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 has 16 x 260gm meals. These are made up of eight different meals packaged as ‘twin packs’ so you get two of every delicious dish.

The meals are ‘Potluck’ and have no relation to the current week’s fresh menu.

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





Images of actual meals, thawed, heated and plated

eatPuree In partnership with THE PURE FOOD Co

Texture-modified meals fortified with protein



Sample Puree menu

Pricing from $11.50

- Beef Bolognese with creamy broccoli and glazed carrot.
- Butter chicken with rice and peas.
- Salmon with herbed beetroot and creamy broccoli.
- Omelette with beans, spinach and baked beans.
- Devilled beef with cauliflower gratin, roast pumpkin and glazed carrots.
- Slow cooked lamb with minted peas, cauliflower gratin and roasted vegetables.
- Hickory pork with glazed carrots. cauliflower gratin and roasted vegetables.
- Creamy fish with herbed beetroot, minted peas and roast vegetables.
- Golden chicken with creamy broccoli, roast pumpkin and braised cabbage.
- Pork sausage with omelette and baked beans.

These IDDSI Level 4 Puree meals are designed for people who have difficulty swallowing or require a soft food diet. Puree meals are delivered frozen.

www.eat.co.nz/puree

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

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

eat

Good, honest, wholesome food
made with only the freshest ingredients



Spring-Summer Menu 21 September to 28 December 2026

eat

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

Up-size add $1.50

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

MENU ONE

Delivery week starting
21 - 25 September
26 - 30 October (Labour Day)
30 Nov - 04 Dec

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **$15.70**

Boneless chicken with a coriander and peanut pesto and roast vegetable salad. **$15.40**

Tender **NZ beef steak with mushroom sauce**, roast vegetable medley and steamed baby beans **$15.40**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatoes and stir fried vegetables. **$15.20**

NZ beef bourginion mashed potato, sliced carrots and green medley. **$15.40**

Delicious boneless golden chicken with a creamy potato au gratin and leek, spinach and pea trio. **$15.40**

Beef rissole, peas ,wedges and caramelised onion. **$15.20**

Old fashioned **devilled sausages** with creamy potato mash and peas. **$15.20**

Creamy **leek and mushroom penne pasta**. **$14.00**

MENU TWO

Delivery week starting
28 Sep - 02 Oct
02 - 06 November
07 - 11 December

Pure NZ roast beef with cauliflower cheese and roast vegetables. **$15.70**

Tuscan chicken with creamy sundried tomato sauce, vegetable gratin and steamed beans. **$15.40**

Slow cooked braised Swiss steak, potato au gratin, carrots and steamed green beans. **$15.40**

Smoked salmon and spinach penne pasta. **$15.20**

NZ pork steak with creamy peppercorn sauce, baby beans and rosemary roast pumpkin and potato. **$15.40**

Teriyaki beef with stir fry vegetables on Hoikken noodles, **$15.40**

Beef hotpot, tender braised beef with a scallop potato top. **$15.40**

Good ole **pork sausages** with bubble and squeak and tomato gravy. **$15.20**

Pasta pomodoro. **$14.00**

MENU THREE

Delivery week starting
05 - 09 October
09 - 13 November
14 - 18 December

NZ **lamb shank** braised in red wine with creamy mash, carrot sticks, baby beans. **$16.70**

Our **famous meatloaf** with our own relish, creamy mash, carrots, cabbage and silverbeet. **$15.40**

Tender NZ steak with fried onion ring creamy potato, pumpkin, broccoli. **$15.40**

Fish Puttanesca with parmesan roasted baby potatoes and creamed spinach. **$15.20**

Chicken baked with lemon and leek. Comes with garlic buttered potato, carrot and beans. **$15.40**

Deliciously tender **Beef madras curry** with steamed rice. **$15.40**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **$15.40**

Creamy **bacon, leek and pea pasta**. **$15.20**

Vegetable gratin. **$14.00**

MENU FOUR

Delivery week starting
12 - 16 October
16 - 20 November
21 - 23 Dec (XMAS MENU)

Herb and butter basted Roast chicken with whole cranberry sauce, roast vegetables and peas. **$15.70**

Corned beef with mustard sauce, mash potato, buttered silverbeet and cabbage. **$15.40**

BBQ Beef brisket with creamy mash and steamed beans and glazed carrots. **$15.40**

Delicious cheesy fish mornay with creamy mash, peas and carrots **$15.20**

Hoisin NZ Pork, with Asian vegetables and steamed rice **$15.40**

Delicious **Moroccan Beef tagine** with couscous. (contains nuts) **$15.40**

Marmalade chicken with potato gratin and steamed green beans. **$15.40**

Italian meatballs in a traditional tomato sauce and spaghetti pasta **$15.20**

Pumpkin, spinach, chickpea and coconut curry with steamed rice. **$14.00**

MENU FIVE

Delivery week starting
19 - 23 October
23 - 27 November
28 December - CLOSED

Roast Lamb with pea and mint pesto (contains nuts), roast vegetables and creamed spinach. **$15.70**

