

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$95

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

5+5 Deal – \$79

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 \$120

8 meals \$80

Eat Tiddly

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

16 meals \$130

(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.



Spring/Summer Menu 23 August 2021 to 7 January 2022

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting

23-27 Aug 2021
27 Sept - 1 Oct
01 - 05 Nov
06 - 10 Dec

NZ **roast pork** with caramelised apple, roast vegetables, broccoli, garden peas. **\$12.80**

***LOW CARB AVAILABLE**

NZ **beef steak** with béarnaise sauce, sautéed potatoes, pumpkin & baby beans. **\$12.50**

***LOW CARB AVAILABLE**

Thai red **chicken curry** with steamed rice. **\$12.40**

***LOW CARB AVAILABLE**

Traditional **smoked fish pie** topped with creamy mash **\$12.40**

Grass fed **beef bourguignon** with creamy mash & green beans. **\$12.40**

Perfect **Italian meatballs**, tomato ragu sauce, spaghetti noodles & tasty cheese. **\$12.40**

Chicken & leek pie with a flaky pastry top **\$12.40**

Cameron Harrison's **gourmet beef sausages** with caramelised onion, wedges & peas. **\$12.40**

Vegetable au gratin. **\$11.00**

- 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

30 Aug - 3 Sept
4 Oct - 8 Oct
8 Nov - 12 Nov
13 Dec - 17 Dec

Pure NZ **prime roast beef** with cauliflower cheese & roast vegetables. **\$12.80**

***LOW CARB AVAILABLE**

Slow cooked **beef steak** with a fried onion ring, sautéed potato, pumpkin & broccoli. **\$12.50**

Baked chicken with vegetable rosti & creamed spinach. **\$12.40**

***LOW CARB AVAILABLE**

Fresh **pan fried fish** with lemon caper sauce, hand cut wedges & stir fried vegetables. **\$12.40**

Braised **pork steak** with dijon mustard sauce, creamy mash, beans & carrot **\$12.40**

***LOW CARB AVAILABLE**

Beef lasagne ..as it should be, Enough to share if you add a salad. **\$12.40**

Melt-in-your-mouth beef stew, carrot & potato mash & buttered spinach **\$12.40**

Tender, delicious, **kung pow chicken** with steamed rice & Asian vegetables. **\$12.40**

Delicious **pasta pomodoro.** **\$11.00**

Deliveries

South Island next day \$25.00.
Christchurch & Nelson Bays next day \$20.00.
North Island next Day \$16.00.
Lower Hutt and Wellington \$10.00.
Collect from Kitchen Door: FREE.
Sorry, RD address must be picked up from local Courier Post depot.

MENU THREE

Delivery week starting

06 - 10 Sept
11 - 15 Oct
15 - 19 Nov
20-24 Dec (Replaced with CHRISTMAS Menu)

Tender braised **lamb shank**, creamy mash, carrot sticks & baby beans. **\$14.80**

Tender **beef steak** with garlic herb butter, roast vegetables & beans **\$12.50**

***LOW CARB AVAILABLE**

Creamy Tuscan **chicken** with vegetable gratin & baby beans. **\$12.40**

***LOW CARB AVAILABLE**

Cheesy **fish mornay** with creamy mash, carrots & peas. **\$12.40**

Pork florentine, potato gratin, beans & buttered cabbage. **\$12.40**

The big beef rissole with caramelised onions, wedges, mixed vegetables & a tasty sauce. **\$12.40**

Slow braised **beef cheeks** with garlic mash & greens **\$12.60**

***LOW CARB AVAILABLE**
Cameron Harrison's **gourmet pork sausages**, caramelised onions, bubble & squeak. **\$12.40**

Perfect **leek and mushroom penne pasta.** **\$11.00**

MENU FOUR

Delivery week starting

13 - 17 Sept
18 - 22 Oct
22 - 26 Nov
27-31 Dec CLOSED - CHEFS ON HOLIDAY

Boneless **roast chicken**, whole cranberry sauce, roast vegetables & peas. **\$12.80**

***LOW CARB AVAILABLE**

NZ **beef steak**, mushroom sauce, roast veg medly & baby beans **\$12.50**

***LOW CARB AVAILABLE**

Sticky Sausages with bubble & squeak. **\$12.40**

Low carb Spanish fish stew with almonds & cauliflower **\$12.40**

Traditional **pickled pork** with parsley sauce, creamy mash, carrot & buttered cabbage **\$12.40**

Mustard chicken with Asian vegetables & steamed rice. **\$12.40**

One pot **beef hotpot!** Tender as.. with a scalloped potato top **\$12.40**

Delicious **pesto & bacon penne** pasta. **\$12.40**

Spinach, mushroom & lentil bolognese. **\$11.00**

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.

MENU FIVE

Delivery week starting

20 - 24 Sept
25 - 29 Oct (Labour Day)
29 Nov - 03 Dec
5-7 Jan 22 (FROZEN HOLIDAY BOXES ONLY)

Roast Lamb with pea and mint pesto, roasted vegetables & creamed spinach. **\$13.90**

***LOW CARB AVAILABLE**

Tender **Swiss steak** with creamy mash, roast carrots & baby beans **\$12.50**

Low carb chicken with lemon sauce, turmeric and garlic roast vegetables roast & toasted seed mix. **\$12.40**

Yellow fish curry with steamed rice **\$12.40**

***LOW CARB AVAILABLE**

Retro style **pork steak** with apricot. Comes with a potato & spinach au gratin. **\$12.40**

Mince & cheese pie with wedges & tomato sauce. **\$12.40**

Corned beef with mustard sauce, mash potato, carrot rings, cabbage & silverbeet. **\$12.40**

Fabulous **shepherds pie.** **\$12.40**

Always good **macaroni cheese.** **\$11.00**

EXTRAS

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

SOUPS \$4.90

- Old fashioned pumpkin
- Chicken, noodle & vegetable
- Bacon & cauliflower (low carb)

DESSERTS \$5.40

- Apple crumble
- Rice pudding with strawberry & rhubarb
- Peach upside down pudding
- Very berry cheesecake
- Golden syrup pudding



BAKING \$7.00

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Black forest cake
- Chocolate caramel slice
- Ginger slice
- Christmas cake on sale 22 November 2021 **\$14.00**

TIDDLY eats

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 \$130.00. 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

GOODNESS GUARANTEED

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orders@eat.co.nz
www.eat.co.nz