

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$115

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

5+5 Deal – \$95

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)

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

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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. 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

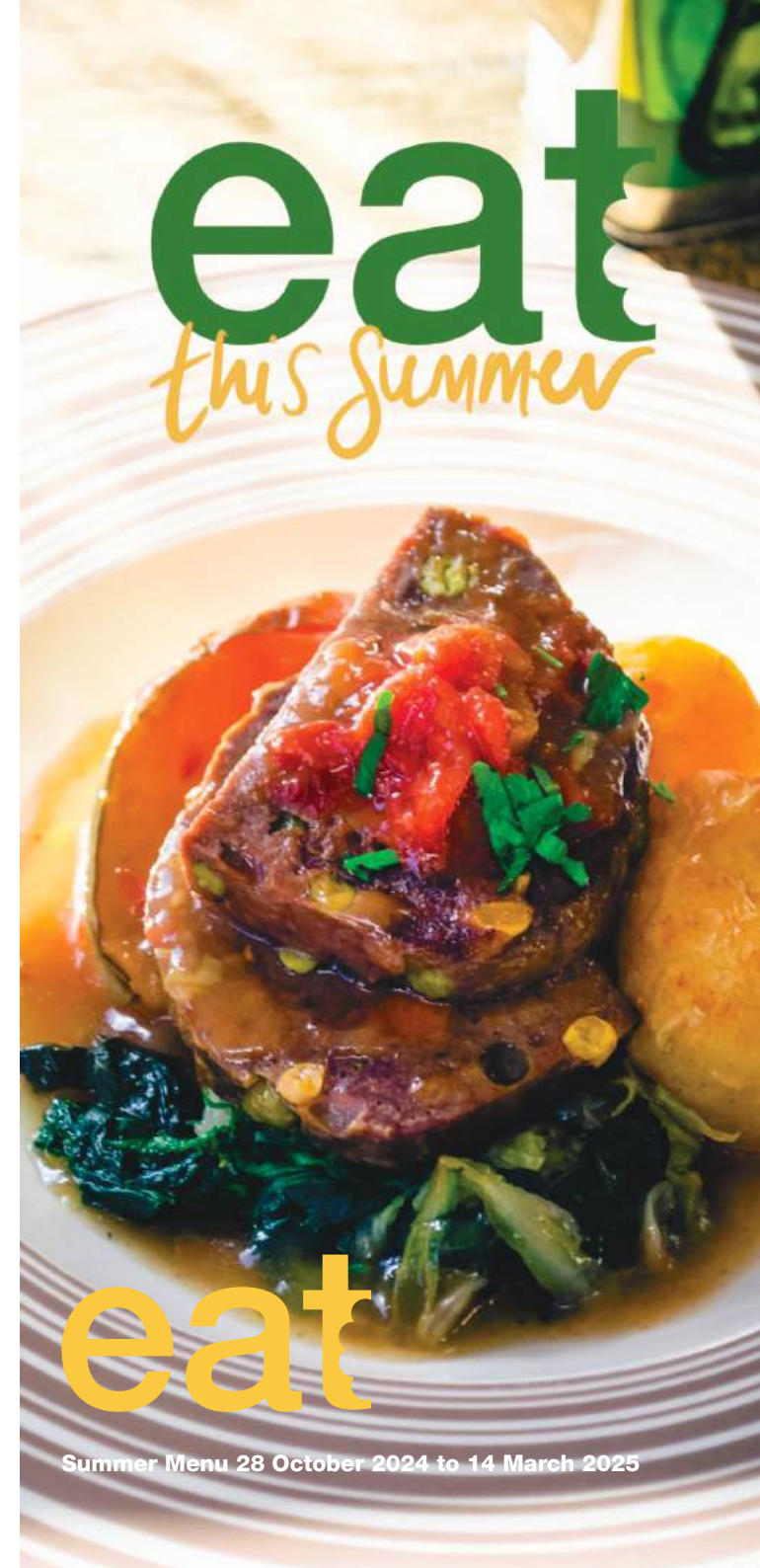
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Step Two – Microwave on HIGH for 4 minutes or 6-8 minutes if its frozen. The film expands to make a steam tent. It vents to release steam and then de-flates.

