

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$89

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

5+5 Deal – \$75

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)

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 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

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

Spring Menu 19 August to 29 November 2019

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting
19 -23 Aug
23 - 27 Sep
28 Oct - 1st Nov

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

NZ grass fed **beef steak with béarnaise style sauce**, sauté potato, pumpkin and baby beans. **\$11.50**

Free range **normandy chicken** and onion and vegetable pilaf. **\$11.50 *Staff Pick**

Fresh caught **pan-fried fish**, lemon caper sauce, handmade wedges & stir fried vegetables. **\$11.50**

NZ grass fed **beef bourguignon** with garlic mash, and green beans. **\$11.50**

Fabulous **steak and kidney pie** with carrot, spinach and creamy mash. **\$11.50**

Fabulous **Prime Beef rissole** with creamy mash, mixed vegetables, caramelised onion and gravy. **\$11.50**

Gourmet **beef sausages with caramelised onion**, wedges & peas. **\$11.50**

Penne pasta with mushroom sauce. **\$9.90**

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

MENU TWO

Delivery week starting
26-30 Aug
30 Sep - 04 Oct
04 Nov - 08 Nov

Pure NZ **grass fed roast beef with cauliflower cheese** and roast vegetables. **\$11.70**

Swiss steak with creamy mash, pumpkin and baby beans. **\$11.50**

Free range **chicken with capsicum and almond pesto** with sauté medley (potato, carrot, broccoli, spinach). **\$11.50**

Traditional **smoked fish pie** topped with a creamy mash. **\$11.50**

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

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

Tender **Beef tagine** (means slow cooked and delicious) with a medley of seasoned vegetables. **\$11.50**

Delicious **chicken and vegetable lasagne**. **\$11.50 *Staff Pick**

Silverbeet and 3 cheese pie. **\$9.90**

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.

MENU THREE

Delivery week starting
02 - 06 Sept
07 - 11 Oct
11 - 15 Nov

Tender braised **lamb shank**, creamy mash, carrot sticks, baby beans. **\$14.50 #1 Top seller**

Slow cooked grass fed beef **steak with fried onion ring** sauté potato, pumpkin, broccoli. **\$11.50**

Free range **chicken coq au vin** with potato au gratin and baby beans. **\$11.50**

Fresh caught **fish with parsley sauce, preserve lemon**, roasted rosemary potatoes, carrots and peas. **\$11.50**

NZ **pork steak** with peppercorn cream sauce & sauté vegetable medley (potato, carrot, leek edemame beans). **\$11.50**

Prime NZ **beef & red wine pie** with creamy potato colcannon. **\$11.50**

Traditional **butter chicken** with steamed basmati rice. **\$11.50**

Swedish meatballs in a delicious mustard sauce with creamy mash and green vegetable medley. **\$11.50 *Staff Pick**

Pasta Puttenasca - simple and delicious. **\$9.90**

MENU FOUR

Delivery week starting
09 - 13 Sep
14 - 18 Oct
18 - 22 Nov

Free range **roast chicken, our own whole cranberry sauce**, roast vegetables & peas. **\$11.50**

Grilled ham steak, cumberland sauce, roast vegetables, peas & grilled pineapple. **\$11.50**

Our famous meatloaf with roast vegetables, silver beet & cabbage and our own relish. TASTY **\$11.50**

Fabulous NZ **yellow fish curry** with coconut rice. **\$11.00**

Chicken parmigiana, parmesan crumbed chicken breast with mozzarella topped tomato ragu & potato au gratin. **\$12.00 *Staff Pick**

Grass fed beef **steak with wedges**, baby beans & carrots and a tangy southern styled sauce. **\$11.50**

Slow cooked **beef ragu** with penne pasta. **\$11.50**

Beef Stroganoff with creamy mash, carrots and broccoli **\$11.50**

Broccoli, cauliflower, pumpkin & spinach **vegetable au gratin** on a potato and onion base. **\$9.90**

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

Ask about our weekly \$10 special meal.

MENU FIVE

Delivery week starting
16 - 20 Sep
21 - 25 Oct
25 - 29 Nov

Slow cooked **beef cheeks** gourmet potato & pan fried spinach and carrot. **\$13.00 *Staff Pick**

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

Free range **marmalade chicken** with pumpkin & potato au gratin and baby beans. **\$11.50**

Fresh **fish with a baked herb crust** & lemon sauce, gourmet baked potato, stir fried veg. **\$11.50**

Retro styled NZ **pork steak with apricot** comes with potato, pumpkin & spinach au gratin. **\$11.50**

Prime NZ grass fed steak **with mushroom sauce**, mashed potato. **\$11.50**

Beef **rogan josh curry** with rice. This is a big favourite. **\$11.50**

Fabulous **shepherds pie** world famous in New Zealand. **\$11.50**

Always good **macaroni cheese**. **\$9.90**

EXTRAS

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

SOUPS \$4.90

- Seafood chowder
- Chicken, noodle & vegetable
- Roasted carrot & cumin

PUDDINGS \$4.95

- Peach and apple crumble
- Creamy rice with strawberry and rhubarb
- Choc self saucing pudding
- Golden syrup Pudding
- Blueberry cheesecake

BAKING \$7.00

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate and raspberry cake
- Chocolate caramel brownies

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 \$126.00. 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

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