

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
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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

Autumn Menu 12 March 2018 to 22 June 2018

eat

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

Up-size add \$1.50

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 only available until stock sold out
- Standard meal NOT less than 400gm
- Up size to 500gms+ for \$1.50

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

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 Post depot.

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 tagitalle 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

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
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

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
- Carrot cake with cream cheese icing and walnuts
- Lemon syrup cake
- Chocolate caramel brownies

TIDDLY eats

TIDDLY MEALS FOR TIDDLY EATERS



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 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 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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MICROWAVE HEATING – for average 1000w microwave

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Step Two – Microwave on high for 4 minutes (or 6-8 if frozen). Once finished heating, let the meal stand for 1 minute inside the microwave before removing. This allows the steam to dissipate preventing steam burn injury.

Step Three – Carefully remove hot tray from the Microwave. Place on bench and 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.

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eat

Winter Menu 25 June 2018 to 1 October 2018

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting

25-Jun
30-Jul
3-Sep

Roast NZ Pork with caramelised apple, roast vegetables, peas and broccoli \$11.90 **WF**

Waitoa free range Chicken with Coriander and Peanut Pesto and roast vegetables \$11.50 **WF**

Slow cooked Steak with Béarnaise Sauce, pommes boulangère sauté trio leek, carrot and fresh herbs \$11.50 **WF**

Delicious fresh Smoked Fish Kedgeriee \$11.50 **WF**

Old fashioned Beef Goulash with a pearl barley and vegetable pilaf \$10.99 **WF**

Prime NZ Beef Risssole, mixed vegetables, wedges and caramelised onion \$10.99 **DF**

Tender Beef Bourginion, potato and kumara creamy mash, braised carrots and a green medley \$10.99

Jo Seagers Sticky Sausages with a medley of sautéed vegetables \$10.99

Pasta Pomodoro \$9.99

MENU TWO

Delivery week starting

2-Jul
6-Aug
10-Sep

Roast Prime Beef Rump with cauliflower cheese, roast vegetables and peas \$11.90

Free range Chicken Coq au Vin, baby beans and potato au gratin \$11.50 **WF**

Slow cooked Swiss Steak, gourmet baked potato, pumpkin and broccoli \$11.50 **WF**

Fresh NZ Fish with a herb and butter crust, warm potato and vegetable salad \$11.50

NZ Pork Steak with orange and mustard sauce and a medley of sautéed vegetables \$10.99

Asian inspired Gingered Beef and Broccoli with steamed rice \$10.99 **WF DF**

Steak and Kidney Pie with a leek and potato mash and steamed carrots \$10.99

Blackball Pork Sausages with bubble and squeak and tomato gravy \$10.99 **WF**

Vegetarian Shepherds Pie \$9.99

MENU THREE

Delivery week starting

9-Jul
13-Aug
17-Sep

NZ Lamb Shank braised with mashed potato, carrot sticks and baby beans \$13.99 **WF**

Famous Meatloaf with our own relish, roast potato, pumpkin cabbage and silverbeet \$10.99

Steak with Fried Onion ring, mashed potato, pumpkin and broccoli \$11.50 **WF**

The ultimate NZ white Fish Pie comes with a pastry top \$11.50

Waitoa free range Baked Chicken with olives, lemon, leeks, with potato, carrot and beans \$11.50 **WF**

Moroccan Beef Tagine with vegetable couscous \$10.99 **DF**

Melt In Your Mouth Beef Stew with a carrot and potato mash and spinach \$10.99 **WF**

Creamy Bacon and Mushroom penne pasta \$10.99

Thai Vegetable Curry with steamed rice \$9.99

MENU FOUR

Delivery week starting

16-Jul
20-Aug
24-Sep

Waitoa free range Roast Chicken with whole cranberry stuffing, roast vegetables and peas \$11.90 **DF**

Corned Beef with mustard sauce, mash potato, carrot rings and spinach \$10.99

Steak with Herb Butter, medley of sautéed vegetables \$11.50 **WF**

Delicious Fresh Fish Mornay with creamy mash and peas \$11.50

NZ Pork Steak, classic sauce with a baby beans and pommes boulangère \$10.99 **WF**

Slow cooked Black Mac Stew with a baked vegetable slice \$10.99

Italian Meatballs with spaghetti pasta and parmesan cheese \$10.99

Blackball Beef Sausages with handmade wedges, peas and gravy \$10.99 **WF DF**

Silverbeet and Three Cheese Pie \$9.99

MENU FIVE

Delivery week starting

23-Jul
27-Aug
1-Oct

Roast Lamb with a pea and mint pesto, roast vegetables and spinach \$12.95 **WF**

Waitoa free range French Braised Chicken with braised vegetables \$11.50 **WF**

Beef Steak with Mushroom sauce, mashed potato, braised carrots and broccoli \$11.50

Pan-Fried Fish, lemon caper sauce, sautéed paprika potato and stir fried vegetables \$11.50

Pickled Pork with parsley sauce, creamy mash, carrots, silverbeet and cabbage \$10.99

Irish Beef Stew with potato colcannon \$10.99

Braised Beef with Juniper, baked gourmet potatoes and beans \$10.99 **WF DF**

NZ Prime Beef Shepherds Pie \$10.99

Macaroni Cheese \$9.99

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

PUDDINGS \$4.95

- Apple and boysenberry crumble
- Rice pudding with rhubarb and strawberry conserve
- Golden syrup pudding
- Baked apple pudding
- Raspberry cheesecake
- Salted caramel cheesecake



BAKING \$7.00

- Boiled sultana cake
- Banana cake
- Raspberry and chocolate cake
- Carrot cake
- Lemon Syrup Cake
- Chocolate caramel brownies

TIDDLY eats

TIDDLY MEALS FOR TIDDLY EATERS

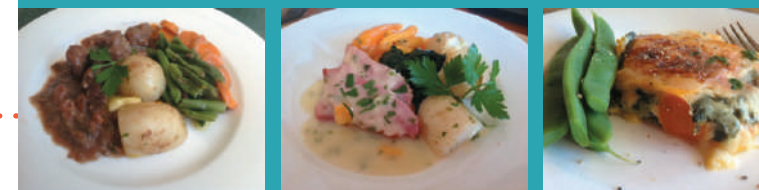


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