



## 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.

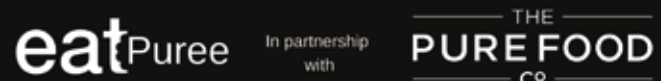
Our frozen variety box of delicious has 16 x 260gm meals. These are made up of eight different meals packaged as 'twin packs' so you get two of every delicious dish.

The meals are 'Potluck' and have no relation to the current week's fresh menu.

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



Images of actual meals, thawed, heated and plated



Texture-modified meals fortified with protein



## Puree menu

- Beef Bolognese with creamy broccoli and glazed carrot. \$11.50
- Butter chicken with rice and peas. \$11.50
- Salmon with herbed beetroot and creamy broccoli. \$11.50
- Omelette with beans, spinach and baked beans. \$11.50
- Devilled beef with cauliflower gratin, roast pumpkin and glazed carrots. \$12.50
- Slow cooked lamb with minted peas, cauliflower gratin and roasted vegetables. \$12.50
- Hickory pork with glazed carrots, cauliflower gratin and roasted vegetables. \$12.50
- Creamy fish with herbed beetroot, minted peas and roast vegetables. \$12.50
- Golden chicken with creamy broccoli, roast pumpkin and braised cabbage. \$12.50
- Pork sausage with omelette and baked beans. \$12.50

These IDDSI Level 4 Puree meals are designed for people who have difficulty swallowing or require a soft food diet. Puree meals are delivered frozen.

[www.eat.co.nz/puree](http://www.eat.co.nz/puree)

## 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](http://eat.co.nz)

t: +64 4 560 1960  
[orders@eat.co.nz](mailto:orders@eat.co.nz)  
[www.eat.co.nz](http://www.eat.co.nz)

