



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 \$115

8 meals \$74

Eat Tiddly

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

16 meals \$128

(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 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

Winter Menu 29 June to 9 October 2020



Organic chicken roast with cranberry stuffing (menu 4)

eat

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

TIDDLY eats

Up-size add \$1.50

Ask about our weekly \$10 special meal.

MENU ONE

Delivery week starting
29 Jun - 03 July 2020
03 - 07 Aug 2020
07 - 11 Sept 2020

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

Hearty **hunters chicken** (tomato & mushroom) with roast vegetable hash. \$11.80

Beef steak with béarnaise sauce, pommes boulangère & a leek, carrot, fresh herb saute trio. \$11.80

NZ **smoked fish pie** \$11.80

Old fashioned **beef goulash** with a rice & vegetable pilaf. \$11.80

Prime NZ **beef rissole**, mixed vegetables, wedges & caramelised onion. \$11.80

Tender **beef bourginion** mashed potato, braised carrots & green medley. \$11.80

Jo Seagars delicious **sticky sausages** with bubble & squeek. \$11.80

Chickpea, pumpkin & spinach coconut curry with steamed rice & coriander. \$10.50

MENU TWO

Delivery week starting
06 - 10 July 2020
10 - 14 Aug 2020
14 - 18 Sept 2020

Roast beef rump with cauliflower cheese & roast vegetables & peas. \$12.00

Free range **peri peri chicken**, baby beans & potato boulangère. \$11.80

Slow cooked **swiss steak**, gourmet potatoes & garlic butter, roasted pumpkin & broccoli. \$11.80

Baked miso fish with stir fried asian vegetables & rice. \$11.80

Slow **braised NZ pork steak** with creamy dijon sauce & winter vegetable gratin. \$11.80

Irish beef stew with potato colcannon. \$11.80

Steak & kidney pie with a leek & potato mash & steamed carrots. \$11.80

Gourmet **pork sausages** with handmade wedges, peas & gravy. \$11.80

Pasta pomodoro (creamy tomato deliciousness). \$10.50

MENU THREE

Delivery week starting
13 - 17 July 2020
17 - 21 Aug 2020
21 - 25 Sept 2020

Lamb shank braised with creamy mashed potato, carrot sticks & baby beans. \$14.50

Ham steak with caramelised pineapple, cumberland sauce, roast vegetables & spinach. \$11.80

Steak with fried onion ring, mashed potato, pumpkin & broccoli. \$11.80

Fish puttanesca with Italian roasted parmesan potatoes. \$11.80

Free range **baked chicken** with olives, lemon & leeks. Comes with potato, carrot & beans. \$11.80

Beef madras curry (not very spicy but super tasty) with coconut rice & fresh coriander. \$11.80

Melt-in-your-mouth beef stew with a carrot & potato mash & buttered spinach. \$11.80

Creamy **bacon & mushroom penne** pasta. \$11.80

Vegetarian shepherds pie \$10.50

MENU FOUR

Delivery week starting
20 - 24 July 2020
24 - 28 Aug 2020
28 Sept - 02 Oct 2020

Organic **chicken roast**, whole cranberry stuffing, roast vegetables, peas & cranberry sauce. \$13.00

Corned beef with mustard sauce, mash potato, carrot rings & spinach. \$11.80

Steak with herb butter & medley of sautéed vegetables \$11.80

Pan-fried fish with lemon caper sauce, sautéed potatoes & stir fried vegetables. \$11.80

NZ pork with apple & raisin conserve, roast potato, pumpkin & baby beans. \$11.80

Asian inspired **gingered beef & broccoli** with steamed rice. \$11.80

Swedish meatballs in mustard cream sauce with mash, carrot & beans. \$11.80

Gourmet **beef sausages** with bubble & squeak & tomato gravy. \$11.80

Silverbeet & three cheese pie \$10.50

MENU FIVE

Delivery week starting
27 - 31 July 2020
31 Aug - 04 Sept 2020
05 - 09 Oct 2020

Roast lamb with pea & mint pesto, roast vegetables & spinach. \$13.50

Free range **french braised chicken** with braised vegetables. \$11.80

Steak with mushroom sauce, mashed potato, braised carrots & steamed broccoli. \$11.80

Delicious **fish mornay** with creamy mash & peas. \$11.80

NZ pork steak with creamy peppercorn sauce, baby beans, rosemary roast pumpkin & potato. \$11.80

Moroccan beef tagine with vegetable couscous. \$11.80

Braised beef with juniper, baked gourmet potatoes & beans. \$11.80

Prime beef **shepherd pie** \$11.80

Delicious **macaroni cheese** \$10.50

EXTRAS

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

SOUPS \$4.90

- Chicken vegetable & noodle
- Winter tomato & lentil
- Pumpkin and coconut

PUDDINGS \$4.95

- Apple and boysenberry crumble
- Rice pudding with rhubarb and strawberry conserve
- Sticky date with fudge sauce
- Baked apple pudding
- Raspberry cheesecake

BAKING \$7.00

- Boiled sultana cake
- Banana cake
- Carrot cake
- 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 \$128.00. Contents change weekly. eat.co.nz/shop

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



- 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 \$25.00.
Christchurch & Nelson Bays next day \$20.00.
North Island next Day \$16.00.
Fixed day Lower Hutt and Wellington \$10.00.
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



Images of actual meals, thawed, heated and plated