

# eat



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



Up-size add \$1.50 Menu 22 June 2016 - 24 August 2016

### MENU ONE

#### Delivery week starting

20-Jun  
25-Jul  
29-Aug

**Free range roast pork** with caramelised apple, roast vegetables & peas. \$11.80 **GF** **DF**

**Steak with bearnaise style sauce**, saute potato, pumpkin and baby beans. \$10.90 **SF**

**Hoisin chicken** with asian vegetables and steamed rice \$10.90 **DF**

**Fresh fish with parsley sauce**, mashed potato & garden peas. \$10.90 **SF**

**Wairarapa angus beef and vegetable hotpot** (comes with gratinated potato top). \$10.90 **SF**

**Free range chicken coq au vin**, pommes boulangere & green beans \$10.90 **SF**

**Roscoes angus beef and bacon stew** with pumpkin & kumara mash & spinach \$10.90 **GF** **SF**

**Ground beef pie** with bubble and squeak. \$10.50 **SF**

**Cauliflower au gratin** on a sliced potato and onion base. \$9.50

### MENU TWO

#### Delivery week starting

27-Jun  
1-Aug  
5-Sep

**Roast pure wairarapa red devon rump** with yorkshire pudding and roast vegetables. \$11.70 **SF**

**French pork with apples**, cider & cream sauce, pommes boulangere & green beans \$11.50 **GF**

**Free range chicken cacciatore** with a saute vegetable medley. \$10.90 **GF** **DF** **SF**

**Traditional smoked fish pie** topped with delicious mashed potato. \$10.90 **SF**

**Swiss steak** with creamy mash, pumpkin and baby beans. \$10.90 **GF** **SF**

**Irish beef and guinness casserole**, potato colcannon, steamed sliced carrot \$10.90

**Free range tandoori chicken** with steamed rice \$10.90 **GF** **SF**

**Blackball beef sausages** with caramelised onion, wedges, peas, tomato gravy. \$10.90 **GF** **DF**

**Vegetable pasticco** which is similar to a vegetable mousakka \$9.50 **SF**

### MENU THREE

#### Delivery week starting

4-Jul  
8-Aug  
12-Sep

**Free range roast chicken** with black current stuffing, roast vegetables, cauliflower & beans. \$11.50 **DF** **SF**

**Lamb shank** braised with mashed kumara, carrot sticks, baby beans. \$13.90 **GF** **DF**

**Grilled ham steak**, cumberland sauce, roast vegetables, peas & grilled pineapple \$10.90 **GF** **DF**

**Pan-fried fish**, lemon caper sauce, handmade wedges & stir fried vegetables. \$10.90 **SF**

**Wairarapa steak** with fried onion ring sauté potato, pumpkin, roast broccoli \$10.90 **GF** **DF** **SF**

**Melt-in-your-mouth-beef-stew** with a carrot & potato mash & spinach \$10.90 **GF** **SF**

**Moorish pork** with fresh raisin and apple chutney on a potato, silverbeet, spinach, carrot, zucchini braise \$10.90 **GF** **DF** **SF**

