

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal- \$89

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

5+5 Deal- \$75

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

(comes in split tray, each half is 280grams)

While stock 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 dont 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 (gives best result)

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



eat

Autumn Menu 16 March to 26 June 2020

eat

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

MENU ONE

Delivery week starting

16 - 20 Mar
20 - 24 April
25 - 29 May

NZ grown **roast pork** with **caramelised apple**, roast vegetables, peas & broccoli. **\$12.00**

NZ grass fed **beef steak** with **bearnaise style sauce**, sautéed potatoes, pumpkin & baby beans. **\$11.80**

Free range **miso chicken** with carrot & potato roasties plus creamed spinach. **\$11.80**

Traditional **smoked fish pie** topped with creamy mash. **\$11.80**

NZ grass fed **beef bourguignon** with creamy mash & green beans. **\$11.80**

Beef & red wine pastry top pie with potato roasties & garden peas (best heated in oven). **\$11.80**

Perfect Italian meatballs, tomato ragu sauce, spaghetti noodles & tasty cheese. **\$11.80**

Gourmet beef sausages with caramelised onion, wedges & peas. **\$11.80**

Delicious six vegetable, layered gratin. **\$10.20**

- 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

23 - 27 Mar
27 Apr - 1 May
1 - 5 Jun

Pure NZ prime **roast beef** with **cauliflower cheese** & roast vegetables. **\$12.00**

Slow cooked steak with red capsicum & tomato. Comes with jacket potato, herb butter & carrot batons. **\$11.80**

Baked chicken with chive cream & a potato, leek, carrot & spinach bake. **\$11.80**

Lemon pepper pan fried fish with roast vegetable salad & aioli side dressing. **\$11.80**

NZ pork steak with **florentine sauce**, potato au gratin, carrots & baby beans **\$11.80**

Melt in your mouth beef stew with carrot and potato mash & buttered spinach **\$11.80**

Beef lasagne. Tasty layers of meat sauce, pasta sheets & creamy béchamel. Enough to share with a salad. **\$11.80**

Tender and delicious **butter chicken** with steamed rice. **\$11.80**

Autumn **vegetable chilli bowl** with sour cream. **\$10.20**

Deliveries

South Island next day \$25
Christchurch & Nelson Bays next day \$20
North Island next Day \$16
Fixed day Lower Hutt and Wellington \$10
Collect from Kitchen Door: FREE.
Sorry, RD address must be picked up from local Courier Post depot.

MENU THREE

Delivery week starting

30 Mar - 3 Apr
4 - 8 May
8 - 12 Jun

Tender **braised lamb shank**, creamy mash, carrot sticks & baby beans. **\$14.50**

Prime NZ slow cooked steak with a fried onion ring, sautéed potatoes, pumpkin & broccoli. **\$11.80**

Free range chicken coq au vin with potato au gratin & baby beans. **\$11.80**

Cheesy & delicious **fish mornay** with creamy mash, carrots & peas. **\$11.80**

Retro styled **NZ pork steak** with **apricot**. Comes with a potato & spinach au gratin. **\$11.80**

Kung pow chicken. This was a hit with our staff in the taste test! Comes with asian vegetables & steamed rice. **\$11.80**

Beef and feta rissoles with roast vegetable **couscous** & minted yoghurt. **\$11.80**

Gourmet pork sausages with caramelised onion, bubble & squeak & tomato gravy. **\$11.80**

Basil pesto pasta with **sweet cherry tomatoes.** **\$10.20**

MENU FOUR

Delivery week starting

6 - 10 Apr
11 - 15 May
15 - 19 Jun

Organic **free range roast chicken** with our own whole cranberry sauce, roast vegetables & peas. **\$13.00**

NZ beef steak, mushroom sauce roasties, roasted pumpkin & green baby beans. **\$11.80**

Our famous **meatloaf** with roast vegetables, silverbeet & cabbage plus our own relish. **TASTY! \$11.80**

Big favourite ... **yellow fish curry** with steamed coconut rice. **\$11.80**

Free range cider chicken with spinach, onion & potato gratin. **\$11.80**

Delicious **pickled pork** with béchamel sauce, creamy mash & carrot & buttered cabbage. **\$11.80**

Braised beef & vegetables with colcannon potato. **\$11.80**

Classic **Spaghetti bolognese.** **\$11.50**

Creamy leek & mushroom penne pasta. **\$10.20**

MENU FIVE

Delivery week starting

13 - 17 Apr
18 - 22 May
22 - 26 Jun

Champagne ham, cumberland sauce, roast vegetables, peas & a grilled pineapple. **\$12.00**

Tender **swiss steak** with creamy mash, roast carrots and baby beans. **\$11.80**

Corned beef with mustard sauce, mash potato, carrot rings, cabbage & silverbeet. **\$11.80**

Fresh pan fried fish with lemon caper sauce, handcut wedges & stir fried vegetables. **\$11.80**

Chicken cacciatore with a seasoned medley of vegetables. **\$11.80**

Beef stroganoff with steamed rice, carrots & baby beans. **\$11.80**

Beef ragu with tagliatelle pasta. **\$11.80**

Fabulous **shepherds pie** - world famous in New Zealand! **\$11.80**

Always good **macaroni cheese.** **\$10.20**

EXTRAS

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

SOUPS \$4.90

- Leek, bacon & potato
- Chicken, noodle & vegetable
- Carrot & lentil

PUDDINGS \$4.95

- Apple & blueberry crumble
- Semolina pudding with strawberry compote
- Peach upside down pudding
- Baileys chocolate cheesecake
- Passionfruit cheesecake



BAKING \$7.00

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

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 \$126.00.

eat.co.nz/menu

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



Image of actual meal, thawed, heated and plated

GOODNESS
GUARANTEED

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