# eat this summer



# eat

Summer Menu 19 January 2026 to 1 May 2026

# eat

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

Up-size add \$1.50

## MENU ONE

**Delivery week starting**  
19-23-January 2026 (Wgtn An)  
23-27 February  
30 Mar-03 April (Good Friday)

**Pure NZ roast pork** with caramelised apple, roast vegetables, peas and broccoli. **\$15.20**

**Our famous meatloaf** with our own relish, roast potatoes, pumpkin and buttered cabbage. **\$14.90**

**Tender NZ beef steak with mushroom sauce**, roast vegetable medley and steamed baby beans. **\$14.90**

**Steamed hoki with capsicum pesto**, summer ragu and spaghetti. **\$14.90**

**Golden chicken** with leek, spinach, pea trio and potato au gratin. **\$14.90**

**Beef hotpot**, slow cook beef and vegetables with a scalloped potato top. **\$14.90**

**Chicken and chorizo Paella.** **\$14.90**

**Beef and Bacon pie (Pastry top)** with roastie potato's and broccoli. **\$14.90**

**Summer vegetable gratin.** **\$13.50**

## MENU TWO

**Delivery week starting**  
26-30 January (Auck An)  
02-06 March  
06-10 April (Easter Monday)

**Pure NZ roast beef** with cauliflower cheese and roast vegetables. **\$15.20**

**Corned beef with mustard sauce**, mash potato, buttered silverbeet/cabbage and carrot. **\$14.90**

**Slow cooked beef steak with red wine jus**, potato au gratin, carrots and steamed green beans. **\$14.90**

**Smoked salmon and spinach penne pasta.** **\$14.90**

**Sweet and sour chicken** with Vegetable fried rice. **\$14.90**

**Melt in your mouth' beef stew**, carrot and potato mash, buttered spinach. **\$14.90**

**Baked chicken with Romesco sauce**, new potatoes and creamed spinach. **\$14.90**

**Tasty Beef kofta and chickpea sauce** and a vegetable couscous. **\$14.90**

**Creamy coconut, lentil and spinach curry** with steamed rice. **\$13.50**

## MENU THREE

**Delivery week starting**  
02- 06 February (Waitangi)  
09-13 March  
13-17 April

**NZ lamb shank** braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.00**

**Tarragon Pork steak**, with creamy mash, pumpkin and baby beans. **\$14.90**

**Tender NZ beef steak with fried onion**, creamy potato, pumpkin, broccoli. **\$14.90**

**Our very own white fish pie.** **\$14.90**

**Red Thai chicken curry** with steamed rice. **\$14.90**

**Beef and Beer casserole**, potato roasties and green beans. **\$14.90**

**Boneless chicken with coriander and peanut pesto**, with vegetable salad. **\$14.90**

**Traditional Pork sausages**, balsamic onion gravy and bubble & squeak. **\$14.90**

**Pasta Pomodoro.** **\$13.50**

## MENU FOUR

**Delivery week starting**  
09-13 February  
16-20 March  
20-24 April

**Free Range roast chicken** with whole cranberry sauce, roast vegetables and peas. **\$15.20**

**Glazed Ham with Cumberland sauce**, roasted vegetables, caramelised Pineapple. **\$14.90**

**California beef steak with a citrus based sauce**, comes with potato au gratin and steamed green beans. **\$14.90**

**Yellow fish curry** with steamed rice. **\$14.90**

**Free range chicken and vegetable Pie with pastry top.** **\$14.90**

**Beef stiffado** with buttered baby potatoes, carrots and baby beans. **\$14.90**

**Hoisin Pork** with rice and green sunshine salad (Edamame beans, corn, onion, celery, green beans). **\$14.90**

**Beef lasagne**, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$14.90**

**Spinach, mushroom and lentil bolognaise** with spaghetti. **\$13.50**

All Roasts, steaks and casseroles are cooked long and slow and should be very tender

## MENU FIVE

**Delivery week starting**  
16-20 February  
23-27 March  
27 April-01 May (Anzac Day)

**Roast Lamb**, with pea and mint pesto, roast vegetables and creamed spinach. **\$15.50**

**Swedish meatballs (pork)** with creamy mash, pumpkin and baby beans. **\$14.90**

**NZ beef steak with béarnaise sauce**, sauté potatoes, pumpkin and baby beans. **\$14.90**

**Pan-fried NZ fish, lemon caper sauce**, chunky roastie potatoes and stir fried vegetables. **\$14.90**

**Classic mild chicken curry** with steamed rice. **\$14.90**

**Braised beef and vegetable casserole** with potato colcannon **\$14.90**

**Chicken cacciatori** with garlic buttered baby potatoes and green beans. **\$14.90**

**Traditional cottage pie** (premium NZ beef) with creamy mash top. **\$14.90**

**Macaroni cheese.** **\$13.50**

## EXTRAS

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

### SOUPS \$6.00

- Chicken veg and noodle
- Minestrone soup

### PUDDINGS \$6.00

- Apple and berry crumble
- Rice pudding with apricot
- Chocolate self-saucing
- Blueberry sponge
- Passionfruit cheesecake



### BAKING \$8.00

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate caramel slice
- Ginger slice

# DAILY DEALS!

## Fresh Meal Deals

(applies only to eat fresh standard meals)

### 6+6 Deal – \$120

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

### 5+5 Deal – \$100

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 \$150

8 meals \$100

## Eat Tiddly

(Goldilocks sized meals, not too big, not too small but just right)

16 meals \$140

(box contents change weekly)

### Deliveries

Wellington (Set day) \$16.00

Kapiti - Pukerua Bay- Waikanae (Set day) \$16.00

Manawatu - Otaki - Palmerston (Set day) \$18.00

Wairarapa (Set day) \$18.00

Hutt Valley (Set day) \$16.00

North Island next day \$18.00

South Island next day \$35.00

Sorry - No rural delivery!

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

GOODNESS  
GUARANTEED

**Payment info:** Payment by debit card, credit card, or bank transfer. Bank Details: Fresh is best 2006 Limited. 030502 0575744 00

**Ak: 09 972 9316**  
**Wn: 04 560 1960**  
**0800 328 333**  
**www.eat.co.nz**



## ORDERING FOR CHRISTMAS

Orders must be in by **Friday 5th December** to guarantee your choice – Otherwise it's a case of what we have left. So get in early and don't miss out!

