

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$98

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

5+5 Deal – \$80

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 \$130

8 meals \$88

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 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

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



eat

Spring Menu 15 August to 25 November 2022

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting
15-19 August
19-23 September
24-28 October (Labour Day)

Pure NZ roast pork with caramelised apple, roast vegetables, peas & broccoli. **\$13.50**
****Carb lite option available**

Hunters tomato and mushroom chicken with potato gratin and steamed beans. **\$13.20**
****Carb lite option available**

Tender NZ beef steak with mushroom sauce, roast vegetable medley and steamed baby beans **\$13.20**
****Carb lite option available**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatoes & stir fried vegetables. **\$13.20**

NZ beef bourginion mashed potato, sliced carrots and green medley. **\$13.20**

Chicken and pumpkin lasagne - so delicious! **\$13.20**

Bunless NZ beef burger, peas, wedges & caramelised onion **\$13.00**

Old fashioned deviled sausages with creamy potato mash and peas **\$13.00**

Lentil Bolognese with spaghetti **\$11.50**

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

MENU TWO

Delivery week starting
22-26 August
26-30 September
31 Oct-4 Nov

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$13.50**
****Carb lite option available**

Free range Peri Peri chicken, baby beans and potato boulangere, **\$13.20**
****Carb lite option available**

Swiss steak, potato au gratin, carrots and steamed green beans. **\$13.20**
****Carb lite option available**

Smoked salmon and spinach penne pasta **\$13.20**

NZ pork steak with creamy peppercorn sauce, baby beans and rosemary roast pumpkin and potato **\$13.20**

Asian inspired gingered beef & broccoli with steamed rice. **\$13.20**

Steak and kidney pie with a leek and potato mash and steamed carrots **\$13.20**

Good ole pork sausages with bubble and squeak and tomato gravy. **\$13.00**

Pasta pomodoro **\$11.50**

Deliveries

South Island next day \$30.00
North Island next Day \$18.00
Wellington \$14.00
Hutt Valley \$14.00
Kapiti Coast (Tuesday) \$16.00
Sorry - NO Rural delivery.

MENU THREE

Delivery week starting
29 Aug-02 Sep
03-07 October
07-11 November

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$15.50**
****Carb lite option available**

Our famous meatloaf with our own relish, creamy mash, carrots, cabbage & silverbeet **\$13.20**

Tender NZ steak with fried onion ring creamy potato, pumpkin, broccoli **\$13.20**
****Carb lite option available**

Hoki loin, with Parsley sauce, creamy mash, carrots and peas. **\$13.20**

Chicken baked with olives, lemon and leek. Comes with potato, carrot and beans **\$13.20**
****Carb lite option available**

Deliciously tender Beef madras curry with steamed rice. **\$13.20**

Melt in your mouth' beef stew, carrot & potato mash, buttered spinach **\$13.20**

Creamy bacon, leek and pea pasta **\$13.00**

Vegetarian shepherds pie **\$11.50**

MENU FOUR

Delivery week starting
05-09 September
10-14 October
14-18 November

Herb and butter basted Roast chicken with whole cranberry stuffing, roast vegetables & peas. **\$13.50**
****Carb lite option available**

Corned beef with mustard sauce, mash potato, buttered silverbeet and cabbage. **\$13.20**

Tender NZ beef steak with herb butter, medley of sautéed vegetables. **\$13.20**
****Carb lite option available**

Delicious cheesy fish mornay with creamy mash, peas and carrots **\$13.20**

Hoisin NZ Pork, with Asian vegetables and steamed rice **\$13.20**

Slow cooked BlackMac beef stew with a slice of baked vegetables **\$13.20**
****Carb lite option available**

Italian meatballs in a traditional tomato sauce & spaghetti pasta **\$13.20**

Tasty beef sausages with handmade wedges, peas and gravy **\$13.00**

Silverbeet and three cheese pie **\$11.50**

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.

MENU FIVE

Delivery week starting
12-16 September
17-21 October
21-25 November

Glazed ham with Cumberland sauce, roasted potato, broccoli, pumpkin and grilled pineapple. **\$13.50**

Boneless chicken with a coriander & peanut pesto and roast vegetable salad. **\$13.20**
****Carb lite option available**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin & baby beans. **\$13.20**
****Carb lite option available**

Traditional white fish pie with potato top **\$13.20**

Butter chicken curry with steamed rice **\$13.20**
****Carb lite option available**

Pickled Pork with parsley sauce, creamy mash, beans and carrot. **\$13.20**

Beef braised with red wine & rosemary. Comes with baked potato, spinach & beans **\$13.20**

Traditional cottage pie (premium NZ beef) with creamy mash top. **\$13.00**

Macaroni cheese **\$11.50**

EXTRAS

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

SOUPS \$5.20

- Chicken Veg & Noodle
- Split pea and ham soup
- Minestrone soup

PUDDINGS \$5.40

- Apple Peach Crumble
- Rice pudding with strawberry and rhubarb
- Pineapple upside down pudding
- Golden Syrup Pudding
- Mixed berry Cheesecake



BAKING \$7.50

- Boiled sultana cake
- Banana cake with chocolate icing
- Carrot Cake
- Chocolate caramel 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

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



Images of actual meals, thawed, heated and plated



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