

# 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

## 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

Summer Menu 21 January to 29 April 2019

# eat

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

Up-size add \$1.50

## MENU ONE

**Delivery week starting**  
21-Jan  
25-Feb  
1-Apr

**NZ grown 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**

**Summer time chicken and vegetable pie.** \$11.50

**Steamed fresh NZ fish with parsley sauce,** creamy mash and garden peas. \$11.50

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

**French styled navarine of lamb** with vegetables \$13.50 **WF**

**Beef, spinach and feta rissoles** with sauté potato, carrot, peas and mustard citrus sauce \$11.50

**Beef lasagne.** Its the best lasagne you will EVER taste. \$11.50

**Cauliflower au gratin** on a sliced potato and onion base. \$9.90 **SF**

## MENU TWO

**Delivery week starting**  
28-Jan  
4-Mar  
8-Apr

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

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

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

**Orange soy beef** with vegetable couscous. \$11.50 **WF**

**Blackball pork sausages** with caramelised onion, wedges, peas, tomato gravy. \$11.50 **WF DF**

**Creamy and delicious pasta pomodoro** \$9.90

## MENU THREE

**Delivery week starting**  
4-Feb  
11-Mar  
15-Apr

**Slow cooked lamb shank,** creamy potato, cumin roasted carrots and 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 SF**

**Fish provencale** with baked gourmet potatoes \$11.50 **WF DF**

**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 **WF**

**Slow cooked beef ragu** and silverbeet with tagatelli pasta \$11.50

**Sticky sausages** with sautéed vegetables with mustard seed and herbs \$11.50

**Vegetarian shepherds pie** \$9.90 **WF SF**

## MENU FOUR

**Delivery week starting**  
11-Feb  
18-Mar  
22-Apr

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

**Delicious steak Diane** with pumpkin and potato au gratin peas and edamame beans \$11.50 **WF**

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

**Baked orange fish** with a moroccan styled rice and vegetable salad \$11.50 **WF DF**

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

**Greek styled beef stifado** with gourmet baked potato, carrots and baby beans \$11.50 **WF**

**The very best Italian beef meatballs,** tomato sauce and spaghetti noodles \$11.50

**Blackball beef sausages** with caramelised onion, bubble & squeak & tomato gravy. \$11.50 **WF**

**Penne pasta** with roast pumpkin, broccoli and feta \$9.90 **SF**

## MENU FIVE

**Delivery week starting**  
18-Feb  
25-Mar  
29-Apr

**Roast lamb with red currant salsa,** roast vegetables & pan fried spinach. \$13.00 **WF DF**

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

**FreeRange marmalade chicken,** gourmet baked potato, carrot & spinach. \$11.50 **WF**

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

**Honey soy pork** with sesame wedges and green sunshine salad \$11.50 **WF DF**

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

**Beef masala curry** with steamed jasmine rice. \$11.50 **WF**

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

**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

- Freshest Tomato Soup **WF DF**
- Chicken, noodle & vegetable **WF DF SF**
- Sweet potato and bacon **WF DF SF**

### PUDDINGS \$4.95

- Apple and Peach Crumble
- Creamy Rice with Strawberry and and Rhubarb
- Apricot Sponge
- Very Berry Jelly
- Cookies and cream cheesecake



### BAKING \$7.00

- Black Forrest Cake
- Banana cake with walnut icing
- Carrot cake cream cheese icing
- Lemon syrup cake
- Chocolate caramel brownies

# TIDDLY eats

## 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**