## PRE-CHRISTMAS DELIVERY:

**Christmas cake:** Our fabulous Christmas cake will be available for purchase and delivery from 17th November.

**LOCAL DELIVERIES (Wellington, Kapiti, Manawatu-Otaki-Palmerston, Wairarapa, Hutt valley):** Fresh Christmas orders will be delivered as normal on your set delivery day week commencing 22 December 2025

**FROZEN: Christmas holiday boxes** and our **Tiddly Festive cheer boxes** will be delivered Wednesday 17th December.

**FRESH:** Our **Christmas fresh festive menu** will be delivered nationwide Tuesday 23rd December.

**KITCHEN DOOR (COLLECTS):** Frozen holiday boxes will be available for collection from week commencing 15th December and Christmas Fresh menu will be available to collect from 10am Monday 22nd December till Wednesday 4pm 24th December.

*Merry Christmas and Happy  
Holidays from the team  
@ eat*

## CHRISTMAS CLOSEDOWN AND HOLIDAY HOURS

**CLOSE DOWN:** We will divert our phones for the holiday period from 4pm Wednesday 24th December and will return 10am Monday 5th January 2026.

**HOLIDAY HOURS:** We will have skeleton staff in the office, taking orders and dispatching our set holiday frozen boxes. We will also be taking orders for fresh meals and desserts from our new Summer menu which starts on Tuesday 20th January 2026 (Wellington Anniversary is Monday 19th January so we will be closed on Monday).

**Monday 5th January – to Thursday 8th January** – Open 10am – 1pm. Dispatching holiday frozen boxes only.

**Friday 9th January – CLOSED.**

**Monday 12th January to Friday 16th January** – Open 9am – 1pm. Dispatching holiday frozen boxes only. We will also be taking orders for upcoming fresh menu.

**Tuesday 20th January:** Resuming delivery of our weekly fresh menu. We will be taking advantage of the summer hours and hopefully a bit of afternoon sun by closing the office early at 3pm each day.

**WELLINGTON ANNIVERSARY:** Monday 19th January – CLOSED, Nationwide delivery day is Wednesday 21st January. Wellington, Kapiti, Manawatu-Otaki-Palmerston, Wairarapa, Hutt valley delivered as per set delivery day.

**WAITANGI DAY:** Friday 6th February – CLOSED.

Normal operation of 9am – 4pm will resume Monday 2nd March.

**0800 328 333**  
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## 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. We partner with New Zealand post to make this delivery and because the package is perishable no signature is required.

If you don't have your order by 2pm, you can call us on 0800 328 333. One of the lovely ladies in the office will be able to tell you the status of your delivery and follow up with New Zealand post on any issues or delays

## 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 sleeve and place the tray in the microwave. DO NOT lift or puncture the film. (For FROZEN meals please defrost first!).

**Step Two** – Microwave on HIGH for 4 minutes. The film will expand to make a steam tent, it will then self-vent to release steam and deflate.

**Step Three** – Remove from microwave, leave to stand for 1 minute then peel back the film – Please ensure you protect yourself from steam burn by carefully pulling the film back towards you.

### OVEN HEATING INSTRUCTIONS

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



*Dine with*

*this Christmas*

Christmas Menu 2025

# eat

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

## Christmas Meals and Desserts

### Christmas festive fresh menu – all meals 450gms

Delivering week commencing 22nd December 2025

**Christmas Turkey** and gravy, whole cranberry sauce, walnut stuffing, roast vegetables, broccoli and peas **\$18.00**

**Lamb Shank** with creamy mash, honey roasted carrots and steamed green beans **\$16.00**

**Smoked Salmon** and spinach penne pasta **\$14.90**

**Pan fried fish** with lemon and dill sauce, baby gourmet potato's, edamame, zucchini and baby beans **\$14.90**

**Christmas roast pork**, caramelised apple, roast vegetables, peas and broccoli **\$14.90**

**Marmalade glazed Christmas ham**, Cumberland sauce, caramelised pineapple, roast vegetables and cauliflower florets **\$14.90**

