

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



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 1000w 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 oven to 160c
- Remove film.
- Heat for approximately 20-25min or until piping hot.



eat

Spring Menu 8 October 2018 to 14 January 2019

eat

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

TIDDLY eats

Up-size add \$1.50

MENU ONE

Delivery week starting 8-Oct
12-Nov
17 December Christmas
Menu applies

Traditional NZ 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**

FreeRange chicken with our own hoison sauce (contains nuts), asian vegetable pilaf. \$11.50

Steamed fish in a healthy provencal sauce and a medley of sauté vegetables. \$11.50

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

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

Fabulous prime beef rissole with wedges, mixed vegetables, caramelised onion and gravy. \$11.50

Beef lasanga. Its the best lasagna you will EVER taste. \$10.90

Silverbeet and three cheese pie \$9.90

MENU TWO

Delivery week starting 15-Oct
19-Nov
24 December cooks on holiday

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

Slow cooked swiss steak with creamy mash, pumpkin and garden peas and fingerlicking sauce. \$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**

Beef stroganoff with a vegetable pilaf. \$11.50 **WF**

Slow cooked **beef ragout with tagatelli** and silverbeet & red onion salsa. \$11.50 **DF**

Westcoast blackball pork sausages with onion jam, wedges, peas, tomato gravy. \$10.90 **WF**

Vegetable penne carbonara. \$9.90

MENU THREE

Delivery week starting 22-Oct
26-Nov
31 December Frozen only

Lamb shank braised with creamy potato & kumara mash, carrots, baby 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**

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

NZ 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

Maple soy beef with udon noodles and vegetables broccoli, carrot, cauliflower, capsicum and spinach. \$11.50

Sticky sausages and sautéed vegetables with mustard seed and herbs. \$10.90

Vegetarian shepherds pie. \$9.90

MENU FOUR

Delivery week starting 29-Oct
3-Dec
7 Jan 2019 Frozen Only

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

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

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

Traditional fresh **NZ white fish pie**. \$11.50 **SF**

Delicious tender **steak diane** with a pumpkin, peas and potato au gratin. \$11.50

Steak and mushroom pie with carrot, buttered spinach & gourmet potato. \$11.50

The very BEST of **Italian beef meatballs**, tomato sauce and spaghetti noodles. \$11.50

Westcoast **blackball beef sausages** with onion jam, bubble & squeak & tomato gravy. \$10.90 **WF**

Noodly vegetables and herb frittata. \$9.90 **WF**

MENU FIVE

Delivery week starting 5-Nov
10-Dec
14-Jan

Roast hogget or lamb with garlic and rosemary pesto roast vegetables & garden peas. \$13.00 **WF DF**

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

FreeRange **marmalade chicken**, gourmet baked potato, carrot & baby beans. \$11.50

Pan fried fish with beurre blanc sauce, and a medley of summer vegetables. \$11.50

Five spice pork with asian vegetable bowl. \$11.50

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

Indian **beef madras curry** with rice. This is a big favourite \$11.50 **WF**

Fabulous **shepherds pie** world famous in New Zealand. \$10.90 **SF**

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

- Mexican meatball soup
- Chicken, noodle & vegetable
- Cream of vegetable

PUDDINGS \$4.95

- Apple and Rhubarb Crumble
- Creamy Rice with Strawberry and Rhubarb
- Fruit of the Forrest Pudding
- Passionfruit Cheesecake
- Mango Cheesecake
- Cookies & Cream Cheesecake



BAKING \$7.00

- Boiled sultana cake
- Banana cake with walnut icing
- Carrot cake cream cheese icing
- Lemon syrup cake
- Chocolate caramel brownies

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

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

ORDERING FOR CHRISTMAS

Orders must be in by **FRIDAY 7TH DECEMBER** to guarantee your choice otherwise it is a case of 'What we have left'

Pre Christmas Delivery

Nationwide: Tuesday 18th December

Wellington and Lower Hutt: Tuesday 18th December

Kitchen Door Collects: Monday 17th – Wednesday 19th December

OFFICE HOURS

Closed: Thursday 20th December (including)

Opening Hours:

Thursday 3rd of January, 10am – 1pm to dispatch Nationwide orders for delivery Friday 4th January by courier.

Monday 7th January to Friday 11th January 9am – 1pm. We will dispatch a limited supply of frozen holiday boxes AND take orders for the last production of Spring 2018 Menu 5 for dispatch on Monday 14th January 2019.

During the holiday period we will send out a brand new menu to kick off our new delicious taste of Summer 2019 menu.

NORMAL OPERATIONS RESUME MONDAY 14TH JANUARY 2019

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 oven-able trays with easy pull film.

For the very best results either loosen or remove the film and heat in the oven at 180C for around 20-25min or until piping hot.

