



DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$120

6 different meals and a choice of 6 from the soup and dessert menu

5+5 Deal – \$100

5 different meals and a choice of 5 from the soup and dessert menu

7 meals for the price of 6 Deal

Buy 6 different meals and we will give you a vegetarian meal for FREE!

Fresh From the Freezer

Pot Luck Boxes

(excellent variety no more than two of anything)

12 meals \$150

8 meals \$100

Eat Tiddly

(Goldilocks sized meals, not too big, not too small but just right)

16 meals \$140

(box contents change weekly)

OUR PHILOSOPHY

Every week we make a fresh batch of handmade meals using only good ingredients and great cooking!. They will come fresh, not frozen, so you can have something very fresh and ready to just heat and eat for up to 10 days. This means you can only order from the menu list related to the delivery week.



STEP 1

Choose from our delicious, weekly changing menu, then make the call to one of the friendly ladies in the office or order online at www.eat.co.nz



STEP 2

Have your order in by 11am for next day delivery to all New Zealand destinations. If your address is RD then you must pick-up from your local depot.



STEP 3

Keep the meals refrigerated until the use by date: If you dont eat them, freeze them before the use by date – so no waste: Best eaten from fresh



TIP!

Heating from frozen?.. always thaw first for the tastiest results.

0800 328 333
eat.co.nz

eat unlimited
t: +64 4 560 1960
orders@eat.co.nz
www.eat.co.nz

DELIVERY INSTRUCTIONS

We deliver all round New Zealand... North Cape to the Bluff, from our door to yours UNLESS you are Rural Delivery!!

We take care to send delicious, affordable food, carefully packaged for its journey from us to you. Courier Post will make your delivery and because the package is perishable no signature is required. If you don't hear their knock they will leave the box. Please check outside at your door if not received by midday.

If you don't have your order by 2pm at the latest, please call **0800 328 333**. One of the lovely ladies in the office will chase it up.

Neither courier post or EAT take any responsibility for your order after its been delivered.

HEATING INSTRUCTION

We use dual ovenable, self venting, cool to touch trays with easy pull film!

MICROWAVE HEATING – for average 850w microwave

Step One – Remove the band and place the tray in the microwave. DO NOT lift the film or puncture the film. For FROZEN meals, defrost first for best results.

Step Two – Microwave on HIGH for 4 minutes or 6-8 minutes if its frozen. The film expands to make a steam tent. It vents to release steam and then de-flates.

Step Three – Remove from the microwave and leave for 2 minutes. Peel back the film – Protect yourself from a steam burn. Pull the film back toward you!

OVEN HEATING INSTRUCTIONS

- Pre heat the oven to 180C
- Remove film
- Heat for approximately 20-25min or until piping hot.



eat

Autumn Menu 17 March to 1 August 2025

eat

GOOD, HONEST WHOLESOME MEALS ... DELIVERED TO YOUR DOOR!

Up-size add \$1.50

MENU ONE

Delivery week starting

17-21 March
21-25 April (Easter Mon + Anzac)
26-30 May
30 June - 04 July

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$15.20**

Swedish meatballs with creamy mash, carrots and steamed beans. **\$14.90**

Slow cooked beef and brandy potato au gratin, carrots and steamed green beans. **\$14.90**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatoes & stir fried vegetables. **\$14.90**

Our ever popular Chicken Lasagne. **\$14.90**

NZ beef bourginion mashed potato, sliced carrots and green medley. **\$14.90**

Marmalade Chicken with potato gratin and steamed green beans. **\$14.90**

Devilled sausages with creamy mash and steamed broccoli. **\$14.90**

Creamy leek and mushroom penne pasta. **\$13.50**

MENU TWO

Delivery week starting

24-28 March
28 April - 2 May
2-6 June (Kings Birthday)
7-11 July

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.20**

Braised pork and maple with potato colcannon and carrot. **\$14.90**

Corned beef with mustard sauce, mash potato, buttered silverbeet, cabbage and carrot. **\$14.90**

Fish Provencal with steamed greens and buttered potatoes. **\$14.90**

Sweet and sour Chicken with stir fry vegetables and steamed rice. **\$14.50**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **\$14.90**