**Beef lasanga**. Its the best lasagna you will EVER taste. \$10.70

**Vegetable fried rice** \$9.50 **GF** **DF** **SF**

### MENU FOUR

#### Delivery week starting

11-Jul  
15-Aug  
19-Sep

**Roasted hogget with mint & pea pesto** roast vegetables & pan fried spinach. \$12.90 **GF** **DF** **SF**

**Wairarapa red devon meatloaf**, roast vegetables and our own relish. TASTY \$10.90 **SF**

**Chicken and leek pie**. Comes with a pastry top and vegetable medly. \$10.90

**Traditional fresh NZ white fish pie**. \$10.50 **SF**

**Delicious pork steak** with a classic gravy, potato au gratin & baby beans \$10.90 **SF**

**Steak and kidney pie** with carrot, spinach and mash potato. \$10.90

**Wairarapa red devon beef rissole** with wedges, mixed vegetables, caramelised onion and gravy. \$10.90

**Creamy penne pasta** with bacon and spinach \$10.50 **SF**

**6 vegetable au gratin** (cauliflower, kumara, pumpkin, potato, carrot & spinach) \$9.50 **SF**

### MENU FIVE

#### Delivery week starting

18-Jul  
22-Aug  
26-Sep

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

**Tender pork steak** with florentine sauce, potato au gratin, carrot & baby beans \$11.20 **SF**

**Corned beef** with mustard sauce, mash potato, carrot ring, cabbage & silverbeet. \$10.90

**Pan-fried fish**, lemon caper sauce, handmade wedges & stir fried vegetables. \$10.90 **SF**

**Italian wairarapa red devon beef meatballs** with our own tomato ragu & spaghetti noodles. \$10.90

**Angus beef madras curry** with rice. This is a big favourite \$10.90 **GF** **SF**

**Blackball pork sausages** with caramelised onion, bubble & squeak & tomato gravy. \$10.90

**Fabulous shepherds pie** world famous in New Zealand \$10.50 **SF**

**Amazing macaroni cheese** \$9.50 **SF**

Where ever you see these symbols

**GF** Wheat Free **DF** Dairy Free **SF** Sugar Free

- 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 \$20.  
Christchurch & Nelson Bays next day \$16.  
North Island next Day \$12.  
Fixed day Lower Hutt and Wellington \$7.  
Collect from Kitchen Door: FREE.  
Sorry, RD address must be picked up from local courier 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

### EXTRAS

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

#### SOUP \$4.50 all dairy, wheat and sugar free

- Beef scotch broth
- Chicken and vegetable
- Pumpkin and coconut
- Bacon and leek chowder

#### PUDDINGS \$4.90

- Apple and gooseberry crumble
- Creamy rice with apricot
- Sticky date with fudge sauce
- Boysenberry and apple fruit pudding
- Passionfruit Cheesecake



#### BAKING \$7.00

- Boiled sultana cake
- Banana cake with walnut icing
- Carrot cake sour cream icing
- Lemon Syrup Cake
- Chocolate caramel brownies

### TIDDLY MEALS FOR TIDDLY EATERS

# TIDDLY eats



1 box of 16 meals for \$126.00

This is the dinner Goldilocks was looking for when she ventured into the 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 each of your favourite dishes. 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

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orders@eat.co.nz  
www.eat.co.nz

# eat

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

# TIDDLY eats

Up-size add \$1.50 Menu 3 October 2016 - 9 January 2017

## MENU ONE

Delivery week starting  
3-Oct  
7-Nov  
12-Dec

Free range **roast pork with caramelised apple**, roast vegetables, peas & roast broccoli. \$11.50 **GF DF**

**Steak with bearnaise** style sauce, saute potato, pumpkin and baby beans. \$10.90 **SF**

Waitoa free range **sweet and sour chicken** with egg noodles and asian vegetables. \$10.90

Fish provencal with roasted vegetable salad \$10.90 **GF SF**

Wairarapa **angus beef and vegetable hotpot** (comes with gratinated potato top). \$10.90 **SF**

**Chicken coq au vin**, pommes boulangere & green beans \$10.90 **SF**

**Angus beef stew with juniper**, mashed kumera, pumpkin and spinach \$10.90 **GF SF**

**Minced beef pie** with bubble and squeak. \$10.50

**Cauliflower au gratin** on a sliced potato and onion base. \$9.50

- 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  
10-Oct  
14-Nov  
19-Dec Christmas Menu

**Roast pure wairarapa red devon rump** with yorkshire pudding and roast vegetables. \$11.70 **SF**

Delicious Longbush **french pork with apples, cider** & cream sauce, pommes boulangere & green beans \$11.50 **GF**

Free range **piri piri chicken** (past favourite) with a saute vegetable medley. \$10.90 **DF**

Traditional **smoked fish pie** topped with delicious mashed potato. \$10.90 **SF**

**Swiss steak** with creamy mash, pumpkin and baby beans. \$10.90 **GF SF**

**Mini Beef Wellington (JO)**, roasted vegetables and buttered spinach. \$10.90

**Oven baked chicken** with gravy and salad of edamame, peas, cabbage, carrots & potato tossed in butter. \$10.90 **GF SF**

**Blackball pork sausages** with caramelised onion, home made wedges & tomato gravy. \$10.90 **GF DF**

**Vegetable pasticcio.** \$9.50 **SF**

### Deliveries

South Island next day \$20.  
Christchurch & Nelson Bays next day \$16.  
North Island next Day \$12.  
Fixed day Lower Hutt and Wellington \$7.  
Collect from Kitchen Door: FREE.  
Sorry, RD address must be picked up from local courier depot.