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

Summer Menu 28 October 2024 to 14 March 2025

eat

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

TIDDLY eats

TIDDLY MEALS FOR TIDDLY EATERS

Up-size add \$1.50

MENU ONE

Delivery week starting
28 Oct- 1 Nov 2024 (Labour WE)
2-6 December
6-10 January 2025 (Holiday boxes only)
10-14 February

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$14.80**

Our famous meatloaf with our own relish, roast potatoes, pumpkin and buttered cabbage. **\$14.50**

Tender NZ beef steak with mushroom sauce, roast vegetable medley and steamed baby beans. **\$14.50**

Our very own **smoked fish pie**. **\$14.50**

Free range golden chicken with leek, spinach, pea trio and potato au gratin. **\$14.50**

Beef hotpot, slow cook beef and vegetables with a scalloped potato top. **\$14.50**

Chicken, chorizo and vegetable paella. **\$14.50**

Our own Beef meatballs with a tomato ragu and spaghetti. **\$14.50**

Summer vegetable gratin. **\$13.00**

MENU TWO

Delivery week starting
4-8 November
9-13 December
13-17 January
17-21 February

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$14.80**

Pickled Pork with parsley sauce, creamy mash, beans and carrot. **\$14.50**

Slow cooked beef steak with red wine jus, new potato's, carrots and steamed green beans. **\$14.50**

Fish with parsley sauce, creamy mash, carrots and peas. **\$14.50**

Sweet and sour chicken with Vegetable fried rice. **\$14.50**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **\$14.50**

Hunters tomato and mushroom chicken with potato gratin and beans. **\$14.50**

Beef stroganoff with steamed rice. **\$14.50**

Spinach and three cheese pie. **\$13.00**

MENU THREE

Delivery week starting
11-15 November
16-20 Dec (See Xmas Menu)
20-24 January (wgn anniversary)
24-28 February

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$15.80**

NZ pork and Apricot with potato au gratin and baby beans. **\$14.50**

Tender NZ beef steak with fried onion ring, creamy mash potato, pumpkin, broccoli. **\$14.50**

Smoked salmon and spinach penne pasta. **\$14.50**

Red Thai chicken curry with steamed rice. **\$14.50**

Beef and red wine pie (pastry top), with potato colcannon. **\$14.50**

Boneless chicken with coriander and peanut pesto, with vegetable salad. **\$14.50**

Traditional Pork sausages, a balsamic onion gravy and bubble n squeak. **\$14.50**

Vegetarian potato top pie. **\$13.00**

MENU FOUR

Delivery week starting
18-22 November
23-27 December - CLOSED
27-31 January
3-7 March

Free Range roast chicken with whole cranberry sauce, roast vegetables and peas. **\$14.80**

Glazed Ham with Cumberland sauce, roasted vegetables, caramelised Pineapple. **\$14.80**

Swiss steak with gourmet potatoes and broccoli. **\$14.50**

Yellow fish curry with steamed rice. **\$14.50**

Free range chicken and vegetable Pie with pastry top. **\$14.50**

Beef stiffado with buttered baby potatoes, carrots and baby beans. **\$14.50**

Hoisin Pork with rice and green sunshine salad (Edamame beans, corn, onion, celery, green beans). **\$14.50**

Beef lasagne, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$14.50**

Vegetarian bolognese with spaghetti. **\$13.00**

MENU FIVE

Delivery week starting
25-29 November
30-Dec- 3rd Jan CLOSED
3-7 February (Waitangi)
10-14 March

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

Corned beef with mustard sauce, mash potato, buttered silverbeet /cabbage and carrot. **\$14.50**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin and baby beans. **\$14.50**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potato's and stir fried vegetables. **\$14.50**

Classic mild chicken curry with steamed rice. **\$14.50**

Braised beef and vegetable casserole with potato colcannon **\$14.50**

Chicken cacciatori with garlic buttered baby potatoes and green beans. **\$14.50**