Chicken Coq au vin with potato gratin and broccoli. **\$14.90**

Beef ragu with penne pasta. **\$14.90**

Pumpkin, spinach and chickpea coconut curry with steamed rice. **\$13.50**

MENU THREE

Delivery week starting

31 March - 04 April
05-09 May
09-13 June
14-18 July

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.00**

NZ braised pork steak, with creamy apple cider sauce with mash potato and baby beans. **\$14.90**

Tender NZ beef steak with fried onion ring creamy potato, pumpkin, broccoli. **\$14.90**

Classic white fish pie (potato top). **\$14.90**

Beef madras curry with steamed rice. **\$14.50**

Beef and Beer casserole, potato roasties and green beans. **\$14.90**

Creamy boneless Dijon chicken with pommes boulangere and broccoli florets. **\$14.90**

Traditional Pork sausages, a balsamic onion gravy and bubble and squeak. **\$14.90**

Pasta Pomodoro. **\$13.50**

MENU FOUR

Delivery week starting

7-11 April
12-16 May
16-20 June (Matariki)
21-25 July

Herb and butter roasted Chicken with whole cranberry sauce, roast vegetables and peas. **\$15.20**

Grilled ham steak with Cumberland sauce, roasted vegetables, caramelised pineapple and spinach. **\$14.90**

Tender NZ beef steak with herb butter, medley of sautéed vegetables. **\$14.90**

Smoked Salmon and spinach penne pasta. **\$14.90**

Free range chicken and vegetable Pie with pastry top. **\$14.90**

Beef hotpot, slow cook beef and vegetables with a scalloped potato top. **\$14.90**

Miso Chicken (super delicious) with roasted carrot and potato chunks. **\$14.90**

Beef lasagne, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$14.90**

Vegetable au gratin. **\$13.50**

MENU FIVE

Delivery week starting

14-18 April (Good Friday)
19-23 May
23-27 June
28 July - 1 August

Roast Lamb with Pea and mint pesto, roast vegetables and creamed spinach. **\$15.50**

Pork Florentine with creamy mash and a medley of steamed (broccoli, carrot and cauliflower) vegetables. **\$14.90**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin and baby beans. **\$14.90**

Cheesy Fish Mornay with creamy mash, peas and carrots. **\$14.90**

Classic mild chicken curry with steamed rice. **\$14.50**

Braised beef and vegetable casserole with potato colcannon. **\$14.90**

Free range Cider chicken with spinach, onion & potato gratin **\$14.90**

Traditional cottage pie (premium NZ beef) with creamy mash top. **\$14.90**

Macaroni cheese. **\$13.50**

All Roasts, steaks and casseroles are cooked long and slow and should be very tender

EXTRAS

This full range of yummy soups, desserts and home baking is available on all menus

SOUPS \$6.00

- Chicken Veg & Noodle
- Carrot and Lentil
- Leek, bacon and potato soup

PUDDINGS \$6.00

- Apple, pear and cinnamon crumble
- Rice pudding with rhubarb and strawberry compote
- Sticky date pudding
- Upside down Apricot pudding
- Berry Cheesecake



BAKING \$8.00

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate caramel slice
- Ginger slice
- Raspberry slice

TIDDLY eats

TIDDLY MEALS FOR TIDDLY EATERS



This is the dinner Goldilocks was looking for when she ventured into the kitchen of the three bears. Not too big, not too small but just right.

Our frozen variety box of delicious tiddlyness, has sixteen meals, two of every delicious dish. Keep them in the freezer for a wonderful meal to heat and eat anytime. 16 meals for a very tiddly or widdly \$140.00. Contents change weekly. eat.co.nz

For the best and tastiest results thaw meals first.. before heating.



Images of actual meals, thawed, heated and plated

Deliveries
Wellington (Tuesday set day) \$16.00
Hutt Valley (Wednesday set day) \$16.00
Kapiti - Pukerua Bay - Waikanae (Tuesday set day) \$16.00
North Island next day \$18.00

Manawatu - Otaki - Palmerston (Tuesday set day) \$18.00
South Island next day \$35.00
Wairarapa (Tuesday set day) \$18.00
Sorry - No rural delivery!

- Menu only available until stock sold out
- Standard meal NOT less than 400gm
- Up size to 500gms+ for \$1.50



Payment info: Payment by debit card, credit card, or bank transfer. Bank Details: Fresh is Best 2006 Limited. 030502 0575744 00

Ak: 09 972 9316
Wn: 04 560 1960
0800 328 333
www.eat.co.nz