

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$82

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

5+5 Deal – \$70

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

(box contents change weekly, ask the order taker or check online)

While stocks 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 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 1000w 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 oven to 160c
- Remove film.
- Heat for approximately 20-25min or until piping hot.



eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting
27 Nov
ONLINE ORDERS ONLY
5 Feb 2018

Free range **roast pork with caramelised apple**, roast vegetables, peas and broccoli. \$11.90 **WF DF**

NZ prime **Beef Steak** with bearnaise style sauce, saute potato, pumpkin and baby beans. \$10.95

Waitoa Free Range Italian chicken with vegetable medley. \$10.95

Fish baked with green salsa verde, warm potato salad, with roast corn, carrot, edamame and mustard mayo \$10.95 **WF**

Summer style Irish beef stew and vegetable with potato colcannon \$10.95

Chicken coq au vin, pommes boulangere & green beans \$10.95 **WF**

Moroccan beef tagine with vegetable couscous \$10.95 **WF**

Red wine beef pie with creamy mash and buttered spinach \$10.95

Cauliflower, pumpkin and spinach au gratin on a sliced potato and onion base. \$9.90

- 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
4 Dec
HOLIDAY FROZEN
12 Feb 2018

Roast NZ Rump with yorkshire pudding and roast vegetables and peas. \$11.90

French style NZ pork with apples, cider & cream sauce, pommes boulangere & lemon buttered beans \$11.50 **WF**

Free range **Piri Piri Chicken** with a spanish styled rice. \$10.95 **WF**

Traditional smoked fish pie topped with delicious mashed potato. \$10.95

Swiss steak with creamy mash, pumpkin and baby beans. \$10.95 **WF**

Prime **NZ beef meatloaf**, roast vegetables, broccoli and blackberry sauce made from whole blackberry's 10.95

Oven baked chicken with a buttery HIGH PROTIEN silverbeet, carrot, tomato and french green lentil \$10.95 **WF**

Blackball beef sausages with, onion gravy, horseradish mash, peas and grilled tomato.. \$10.95 **WF**

Pasta puttenasca. \$9.90

Deliveries

South Island next day \$20.
Christchurch & Nelson Bays next day \$16.
North Island next Day \$12.
Fixed day Lower Hutt and Wellington \$7.
Collect from Kitchen Door: FREE.
Sorry, RD address must be picked up from local courier depot.

MENU THREE

Delivery week starting
11 Dec
15 Jan 2018
19 Feb 2018

Free range **roast chicken with black current stuffing**, roast vegetables, cauliflower and beans. \$11.90

Lamb shank braised red wine jus with creamy mash, carrot, baby beans. \$13.95 **WF**

Grilled ham steak, cumberland sauce, roast vegetables, peas & grilled pineapple \$10.95 **WF**

Pan-fried fish, lemon caper sauce, handmade wedges & stir fried vegetables. \$10.95

Prime NZ **steak with fried onion ring sauté potato**, pumpkin, broccoli \$10.95 **WF**

Melt-in -your-mouth-beef-stew with a carrot & potato mash & spinach \$10.95 **WF**

Waitoa free range **lemon chicken**, baked vegetable medley and lemon sauce. \$10.95 **WF**

Gorgeous tender **beef stroganoff** with parsley rice \$10.95

Silverbeet and 3 cheese pie. \$9.90

MENU FOUR

Delivery week starting
18 Dec Special Christmas Menu
22 Jan 2018
26 Feb 2018

Roasted lamb with mint and pea pesto, roast vegetables & pan fried spinach. \$12.95 **WF**

Prime **NZ beef meatloaf**, roast vegetables and our own relish. TASTY \$10.95

Chicken and vegetable pie. Comes with a pastry top and vegetable medly. \$10.95

Mediterranean fish with tomato, olives, zucchini and pommes boulangere. \$10.95 **WF**

Classic NZ **pork steak** with a classic gravy, potato au gratin & silverbeet \$10.95 **WF**

Greek styled, slow cooked, **beef stifado**, potato baked in the jacket and fresh lemony green beans. \$10.95

Slow cooked steak with parsley butter on a barley spiked, carrot, silverbeet, leek & potato braise. \$10.95

Creamy **Penne pasta with bacon and spinach** \$10.50

6 vegetable au gratin (cauliflower, kumara, pumpkin, potato, carrot & spinach) \$9.90

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.