MICROWAVE HEATING – for average 1000w 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
for christmas 2018

eat



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



Special Christmas Week Menu

Rack of Christmas Lamb \$16.90 with black & red currant port jus, traditional roast vegetables, broccoli & spinach greens

Christmas Tom Turkey \$16.90 with whole cranberry sauce, walnut stuffing, roast vegetables, broccoli & peas

Baked Salmon \$16.90 with lemon dill cream sauce, roast baby jersey bennies, roast carrot, sauté trio of zucchini, edamame & green beans

Waitoa Free Range Roast Chicken \$12.00 with whole cranberry sauce roast vegetables, beans, cauliflower and spinach

Baked Christmas Ham \$12.00 with cumberland sauce, caramelised pineapple, roast vegetables, peas & cauliflower


Everyday Menu \$11.50

- Roast pork with caramelised apple
- Slow cooked steak with citrus sauce
- Italian beef lasagna
- Fresh caught pan fried Warehou with dill and caper cream and sauce sauté vegetables
- Beef stroganoff with creamy mash & baby beans
- Silverbeet and 3 cheese pie

Dessert Menu \$5 - \$5.50

- Christmas plum pudding with brandy custard
- Christmas berry trifle
- Raspberry pannacotta
- Passionfruit cheesecake
- Creamy rice with strawberry and rhubarb compote
- Baked forest fruits pudding

Cakes

 **Iced Christmas Cake \$13.50**
(loaded with fruit & nuts)

Tea Cakes \$7.00

- Walnut and coffee
- Boiled sultana
- Carrot cake (cream cheese icing)
- Fudgy chocolate caramel brownies

Goldilocks Christmas Tiddly Box \$155

Total: 16 meal and 2 desserts

- 2 x Christmas Turkey** with all the trimmings
- 2 x Christmas Ham** with cumberland sauce,
- 2 x Christmas Lamb** with pea and mint pesto
- 2 x Pan fried fresh caught Warehou** with dill cream sauce
- 2x Roast Pork with caramelised apple**
- 2 x Burger and Wedges**
- 2 x Swiss Steak**
- 2 x Macaroni Cheese**
- 1 x Christmas Plum Pudding** with custard
- 1 x Passionfruit Cheesecake**

Holiday Frozen 400gm Meal Deals for 2018

All boxes containing twelve frozen meals \$126

12 meals no fish

- Roast Pork
- Roast Beef
- Shepherd's Pie
- Vegetable au Gratin
- Blackball Sausages & Chips
- Steak Béarnaise
- Melt in your mouth Stew
- Steak & Fried Onion
- Pork and Apricot
- Chicken Pie
- Chicken Coq au Vin
- Italian Meatballs

12 meals no chicken

- Roast Pork
- Roast Beef
- Shepherd's Pie
- Vegetable au Gratin
- Blackball Sausages & Chips
- Pan Fried Fish
- Steak Béarnaise
- Melt in your mouth Stew
- Steak & Fried Onion
- Pork and Apricot
- No Bun Burger & chips
- Italian Meatballs

12 meals no pork

- Roast Lamb
- Shepherd's Pie
- Roast Beef
- No Bun Burger & chips
- Macaroni Cheese
- Pan Fried Fish
- Melt in your mouth Stew
- Steak & Fried Onion
- Chicken Pie
- Chicken Coq au Vin
- Italian Meatballs
- Steak Béarnaise

12 meals of everything

- Roast Pork
- Shepherd's Pie
- Roast Beef
- Macaroni Cheese
- Melt in your mouth Stew
- Pan Fried Fish
- Pork and Apricot
- Steak and Onion
- Meatballs and Spaghetti
- No Bun Burger & chips
- Chicken Coq au Vin
- Chicken Pie

All Boxes containing seven frozen meal \$74

7 meals no fish

- Roast Pork
- Shepherd's Pie
- Vegetable Au Gratin
- Steak Béarnaise
- Italian Meatballs
- Steak with Fried Onion
- Chicken Coq au Vin

7 meals no chicken

- Roast Pork
- Shepherd's Pie
- Vegetable Au Gratin
- Steak & Onion
- Pan fried Fish
- Blackball Sausages & Chips
- Melt in your mouth Stew

7 meals no pork

- Roast Lamb
- Shepherd's Pie
- Vegetable Au Gratin
- Steak & Onion
- Pan fried Fish
- Italian Meatballs & Spaghetti
- Chicken Coq au Vin

7 meals of everything

- Roast Pork
- Shepherd's Pie
- Vegetable Au Gratin
- Steak & Onion
- Pan fried Fish
- Chicken Coq au Vin
- Blackball Sausages & Chips



- Menu only available until stock sold out
- Standard meal NOT less than 450gm

Delivery Fees

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