Hunters tomato and mushroom chicken with potato gratin and steamed beans. **$15.40**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin and baby beans. **$15.40**

Traditional white fish pie with potato top. **$15.20**

Classic mild chicken curry with steamed rice. **$15.40**

Pickled Pork with parsley sauce, creamy mash, beans and carrot. **$15.40**

Beef braised with red wine & rosemary. Comes with baked potato, spinach and beans. **$15.40**

Cottage pie (NZ beef) with creamy mash top. $15.20

Macaroni cheese. **$14.00**

EXTRAS

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

SOUPS $6.50
- Chicken Veg and Noodle
- Split pea and ham

PUDDINGS $6.50
- Apple Peach Crumble
- Rice pudding with strawberry and rhubarb
- Pineapple upside down pudding
- Lemon self saucing pudding
- Passionfruit cheesecake



BAKING $8.50
- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate caramel slice
- Ginger slice

Deliveries
Wellington (Set day) $18.00
Kapiti - Pukerua Bay- Waikanae (Set day)$18.00
Manawatu - Otaki - Palmerston (Set day) $20.00
Wairarapa (Set day) $20.00

Hutt Valley (Set day) $18.00
North Island next day $20.00
South Island next day $35.00
Sorry - No rural delivery!

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

GOODNESS GUARANTEED

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

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DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – $123

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

5+5 Deal – $103

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 $155
8 meals $105

Eat Tiddly

(Goldilocks sized meals, not too big, not too small but just right)
16 meals $145
(box contents change weekly)

ORDERING FOR CHRISTMAS

Orders must be in by **Monday 7th December** to guarantee your choice – Otherwise it's a case of what we have left - So, get in early and don't miss out!

PRE-CHRISTMAS DELIVERY:

Christmas cake: Our fabulous Christmas cake with be available for purchase and delivery from 17th November.

LOCAL DELIVERIES (Wellington, Kapiti, Manawatu-Otaki-Palmerston, Wairarapa, Hutt valley): Fresh Christmas orders will be delivered as normal on your set delivery day week commencing 21 December 2026.

FROZEN: Christmas **holiday boxes** and our **Tiddly Festive cheer boxes** are available for delivery from 7th December.

FRESH: Our **Christmas fresh festive menu** will be delivered nationwide on Tuesday 22nd December.

KITCHEN DOOR (COLLECTS): Frozen holiday boxes will be available for collection from WC 7th December and Christmas Fresh menu will be available to collect from 10am Monday 21st December till Wednesday 4pm 23rd December.

Merry Christmas and Happy Holidays from the team @ eat

CHRISTMAS CLOSEDOWN AND HOLIDAY HOURS

CLOSE DOWN: We will divert our phones for the holiday period from 4pm Wednesday 23rd December and will return 9am Tuesday 5th January 2027.

HOLIDAY HOURS: We will have skeleton staff in the office, taking orders and dispatching our set holiday frozen boxes. We will also be taking orders for fresh meals and desserts from our new summer menu which starts on Monday 11th January 2027.

Tuesday 5th January – to Friday 8th January – Open 9am – 1pm. Dispatching holiday frozen boxes only.

Monday 11th January: Resuming delivery of our weekly fresh menu. We will be taking advantage of the summer hours and hopefully a bit of afternoon sun by closing the office early at 3pm each day.

WELLINGTON ANNIVERSARY: Monday 18th January – CLOSED, Nationwide delivery day is Wednesday 20th January. Wellington, Kapiti, Manawatu-Otaki-Palmerston, Wairarapa, Hutt valley delivered as per set delivery day.

WAITANGI DAY: Will be observed on Monday 8th February – CLOSED.

EASTER: Good Friday 26th March - Easter Monday 29th March – CLOSED and will resume normal operation of 9am – 4pm on Tuesday 30th March.

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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. We partner with New Zealand post to make this delivery and because the package is perishable no signature is required.

If you don't have your order by 2pm, you can call us on 0800 328 333. One of the lovely ladies in the office will be able to tell you the status of your delivery and follow up with New Zealand post on any issues or delays

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 sleeve and place the tray in the microwave. DO NOT lift or puncture the film. (For FROZEN meals please defrost first!).

Step Two – Microwave on HIGH for 4 minutes. The film will expand to make a steam tent, it will then self-vent to release steam and deflate.

Step Three – Remove from microwave, leave to stand for 1 minute then peel back the film – Please ensure you protect yourself from steam burn by carefully pulling the film back towards you.

