

# DAILY DEALS!

## Fresh Meal Deals

(applies only to eat fresh standard meals)

### 6+6 Deal – \$82

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

### 5+5 Deal – \$70

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 \$109

8 meals \$74

### Eat Tiddly

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

16 meals \$126

(box contents change weekly, ask the order taker or check online)

While stocks last. Conditions may apply see the website for details eat.co.nz or ask the order taker.

## 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](http://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 don't 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](http://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 1000w 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 (gives best result)

- Pre heat oven to 160c
- Remove film.
- Heat for approximately 20-25min or until piping hot.



# eat

Spring Menu 8 October 2018 to 14 January 2019

# eat

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

# TIDDLY eats

Up-size add \$1.50

## MENU ONE

Delivery week starting 8-Oct  
12-Nov  
17 December Christmas  
Menu applies

**Traditional NZ roast pork with caramelised apple**, roast vegetables, peas & broccoli. \$11.50 **WF DF**

**Steak with bearnaise style sauce**, saute potato, pumpkin and baby beans. \$11.50 **SF**

**FreeRange chicken** with our own hoison sauce (contains nuts), asian vegetable pilaf. \$11.50

**Steamed fish in a healthy provencal sauce** and a medley of sauté vegetables. \$11.50

**Prime NZ beef and bacon stew** with roast vegetable hash. \$11.50

**Melt in your mouth beef stew** with carrot and potato mash and buttered spinach. \$11.50 **WF**

**Fabulous prime beef rissole** with wedges, mixed vegetables, caramelised onion and gravy. \$11.50

**Beef lasanga**. Its the best lasagna you will EVER taste. \$10.90

**Silverbeet and three cheese pie** \$9.90

## MENU TWO

Delivery week starting 15-Oct  
19-Nov  
24 December cooks on holiday

**Prime roast beef rump** with cauliflower cheese and roast vegetables. \$11.70 **SF**

**Slow cooked swiss steak** with creamy mash, pumpkin and garden peas and fingerlicking sauce. \$11.50 **WF SF**

FreeRange **chicken coq au vin** with potato au gratin and baby beans. \$11.50 **WF SF**

Traditional **smoked fish pie** topped with delicious mashed potato. \$11.50 **SF**

**NZ pork** with fresh raisin and apple chutney & braised potato, silverbeet, carrot, zucchini. \$11.50 **WF DF**

**Beef stroganoff** with a vegetable pilaf. \$11.50 **WF**

Slow cooked **beef ragout with tagatelli** and silverbeet & red onion salsa. \$11.50 **DF**

**Westcoast blackball pork sausages** with onion jam, wedges, peas, tomato gravy. \$10.90 **WF**

**Vegetable penne carbonara**. \$9.90

## MENU THREE

Delivery week starting 22-Oct  
26-Nov  
31 December Frozen only

**Lamb shank** braised with creamy potato & kumara mash, carrots, baby beans. \$14.20 **WF**

Slow cooked prime **beef steak** with fried onion ring sauté potato, pumpkin & broccoli. \$11.50 **WF DF SF**

FreeRange **chicken cacciatori** with a saute vegetable medley. \$11.50 **WF DF**

**Pan-fried fish**, lemon caper sauce, handmade wedges & stir fried vegetables. \$11.50 **SF**

**NZ pork steak with florentine sauce**, potato au gratin, carrot & baby beans. \$11.50 **SF**

**NZ prime beef with red wine pie** with potato colcannon. \$11.50

**Maple soy beef with udon noodles** and vegetables broccoli, carrot, cauliflower, capsicum and spinach. \$11.50

**Sticky sausages** and sautéed vegetables with mustard seed and herbs. \$10.90

**Vegetarian shepherds pie**. \$9.90

## MENU FOUR

Delivery week starting 29-Oct  
3-Dec  
7 Jan 2019 Frozen Only

**FreeRange roast chicken**, whole cranberry sauce, roast vegetables & peas. \$11.50 **DF**

**Grilled ham steak, cumberland sauce**, roast vegetables, baby beans & grilled pineapple. \$11.50 **WF DF**

**Famous meatloaf**, roast vegetables, silverbeet & cabbage and our own relish. TASTY \$11.50

Traditional fresh **NZ white fish pie**. \$11.50 **SF**

Delicious tender **steak diane** with a pumpkin, peas and potato au gratin. \$11.50

**Steak and mushroom pie** with carrot, buttered spinach & gourmet potato. \$11.50

The very BEST of **Italian beef meatballs**, tomato sauce and spaghetti noodles. \$11.50

Westcoast **blackball beef sausages** with onion jam, bubble & squeak & tomato gravy. \$10.90 **WF**

**Noodly vegetables and herb frittata**. \$9.90 **WF**

## MENU FIVE

Delivery week starting 5-Nov  
10-Dec  
14-Jan

**Roast hogget or lamb** with garlic and rosemary pesto roast vegetables & garden peas. \$13.00 **WF DF**

**Corned beef with mustard sauce**, mash potato, carrot ring, cabbage & silverbeet. \$11.50

FreeRange **marmalade chicken**, gourmet baked potato, carrot & baby beans. \$11.50

**Pan fried fish** with beurre blanc sauce, and a medley of summer vegetables. \$11.50

**Five spice pork** with asian vegetable bowl. \$11.50

**Prime beef steak with mushroom sauce**, roast gourmet potato, pumpkin & broccoli. \$11.50

Indian **beef madras curry** with rice. This is a big favourite \$11.50 **WF**

Fabulous **shepherds pie** world famous in New Zealand. \$10.90 **SF**

**Fabulous macaroni cheese**. \$9.90 **SF**

Where ever you see these symbols

**WF** Wheat Free **DF** Dairy Free **SF** Sugar Free

## EXTRAS

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

### SOUPS \$4.90

- Mexican meatball soup
- Chicken, noodle & vegetable **WF DF SF**
- Cream of vegetable

### PUDDINGS \$4.95

- Apple and Rhubarb Crumble
- Creamy Rice with Strawberry and Rhubarb
- Fruit of the Forrest Pudding
- Passionfruit Cheesecake
- Mango Cheesecake
- Cookies & Cream Cheesecake



### BAKING \$7.00

- Boiled sultana cake
- Banana cake with walnut icing
- Carrot cake cream cheese icing
- Lemon syrup cake
- Chocolate caramel brownies

TIDDLY MEALS FOR TIDDLY EATERS



1 box of 16 meals for \$126.00

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 \$126.00 Contents change weekly, please ask the order taker or view at our online shop. [eat.co.nz/shop](http://eat.co.nz/shop)

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



Images of actual meals, thawed, heated and plated

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

### Deliveries

South Island next day \$21.50.  
Christchurch & Nelson Bays next day \$17.50.  
North Island next Day \$13.50.  
Fixed day Lower Hutt and Wellington \$8.50.  
Collect from Kitchen Door: FREE.  
Sorry, RD address must be picked up from local Courier Post depot.

### Payment info

Order by phone, email or website.  
Payment by Debit Card, Credit Card, or Bank Transfer.  
Our Bank details: eatUnlimited 030502 0575744 00.  
Mailing address: YMCA Building, 67 Pilmuir Street, Lower Hutt.



0800 328 333  
orders@eat.co.nz  
www.eat.co.nz