Where ever you see these symbols

WF Wheat Free **DF** Dairy Free **SF** Sugar Free

MENU FIVE

Delivery week starting
NO DELIVERY Christmas Closure
29 Jan 2018
5 March 2018

Free range **roast chicken, whole cranberry sauce**, roast vegetables & baby beans. \$11.90

Corned beef with mustard sauce, mash potato, carrot ring, cabbage & silverbeet. \$10.95

Maple pork with its super tasty sauce comes with a greens and crushed potato, onion and capsicum slice \$10.95

Pan-fried fish, lemon caper sauce, handmade wedges & stir fried vegetables. \$10.95

Favourite beef rissole with wedges, mixed vegetables, caramelised onion and gravy. \$10.95

Chicken and chorizo paella. \$10.95 **WF**

Blackball pork sausages with caramelised onion, bubble & squeak, tomato gravy . \$10.95 **WF**

Fabulous **shepherds pie** world famous in New Zealand \$10.50

Fabulous macaroni cheese \$9.90

EXTRAS

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

SOUPS \$4.90 **WF**

- Tomato and red capsicum soup
- Chicken and vegetable
- Summer fresh green pea soup

PUDDINGS \$4.90

- Apple and peach crumble
- Creamy rice with strawberry and rhubarb compote
- Chocolate self saucing pudding
- Apricot sponge
- Passionfruit cheesecake



BAKING \$7.00

- Boiled sultana cake
- Banana cake with walnut icing
- Carrot cake with cream cheese icing and walnuts
- Lemon syrup cake
- Chocolate caramel brownies

TIDDLY MEALS FOR TIDDLY EATERS

TIDDLY eats

1 box of 16 meals for \$126.00



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 each of your favourite dishes. Keep them in the freezer for a wonderful meal to heat and eat anytime. 16 meals for a very tiddly or widdly \$126.00 Contents change weekly, please ask the order taker or view at our online shop. eat.co.nz/shop

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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eat

Autumn Menu 12 March 2018 to 22 June 2018

eat

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

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MENU ONE

Delivery week starting
12-Mar-18
16-Apr
21-May

NZ **roast pork** with caramelised apple, roast vegetables, peas & broccoli. \$11.90

Waitoa **free range roast chicken** with peanut & coriander pesto and traditional roast vegetables \$11.90

California steak with a medley of sautéed vegetables carrot, cauliflower, potato, kumara, spinach, edamame beans \$10.95

Fresh NZ **pan-fried fish**, lemon caper sauce, wedges & stir fried vegetables. \$10.95

Prime NZ **beef bourguignon** mashed potato and kumara, braised carrots and green baby beans. \$10.95

NZ **prime beef rissole**, mixed vegetables, mashed potato & caramelised onion & gravy \$10.95

Butter chicken with steamed rice \$10.95

Beef and spinach cannelloni - delicious \$10.95

Six vegetable mornay \$9.95

MENU TWO

Delivery week starting
19-Mar-18
23-Apr
28-May

NZ prime **beef roast rump** with cauliflower cheese and roast vegetables. \$11.90

Waitoa **free range chicken coq au vin**, with pommes boulangère and greens \$10.95

NZ prime beef **swiss steak** mashed potato, pumpkin, broccoli \$10.95

Fresh NZ **steamed fish** with capsicum pesto gourmet potato, and wasabi spiked baby beans & peas \$10.95

