per Case	Retail Box Barcode	Shelf Life	Price Per Case excl vat
Chicken Donuts Original Flavour	400g X 12	06001651331196	12 Months	R 504,00
Chicken Donuts Cheese Flavour	400g X 12	06001651331202	12 Months	R 504,00

*LEAD TIMES ARE 2-3 WORKING DAYS FOR GAUTENG AREAS ONLY. * KEEP FROZEN*



**CHICKEN DONUTS –
ORIGINAL FLAVOUR**



**CHICKEN DONUTS
–CHEESE FLAVOUR**



Retail Box, Case & Pallet Weight Summary

Level	Contents	Net Weight	Tare Weight	Gross Weight
Retail Box	4 donuts (100 g each)	0.40 kg	0.04 kg	0.44 kg
Case	12 retail boxes (48 donuts)	4.80 kg	0.25 kg	5.05 kg
Pallet	60 cases (720 retail boxes / 2,880 donuts)	288.00 kg	40.00 kg	328.00 kg



Ingredients:
Chicken breast (60%), Chicken skin, Potatoes (mashed), Breadcrumbs, Cheddar cheese, Panko crumbs, Whole hen's egg, Sunflower oil, Flour, Chicken stock, Salt, White pepper, Black pepper, Onion powder, Garlic powder, Cayenne pepper.

Allergens:
Milk, Wheat (Gluten), Hen's Egg
This product has been made in a factory that uses Soya.

Typical Nutritional Information

TYPICAL NUTRITIONAL INFORMATION (as packed)	Per 100 g	Per 120 g single serving
Energy	765 kJ	918 kJ
Protein	11.2 g	13.4 g
Carbohydrate	21 g	25 g
of which total sugar	2.6 g	3.1 g
Total Fat	5.8 g	7.0 g
of which Saturated fat	2.5 g	2.9 g
Trans fat	0.1 g	0.2 g
Monounsaturated fat	2.2 g	2.7 g
Polyunsaturated fat	0.6 g	0.7 g
Dietary Fibre #	1.4 g	1.7 g
Total Sodium	286 mg	343 mg

Analysed using Calculated method

Heating Instructions (From Frozen)
Note: Heating times may vary. These heating instructions are a guide only.

Microwave:

- Place 1-2 donuts on a microwave-safe plate.
- Heat on high for 2-3 minutes.
- Let stand for 1 minute before serving. (Microwaving may reduce crispiness.)

Air Fryer:

- Preheat to 180 °C.
- Heat for 4-5 minutes, turning halfway.
- Ensure donuts are hot throughout.

Deep Fryer:

- Defrost donuts completely.
- Heat oil to 165 °C.
- Fry for 2-3 minutes until crispy and hot inside.
- Drain on paper towel before serving.

Oven:

- Preheat to 180 °C.
- Place donuts on a lined baking tray.
- Heat for 6-8 minutes until hot throughout.

RECYCLED

PE-LD





Product Description	Pack Size Per Case	Retail Box Barcode	Shelf Life	Price Per Case excl vat
Panko Corndogs - Cheese Flavour	420g X 12	06001651331196	12 Months	R 528,00
Panko Corndogs - Original Flavour	420g X 12	06001651331202	12 Months	R 528,00

*LEAD TIMES ARE 2-3 WORKING DAYS FOR GAUTENG AREAS ONLY. * KEEP FROZEN*



**PANKO CORNDOGS –
CHEESE FLAVOUR**



**PANKO CORNDOGS –
ORIGINAL FLAVOUR**



Retail Box, Case & Pallet Weight Summary

Level	Contents	Net Weight	Tare Weight	Gross Weight
Retail Box	6 Corndogs (70g each)	0.48 kg	0.07 kg	0.55 kg
Case	12 Retail boxes (72 Corndogs)	5.76 kg	2.04 kg	7.40 kg
Pallet	60 cases (720 retail boxes /4,320 Corndogs)	345.60 kg	147.40 kg	473.00 kg





Contact Information

 **Email:** sales@goldenharmonyfoods.co.za

 **Phone:** +27 71 343 9454

 **Website:** www.goldenharmonyfoods.co.za

 **Address:** 96 Forest Rd, Bramley, Johannesburg, 2090

 **Social Media:** @GHFoods

