

♡ ♡ ♡

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$95

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

5+5 Deal – \$79

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 \$120

8 meals \$80

Eat Tiddly

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

16 meals \$130

(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 (gives best result)

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



eat

Autumn/Winter Menu 10 May to 20 August 2021

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting

10 - 14 May 2021
14 - 18 June
19 - 23 July

NZ **roast pork** with caramelised apple, roast vegetables, broccoli, garden peas. **\$12.80**

NZ **beef steak** with béarnaise style sauce, sauté potatoes, pumpkin and baby beans. **\$12.50**

Thai red **chicken curry** with steamed rice. **\$12.40**

Traditional **smoked fish pie** topped with creamy mash. **\$12.40**

Delicious **beef bourguignon** with creamy mash and green beans. **\$12.40**

Perfect **Italian meatballs**, tomato ragu sauce, spaghetti noodles and tasty cheese. **\$12.40**

Chicken and Vegetable pie with flakey pastry top - best heated in the oven. **\$12.40**

Gourmet beef sausages with caramelised onion, wedges and peas. **\$12.40**

Spinach, silverbeet three cheese pie. **\$11.00**

MENU TWO

Delivery week starting

17 - 21 May
21 - 25 June
26 - 30 July

Pure NZ **prime roast beef** with cauliflower cheese and roast vegetables. **\$12.80**

Tender braised **beef steak** with red capsicum and tomato, a jacket potato, herb butter and broccoli. **\$12.50**

Baked **chicken with chive cream** & potato, leek, carrot and spinach bake. **\$12.40**

Fresh **pan fried fish** with lemon caper sauce, hand cut wedges and stir fried vegetables. **\$12.40**

Braised pork with apple and raisin conserve, potato au gratin, broccoli and peas. **\$12.40**

Beef lasagne ..as it should be, There is enough to share if you add a salad. **\$12.40**

Melt in your mouth beef stew with carrot and potato mash and buttered spinach **\$12.40**

Tender and delicious **butter chicken** with steamed rice. **\$12.40**

Autumn **vegetable chilli bowl** with sour cream. **\$11.00**

MENU THREE

Delivery week starting

24 - 28 May
28 June - 2 July
2 - 6 August

Tender braised **lamb shank**, creamy mash, carrot sticks and baby beans. **\$14.80**

Slow cooked **beef steak** with a fried onion ring, sauté potato, pumpkin and broccoli. **\$12.50**

Chicken coq au vin with potato au gratin and baby beans. **\$12.40**

Cheesy **fish mornay** with creamy mash, carrots and peas. **\$12.40**

Retro style **pork steak** with apricot. Comes with a potato and spinach au gratin. **\$12.40**

Giant **beef pattie**, caramelised onions, wedges, mixed vegetables and a tasty beef sauce. **\$12.40**

Braised Beef, ginger and pear with leek and potato mash. **\$12.40**

Gourmet **pork sausages with balsamic onion**, bubble and squeak and sauce. **\$12.40**

Vegetarian Shepherds pie. **\$11.00**

MENU FOUR

Delivery week starting

31 May- 4 June
5 - 9 July
9 - 13 August

Boneless **butter basted roast chicken**, whole cranberry sauce, roast vegetables and peas. **\$12.80**

NZ **beef steak**, with creamy mushroom sauce, roast vegetable medley (potato, pumpkin, and green baby beans). **\$12.50**

Our famous **meatloaf** with roast vegetables, silver beet and cabbage plus our own relish. TASTY! **\$12.40**

Big favourite ... **Keralan fish curry** with steamed coconut rice. **\$12.40**

Traditional **pickled pork with parsley sauce**, creamy mash, carrot and buttered cabbage. **\$12.40**

Creamy boneless **mustard chicken** with pommes boulangere and green beans. **\$12.40**

Braised beef and vegetables with colcannon potato. **\$12.40**

Healthy **Cottage Pie** with an eat-yer-greens mash. **\$12.40**

Creamy **leek and mushroom penne pasta**. **\$11.00**

MENU FIVE

Delivery week starting

8 - 11 June (Queens Birthday)
12 - 16 July
16 - 20 August

Roast Lamb with pea and mint pesto, roasted vegetables and cream spinach. **\$13.90**

Tender **Swiss steak** with creamy mash, roast carrots and baby beans. **\$12.50**

Cider chicken with roasted carrot and potato chunks and creamed spinach. **\$12.40**

French style fish steamed, with green lentils, silverbeet, leek and tomato braise. **\$12.40**

Pork and maple syrup braise, potato gratin, carrots and beans. **\$12.40**

Steak and kidney pie with broccoli colcannon. **\$12.40**

Corned beef with mustard sauce, mash potato, carrot rings, cabbage and silver beet. **\$12.40**

Fabulous **shepherds pie** world famous in New Zealand. **\$12.40**

Always good **macaroni cheese**. **\$11.00**

EXTRAS

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

SOUPS \$4.90

- Minestrone Soup
- Chicken, noodle & vegetable
- Incredible meatball soup

PUDDINGS \$5.40

- Apple, pear and cinnamon crumble
- Rice pudding with Doris plum
- Peach upside down pudding
- Passion fruit cheesecake
- Apple and blueberry steamed pudding
- Sticky date pudding



BAKING \$7.00

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Black forest cake
- Chocolate slice
- Ginger 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 \$130.00. Contents change weekly. 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 \$25.00.
Christchurch & Nelson Bays next day \$20.00.
North Island next Day \$16.00.
Lower Hutt and Wellington \$10.00.
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.

GOODNESS GUARANTEED

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