## MENU THREE

Delivery week starting  
17-Oct  
21-Nov  
26-Dec Kitchen closed

Free range **roast chicken with black current stuffing**, roast vegetables, cauliflower & beans. \$11.50 **DF SF**

**Lamb shank** braised with mashed kumara, carrot sticks, baby beans. \$13.90 **GF DF**

**Grilled ham steak**, cumberland sauce, roast vegetables, peas & grilled pineapple \$10.90 **GF DF**

**Pan-fried fish**, lemon caper sauce, handmade wedges & stir fried vegetables. \$10.90 **SF**

**Wairarapa steak with fried onion ring** sauté potato, pumpkin, broccoli \$10.90 **GF DF SF**

**Melt-in -your-mouth-beef-stew** with a carrot & potato mash & spinach \$10.90 **GF SF**

**Free range spring chicken & citrus stew.** One pot Greek style and seasonally perfect! \$10.90 **GF SF**

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

**6 vegetable au gratin** (cauliflower, kumara, pumpkin, potato, carrot & spinach) \$9.50 **SF**

## MENU FOUR

Delivery week starting  
24-Oct  
28-Nov  
2-Jan 2017 Holiday Frozen

**Roasted hogget** with mint and pea pesto roast vegetables & pan fried spinach. \$12.90 **GF DF SF**

**Wairarapa red devon meatloaf**, roast vegetables and our own relish. TASTY \$10.90 **SF**

Popular **spring chicken pie.** Comes with a pastry top and vegetable medley. \$10.90

**Fish Mornay** with creamy mash, baby beans and roasted tomato. \$10.90 **SF**

Classic **pork steak with a classic pork gravy**, potato au gratin & baby beans \$10.90 **SF**

**Beef stifado** is yummy Greek beef stew come with boulangère potato with a twist! \$10.90 **GF**

**Slow cook steak** with carrot, silverbeet, leek, barley & potato accompaniment. Its tasty. \$10.90 **DF SF**

Creamy penne **pasta with chicken**, mushroom and fresh thyme \$10.90 **SF**

**Vegetable and chickpea coconut curry** \$9.50 **GF DF**

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## MENU FIVE

Delivery week starting  
31-Oct  
5-Dec  
9-Jan 2017 Holiday Frozen

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

**Maple pork**, with piquant sauce, sautee potato, carrot & baby beans \$11.50 **GF SF**

**Corned beef with mustard sauce**, mash potato, carrot ring, cabbage & silverbeet. \$10.90

**Pan-fried fish**, lemon caper sauce, handmade wedges & stir fried vegetables. \$10.90 **SF**

**Wairarapa red devon beef rissole** with wedges, mixed vegetables, caramelised onion and gravy. \$10.90 **SF**

**Chicken and chorizo paella.** \$10.90 **DF SF**

**Blackball beef sausages** with red onion gravy, horseradish mash & peas. \$10.90 **GF DF**

Fabulous **shepherds pie** world famous in New Zealand \$10.50 **SF**

**Fabulous macaroni cheese** \$9.50 **SF**

## EXTRAS

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

### SOUP \$4.50

- French Onion Soup **GF DF SF**
- Chicken and vegetable **GF DF SF**
- Indian Prawn soup **GF DF**

### PUDDINGS \$4.90

- Apple and Blueberry crumble
- Creamy Rice with Strawberry and Rhubarb compote
- Lemon self saucing pudding
- Baked pudding with mixed berry sauce
- Chocolate cheesecake



### BAKING \$7.00

- Boiled sultana cake
- Coffee and Walnut cake
- Carrot cake cream cheese icing
- Orange syrup cake
- Chocolate caramel brownies

## TIDDLY MEALS FOR TIDDLY EATERS



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