Melt in your mouth beef stew with a carrot & potato mash & spinach \$10.95

NZ **Pork with apples and cider**, pommes boulingere, baby beans \$10.95

Free range **sweet and sour chicken** with vegetable fried rice \$10.95

Westcoast pork sausages, wedges, tomato gravy, caramelised onions \$10.95

Pasta Puttanesca \$9.95

MENU THREE

Delivery week starting
26-Mar-18
30-Apr
4-Jun

NZ **lamb shank** braised with mashed potato, carrot sticks, baby beans. \$13.95

Grilled ham steak with caramelised pineapple and glaze, roast vegetables & buttered spinach \$10.95

Prime NZ beef **steak with fried onion ring** mashed potato, pumpkin, broccoli \$10.95

Fresh NZ **traditional smoked fish pie** with \$10.95

Waitoa free range **roast chicken** with classic sauce, potato & leek au gratin and steamed carrot sticks \$11.90

NZ **beef and mushroom stroganoff** with steamed rice \$10.95

Waitoa free range **chicken and vegetable pie** \$10.95

Slow cooked beef ragu with tagitille pasta and fresh red onion & silverbeet salsa \$10.95

Silverbeet and 3 cheese pie. \$9.95

MENU FOUR

Delivery week starting
2-Apr-18
7-May
11-Jun

Waitoa free range **roast chicken** with whole cranberry sauce, roast vegetables & peas. \$11.90

Corned beef with mustard sauce, mash potato, carrot ring, sauté silverbeet and cabbage \$10.95

Prime NZ slow cooked **beef steak with herb butter**, medley of sautéed vegetables \$10.95

Fresh NZ **pan fried fish**, lemon caper sauce, sauté paprika potato & stir fried vegetables. \$10.95

NZ **pork steak, classic sauce** with a baby beans and a potato boulingere \$10.95

Red wine beef pie with pumpkin and kumara mash, and sautéed spinach \$10.95

Free range **miso chicken** with rice or noodles and stir fried vegetables \$10.95

Westcoast beef sausages with gravy, caramelised onions, bubble and squeak \$10.95

Cauliflower au gratin on a potato and onion base \$9.95

MENU FIVE

Delivery week starting
9-Apr-18
14-May
18-Jun

Roasted lamb with rosemary and garlic pesto & traditional roast vegetables & spinach. \$12.95

Waitoa free range **french braised chicken with braised vegetables** \$10.95

Meatloaf with fresh relish, roast potato and pumpkin, silverbeet and cabbage, gravy \$10.95

Kerela fish curry with rice and coriander \$10.95

NZ pork with apricot, with potato au gratin, carrots and baby beans \$10.95

NZ prime beef **steak with mushroom sauce**, mashed potato, braised carrots and broccoli \$10.95

Waitoa free range **lemon chicken** with a medley of sautéed vegetables and preserved lemon \$10.95

NZ prime beef **shepherds pie** \$10.95

Macaroni cheese \$9.95

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EXTRAS

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

SOUPS \$4.85 WF DF SF

- Chicken veg & noodle
- Spiced indian soup
- Leek and potato

PUDDINGS \$4.95

- Apple and fejoa crumble
- Rice pudding with rhubarb and strawberry
- Lemon self saucing pudding
- Baked apple pudding
- Salted caramel cheesecake
- Passionfruit cheesecake



BAKING \$7.00

- Boiled sultana cake
- Banana cake with walnut icing
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TIDDLY eats

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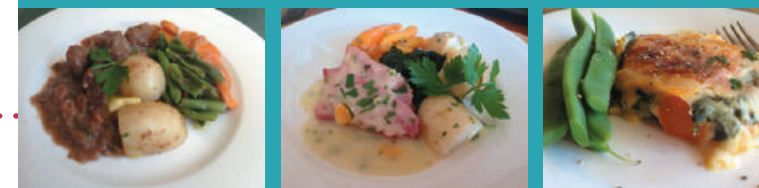


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