**Beef Lasagne** **\$14.90**

**Beef Steak with herb butter**, roast vegetable medley and green beans **\$14.90**

**Pasta Pomodoro** **\$13.50**

### Fresh desserts

**Plum pudding with brandy custard** **\$7.00**

**Very berry sherry trifle** **\$7.00**

### Puddings

**Passionfruit cheesecake** **\$6.00**

**Apple and berry crumble** **\$6.00**

**Rice pudding with apricot** **\$6.00**

**Chocolate self-saucing** **\$6.00**

**Blueberry sponge** **\$6.00**

### Baking

**Margaret's Christmas cake packed with fruit and almonds topped with buttercream icing** **\$19.00**

**Carrot cake with cream cheese icing** **\$8.00**

**Boiled sultana cake** **\$8.00**

**Ginger slice** **\$8.00**

**Chocolate caramel slice** **\$8.00**

## 12 FROZEN HOLIDAY BOX \$165 (Standard meals not less than 400gm)

### No Fish 12

Roast Pork

Roast Beef

Cottage pie

Vegetable gratin

Chicken lasagne

Steak Bearnaise

Beef Bourguignon

Meatballs & spaghetti

Corned Beef

Pork and Apricot

Roast Chicken

Meatloaf

### No Chicken 12

Roast Pork

Roast Beef

Cottage Pie

Vegetable gratin

White Fish pie

Steak Bearnaise

Beef Bourguignon

Meatballs & spaghetti

Corned Beef

Pork and Apricot

Pan fried fish

Meatloaf

### No Pork 12

Lamb Roast

Roast Beef

Cottage Pie

Macaroni cheese

White Fish pie

Steak Bearnaise

MIYM beef stew

Meatballs & spaghetti

Corned Beef

Chicken lasagne

Roast Chicken

Pan fried fish

### Everything deluxe 12

Roast Pork

Roast Lamb

Cottage Pie

Macaroni cheese

White Fish pie

Steak Bearnaise

Beef Bourguignon

Meatballs & spaghetti

Corned Beef

Pork and Apricot

Roast Chicken

Meatloaf

## 8 FROZEN HOLIDAY BOX \$112 (Standard meals not less than 400gm)

### No Fish 8

Roast Pork

Cottage pie

Macaroni cheese

Chicken lasagne

Steak and onion

Beef rissole

Beef Bourguignon

Pickled Pork

### No Chicken 8

Roast Pork

Cottage pie

Macaroni cheese

White fish pie

Steak and onion

Beef rissole

Beef Bourguignon

Pickled Pork

### No Pork 8

Roast Chicken

Cottage pie

Vegetable gratin

White fish pie

Steak and onion

Beef rissole

MIYM beef stew

Chicken lasagne

### Everything deluxe 8

Roast Lamb

Cottage pie

Vegetable gratin

White fish pie

Steak and onion

Roast Chicken

MIYM beef stew

Pickled Pork

### Deliveries

Wellington (Tuesday set day) **\$16.00**

Kapiti - Pukerua Bay - Waikanae (Tuesday set day) **\$16.00**

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GOODNESS  
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## Tiddly festive cheer box \$155

**Roast Turkey – 300gm single serve**

**Roast lamb – 300gm single serve**

**Roast Pork – (Twin pack 2x260gm)**

**Pan Fried fish with dill sauce – (Twin pack 2x260gm)**

**Steak and onion – (Twin pack 2x260gm)**

**Cottage Pie – (Twin pack 2x260gm)**

**Beef Bourguignon – (Twin pack 2x260gm)**

**Chicken Lasagne – (Twin pack 2x260gm)**

**Vegetable gratin – (Twin pack 2x260gm)**

**Plus.. one Passionfruit cheesecake and one Plum pudding with brandy custard.**

*Put Eat under your Christmas tree*



Order an Eat 'Gift voucher' online, by email or over the phone...

From \$20 or \$50, or \$100...

*"Make someone happy and give the gift of food this Christmas!"*