

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 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 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.



Summer Menu 12 Oct 20 to 22 Jan 2021

Salmon & spinach pasta (menu 2)

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting
12-16 Oct 2020
16-20 Nov 2020
21-23 Dec: Replaced
by Christmas Menu

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

Boneless chicken with coriander & peanut pesto, roast vegetable salad **\$11.80**

NZ **beef & ginger** with spring onion & stir fried veg with glass noodles **\$11.80**

Pan-fried fish, lemon caper sauce, sauté paprika potato & stir fried vegetables. **\$11.80**

Chicken coq vin, gratin potatoes & baby beans **\$12.00**

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

Mustardy beef with buttery silverbeet & cabbage colcannon **\$11.80**

Gourmet **beef sausages** with caramelised onions, wedges & mixed vegetables **\$11.80**

Eat yer greens pasta \$10.50

MENU TWO

Delivery week starting
19-23 Oct 2020
23-27 Nov 2020
CLOSED - Chefs on holiday

Real NZ **roast beef rump** with cauliflower cheese & roast vegetables. **\$12.00**

Our **famous meatloaf** our own relish, creamy mash, carrots & cabbage & silverbeet **\$11.80**

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

Creamy **smoked salmon & spinach** with penne pasta **\$11.80**

Lemon chicken with asian vegetables & steamed rice **\$11.80**

Pulled pork with creamy mash & greens **\$11.80**

Beef bourginion mashed kumara, braised carrots & green medley. **\$11.80**

Asian meatballs, stir fry vegetables & rice **\$11.80**

Delicious **vegetable tagine** \$10.50

MENU THREE

Delivery week starting
26-30 Oct 2020
30-4 Nov 2020
4-8 Jan 2021 Set FROZEN
boxes replace this menu

Genuine **ham off the bone** with cumberland sauce, roast vegetables & spinach **\$12.00**

Braised **lamb shank**, creamy mash, carrot & baby beans. **\$14.50**

Boneless **golden chicken**, leek, spinach & pea mix with potato au gratin **\$11.80**

NZ **smoked fish pie** topped with creamy mash **\$11.80**

Moroccan **beef tagine** with vegetable couscous & preserved lemon **\$11.80**

Steak with mushroom sauce, creamy mash, carrots & broccoli **\$11.80**

Beef stroganoff with steamed rice **\$11.80**

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

Pasta Putanesca \$10.50

MENU FOUR

Delivery week starting
2-7 Nov 2020
7-11 Nov 2020
11-15 Jan 2021 Set FROZEN
boxes replace this menu

Boneless **herb & butter basted chicken**, roast vegetables & peas. **\$13.00**

Corned beef with mustard sauce, mash potato, carrot ring, spinach. **\$11.80**

Tender **beef & leek pie** with bubble & squeak **\$11.80**

Sri Lankan **fish curry** with coconut rice **\$11.80**

NZ **pork steak** with florentine sauce with a sautéed vegetable medley vegetables **\$11.80**

NZ **beef steak** with herb butter, medley of sautéed vegetables **\$11.80**

Boneless **Mexican chicken** (one pot dish - very tasty) has tomato **\$11.80**

Italian meatballs with traditional tomato sauce & spaghetti noodles **\$11.80**

Silverbeet & three cheese pie \$10.50

MENU FIVE

Delivery week starting
9-13 Nov 2020
14-18 Nov 2020
18-22 Jan 2021 - We are
back - cooking with gas!

Roasted lamb with pea, cashew, mint pesto, roast vegetables & spinach. **\$13.50**

Beef braised with red wine and rosemary, a baked potato, spinach and beans **\$11.80**

BBQ boneless chicken with zesty greens & wedges **\$11.80**

NZ fish with pesto & dressed vegetables **\$11.80**

Sticky **hoisin pork steak** with asian vegetables & rice **\$11.80**

Tender **California steak** with roasted potato, pumpkin edamame & pea mix. **\$11.80**

NZ beef with juniper stew, new potato & baby beans **\$11.80**

Traditional **shepherds pie**, a NZ favourite. **\$11.80**

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
- Cauliflower and bacon
- Ginger, turmeric and carrot

PUDDINGS \$4.95

- Apple and peach crumble
- Coconut rice and rhubarb compote
- Chocolate and berry cobbler
- Pineapple upside down pudding
- Raspberry Cheesecake

BAKING \$7.00

- Boiled sultana cake
- Carrot cake
- Orange and poppy seed
- Chocolate caramel slice
- 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.



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 \$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.



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