OVEN HEATING INSTRUCTIONS

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



eat

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

Christmas Meals and Desserts

Christmas festive fresh menu – all meals 450gms

Delivering week commencing 21st December 2026

Butter basted free range Christmas turkey with walnut sage stuffing, whole cranberry sauce, roast potato, pumpkin, roasted brussel sprouts and broccoli. **$18.50**

Rosemary and garlic leg of lamb with a red currant port jus. Potato gratin, honey glazed carrots and minted peas. **$17.50**

NZ Warehou in a light egg batter with lemon and dill sauce, baby gourmet potato's, edamame, zucchini and baby beans. **$16.00**

Whiskey and orange glazed ham, Cumberland sauce, caramelised pineapple, roast potato, roast pumpkin and cauliflower florets. **$16.00**

Butter basted roast chicken with cranberry stuffing, whole cranberry sauce, roast potato, pumpkin, kumara and peas. **$16.00**

Christmas roast pork with caramelised apple sauce. Rich gravy, cheesy potato gratin and steamed broccoli. **$16.00**

Beef Lasagne $15.20

Beef Steak with herb butter, parmesan roasted gourmet potato, roasted carrot and steamed green beans. **$15.40**

Macaroni Cheese $14.00

Fresh desserts

Plum pudding with brandy custard $7.00

Very berry sherry trifle $7.00

Puddings

Passionfruit cheesecake $6.50

Apple and berry crumble $6.50

Rice pudding with apricot $6.50

Chocolate self-saucing $6.50

Blueberry sponge $6.50

Baking

Margaret's Christmas cake packed with fruit and almonds topped with buttercream icing $19.00

Carrot cake with cream cheese icing $8.50

Boiled sultana cake $8.50

Ginger slice $8.50

Chocolate caramel slice $8.50

Nutritional Smoothies

Tropical 1ltr	**$11.50**
Chocolate 1ltr	**$11.50**

12 FROZEN HOLIDAY BOX $170

(Standard meals not less than 400gm)

No Fish 12	No Pork 12	Everything deluxe 12
Roast Pork	Lamb Roast	Roast Pork
Roast Beef	Roast Beef	Roast Lamb
Cottage pie	Cottage Pie	Cottage Pie
Vegetable gratin	Macaroni cheese	Macaroni cheese
Chicken lasagne	White Fish pie	White Fish pie
Steak Bearnaise	Steak Bearnaise	Steak Bearnaise
Beef Bourguignon	MIYM beef stew	Beef Bourguignon
Meatballs & spaghetti	Meatballs & spaghetti	Meatballs & spaghetti
Corned Beef	Corned Beef	Corned Beef
Pork and Apricot	Chicken lasagne	Pork and Apricot
Roast Chicken	Roast Chicken	Roast Chicken
Meatloaf	Pan fried fish	Meatloaf

8 FROZEN HOLIDAY BOX $115

(Standard meals not less than 400gm)

No Fish 8	No Pork 8	Everything deluxe 8
Roast Pork	Roast Chicken	Roast Pork
Cottage pie	Cottage pie	Cottage pie
Macaroni cheese	Vegetable gratin	Vegetable gratin
Chicken lasagne	White fish pie	White fish pie
Steak and onion	Steak and onion	Steak and onion
Beef rissole	Beef rissole	Roast Chicken
Beef Bourguignon	MIYM beef stew	Beef Bourguignon
Pickled Pork	Chicken lasagne	Pickled Pork

Puree Christmas special

(Each meal meets the International Dysphagia Diet Standardisation (IDDSI) Level 4 Puree)

Christmas Turkey, herbed beetroot and minted peas $12.00

Christmas cake and no melt vanilla ice-cream $7.00

Deliveries
Wellington (Tuesday set day) $18.00
Kapiti - Pukerua Bay - Waikanae (Tuesday set day) $18.00
Manawatu - Otaki - Palmerston (Tuesday set day) $20.00
Wairarapa (Tuesday set day) $20.00

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Tiddly festive cheer box $160

Roast Turkey – 300gm single serve

Roast Lamb – 300gm single serve

Roast Pork (Twin pack 2x260gm)

Pan Fried fish (Twin pack 2x260gm)

Steak and onion (Twin pack 2x260gm)

Cottage Pie (Twin pack 2x260gm)

Beef Bourguignon (Twin pack 2x260gm)

Chicken Lasagne (Twin pack 2x260gm)

Vegetable gratin (Twin pack 2x260gm)

Plus... one Passionfruit cheesecake and one Plum pudding with brandy custard.

Put Eat under your Christmas tree



Order an Eat 'Gift voucher' online, by email or over the phone...

From $20 or $50, or $100...

"Make someone happy and give the gift of food this Christmas!"