Traditional cottage pie (premium NZ beef) with creamy mash top. **\$14.50**

Macaroni cheese. **\$13.00**

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

EXTRAS

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

SOUPS \$5.50

- Chicken Veg & Noodle
- Summer pistou

PUDDINGS \$6.00

- Apple and berry crumble
- Rice pudding with Apricot
- Chocolate self saucing pudding
- Mango cheesecake
- Passionfruit cheesecake



BAKING \$8.00

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



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 \$140.00. 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

Deliveries
Wellington (Tuesday set day) \$16.00
Hutt Valley (Wednesday set day) \$16.00
Kapiti - Pukerua Bay - Waikanae (Tuesday set day) \$16.00
North Island next day \$18.00

Manawatu - Otaki - Palmerston (Tuesday set day) \$18.00
South Island next day \$35.00
Wairarapa (Tuesday set day) \$18.00
Sorry - No rural delivery!

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



Ak: 09 972 9316
Wn: 04 560 1960
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Payment info: Payment by debit card, credit card, or bank transfer. Bank Details : EAT. 030502 0575744 00

ORDERING FOR CHRISTMAS:

Orders must be in by **Friday 6th 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 **11th November**.

LOCAL DELIVERIES (Wellington, Kapiti, Palmerston, Wairarapa, Hutt valley): Fresh and frozen Christmas orders will be delivered as normal on your set delivery day week commencing **16 December 2024**.

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

FRESH: Our Christmas fresh festive menu will be delivered nationwide **Wednesday 18th December**.

KITCHEN DOOR (COLLECTS): Fresh and frozen boxes will be available to collect from **10am Tuesday 17th December till 3pm Friday 20th 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 Friday 20th December and will return 10am Monday 6th January 2025.

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 current menu which resumes with Menu 2, week starting Monday 13th January 2025.

Monday 23rd – Sunday 5th – OFFICE CLOSED.

Monday 6th January to Friday 10th January – Open 9am – 2pm. Dispatching holiday frozen boxes only. Taking orders for upcoming fresh menu.

Monday 13th 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 20th January – CLOSED, Nationwide delivery day is Wednesday 22nd January. Wellington, Kapiti, Palmerston, Wairarapa, Hutt valley delivered as per set delivery day.

WAITANGI DAY: Short delivery week. Delivery on Tuesday and Wednesday only. Thursday 6th February 2025, we will be closed. We will be open Friday from 9am -2pm Taking orders for the following week. Wellington, Kapiti, Palmerston, Wairarapa, Hutt valley delivered as per set delivery day.

Normal office hours of 9am – 4pm will resume Monday 17th February.

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OVEN HEATING INSTRUCTIONS (gives best result)

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Christmas Menu 2024

eat



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



Christmas Meals and Desserts

EAT Premium - All 450gm

Rack of lamb in a redcurrant port jus with traditional roast vegetables and creamed spinach **\$19.00**

Christmas Turkey with rich gravy, whole cranberry sauce, walnut stuffing, roast vegetable, broccoli and peas **\$19.00**

Baked Salmon with lemon and dill sauce, baby gourmet potatoes, edamame, zucchini and baby beans **\$19.00**

EAT weekly menu - All 450gm

Christmas roast pork with glazed apple, roast vegetables peas and broccoli **\$14.50**

Roast boneless chicken, cranberry stuffing, cranberry sauce, roast vegetables and peas and gravy **\$14.50**

Marmalade glazed Ham, Cumberland sauce, grilled pineapple, roast vegetables and cauliflower florets **\$14.50**

Pan fried fish with lemon and dill sauce, baby gourmet potatoes, edamame, zucchini and baby beans **\$14.50**

Beef Lasagne **\$14.50**

Beef steak with herb butter, roast vegetable medley and green beans **\$14.50**

Pasta Pomodoro **\$13.00**

Desserts

Plum Pudding with Brandy custard **\$7.00**

Very berry sherry Trifle **\$7.00**

Passionfruit cheesecake **\$6.00**

Apple and berry crumble **\$6.00**

Rice pudding with Apricot **\$6.00**

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

Baking

Margaret's famous Xmas Cake – loaded with fruit and whole almonds that were soaked for ages... Oh, happy days! **\$18.00**

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

Old fashioned Sultana Cake **\$8.00**

Chocolate caramel slice **\$8.00**

Ginger slice **\$8.00**

Raspberry slice **\$8.00**

12 FROZEN HOLIDAY BOX \$160.00

The No FISH dish

Roast Pork with roasted apple

Roast Beef

Cottage Pie

Vegetable Au Gratin

Chicken Lasagne

Beef Steak with Béarnaise sauce

Beef bourguignon

Meatballs and Spaghetti

Corned Beef with mustard

Sauce

Pork and Apricot with Potato gratin

Butter basted roast chicken

Meatloaf with Roast vege, and summer relish

The No Chicken licken

Roast Pork with roasted apple

Roast Beef

Cottage Pie

Vegetable Au Gratin

White fish potato top pie

Beef Steak with Béarnaise sauce

Beef bourguignon

Meatballs and Spaghetti

Corned Beef with mustard

Sauce

Pork and Apricot with Potato gratin

Pan Fried Fish with stir fry vege and wedges

Meatloaf with Roast vege, and summer relish

The No Pork box

Lamb Shank

Roast beef with Cauliflower gratin

Cottage Pie

Mac n Cheese

White fish potato top pie

Beef Steak with Béarnaise sauce

Sauce

Melt in your mouth beef stew

Meatballs and Spaghetti

Corned Beef with mustard

Sauce

Chicken Lasagne

Butter basted roast chicken

Pan Fried Fish with stir fry vege and wedges

The Everything Deluxe

Roast Pork with roasted apple

Roast Beef

Cottage Pie

Mac n Cheese

White fish potato top pie

Beef Steak with Béarnaise sauce

Beef bourguignon

Meatballs and Spaghetti

Corned Beef with mustard

Sauce

Pork and Apricot with Potato gratin

Butter basted roast chicken

Meatloaf with Roast vege, and summer relish

8 FROZEN HOLIDAY BOX \$110

The No FISH dish

Roast Pork with roasted apple

Cottage Pie

Mac n Cheese

Chicken Lasagne

Beef Steak with fried onion

Swedish Meatballs and Mash

Beef bourguignon

Delicious Pickled Pork

The No Chicken licken

Roast Pork with roasted apple

Cottage Pie

Mac n Cheese

White fish potato top pie

Beef Steak with fried onion

Swedish Meatballs and Mash

Beef bourguignon

Delicious Pickled Pork

The No Pork box

Herb and butter basted

Chicken

Cottage Pie

Vegetable Gratin

White fish potato top pie

Beef Steak with fried onion

Swedish Meatballs and Mash

Melt in your mouth beef stew

Chicken Lasagne

The Everything Deluxe

Roast Pork with roasted apple

Cottage Pie

Vegetable Gratin

White fish potato top pie

Beef Steak with fried onion

Butter basted roast chicken

Beef bourguignon

Delicious Pickled Pork

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Christmas Tiddly Box \$160

Two special Christmas single serve meals, 7 frozen twin pack meals and 2 desserts (16 Meals, 2 desserts).

Christmas Lamb Rack (Single Serve 300gm) and Passionfruit Cheesecake

Tom Turkey Roast (Single serve 300gm) and Plum Pudding with Brandy custard.

Roast Pork with caramelised apple and all the trimmings (twin pack 2x260gm)

Pan fried Fish with Lemon and dill, new potatoes and Edamame and green beans salad (twin pack 2x260gm)

Beef steak with Fried onion, Mash, pumpkin and broccoli – (twin pack 2x260gm)

Cottage pie (twin pack 2x260gm)

Chicken Lasagne (twin pack 2x260gm)

Beef bourguignon (twin pack 2x260gm)

Vegetable gratin (twin pack 2x260gm)

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!"