

# DAILY DEALS!

## Fresh Meal Deals

(applies only to eat fresh standard meals)

### 6+6 Deal – \$115

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

### 5+5 Deal – \$95

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 \$150

8 meals \$100

### Eat Tiddly

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

16 meals \$140

(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](http://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](http://eat.co.nz)

eat unlimited  
t: +64 4 560 1960  
[orders@eat.co.nz](mailto:orders@eat.co.nz)  
[www.eat.co.nz](http://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

- Pre heat the oven to 180C
- Remove film
- Heat for approximately 20-25min or until piping hot.

# eat

this summer



# eat

Summer Menu 28 October 2024 to 14 March 2025

# eat

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

Up-size add \$1.50

## MENU ONE

**Delivery week starting**  
28 Oct- 1 Nov 2024 (Labour WE)  
2-6 December  
**6-10 January 2025** (Holiday boxes only)  
10-14 February

**Pure NZ roast pork** with caramelised apple, roast vegetables, peas and broccoli. **\$14.80**

**Our famous meatloaf** with our own relish, roast potatoes, pumpkin and buttered cabbage. **\$14.50**

**Tender NZ beef steak with mushroom sauce**, roast vegetable medley and steamed baby beans. **\$14.50**

Our very own **smoked fish pie**. **\$14.50**

**Free range golden chicken** with leek, spinach, pea trio and potato au gratin. **\$14.50**

**Beef hotpot**, slow cook beef and vegetables with a scalloped potato top. **\$14.50**

**Chicken, chorizo and vegetable paella**. **\$14.50**

**Our own Beef meatballs** with a tomato ragu and spaghetti. **\$14.50**

**Summer vegetable gratin**. **\$13.00**

## MENU TWO

**Delivery week starting**  
4-8 November  
9-13 December  
13-17 January  
17-21 February

**Pure NZ roast beef** with cauliflower cheese and roast vegetables. **\$14.80**

**Pickled Pork with parsley sauce**, creamy mash, beans and carrot. **\$14.50**

**Slow cooked beef steak with red wine jus**, new potato's, carrots and steamed green beans. **\$14.50**

**Fish with parsley sauce**, creamy mash, carrots and peas. **\$14.50**

**Sweet and sour chicken** with Vegetable fried rice. **\$14.50**

**Melt in your mouth' beef stew**, carrot and potato mash, buttered spinach. **\$14.50**

**Hunters tomato and mushroom chicken** with potato gratin and beans. **\$14.50**

**Beef stroganoff** with steamed rice. **\$14.50**

**Spinach and three cheese pie**. **\$13.00**

## MENU THREE

**Delivery week starting**  
11-15 November  
**16-20 Dec (See Xmas Menu)**  
20-24 January (wgn anniversary)  
24-28 February

**NZ lamb shank** braised in red wine with creamy mash, carrot sticks, baby beans. **\$15.80**

**NZ pork and Apricot** with potato au gratin and baby beans. **\$14.50**

**Tender NZ beef steak with fried onion ring**, creamy mash potato, pumpkin, broccoli. **\$14.50**

**Smoked salmon and spinach penne pasta**. **\$14.50**

**Red Thai chicken curry** with steamed rice. **\$14.50**

**Beef and red wine pie** (pastry top), with potato colcannon. **\$14.50**

**Boneless chicken with coriander and peanut pesto**, with vegetable salad. **\$14.50**

**Traditional Pork sausages**, a balsamic onion gravy and bubble n squeak. **\$14.50**

**Vegetarian potato top pie**. **\$13.00**

## MENU FOUR

**Delivery week starting**  
18-22 November  
**23-27 December - CLOSED**  
27-31 January  
3-7 March

**Free Range roast chicken** with whole cranberry sauce, roast vegetables and peas. **\$14.80**

**Glazed Ham with Cumberland sauce**, roasted vegetables, caramelised Pineapple. **\$14.80**

**Swiss steak** with gourmet potatoes and broccoli. **\$14.50**

**Yellow fish curry with steamed rice**. **\$14.50**

**Free range chicken and vegetable Pie with pastry top**. **\$14.50**

**Beef stiffado** with buttered baby potatoes, carrots and baby beans. **\$14.50**

**Hoisin Pork** with rice and green sunshine salad (Edamame beans, corn, onion, celery, green beans). **\$14.50**

**Beef lasagne**, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$14.50**

**Vegetarian bolognese with spaghetti**. **\$13.00**

## MENU FIVE

**Delivery week starting**  
25-29 November  
**30-Dec- 3rd Jan CLOSED**  
3-7 February (Waitangi)  
10-14 March

**Roast Lamb**, with pea and mint pesto, roast vegetables and creamed spinach. **\$15.50**

**Corned beef with mustard sauce**, mash potato, buttered silverbeet /cabbage and carrot. **\$14.50**

**NZ beef steak with béarnaise sauce**, sauté potatoes, pumpkin and baby beans. **\$14.50**

**Pan-fried NZ fish**, lemon caper sauce, chunky roastie potato's and stir fried vegetables. **\$14.50**

**Classic mild chicken curry** with steamed rice. **\$14.50**

**Braised beef and vegetable casserole** with potato colcannon **\$14.50**

**Chicken cacciatori** with garlic buttered baby potatoes and green beans. **\$14.50**

**Traditional cottage pie (premium NZ beef) with creamy mash top**. **\$14.50**

**Macaroni cheese**. **\$13.00**

All Roasts, steaks and casseroles are cooked long and slow and should be very tender

## EXTRAS

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

### SOUPS \$5.50

- Chicken Veg & Noodle
- Summer pistou

### PUDDINGS \$6.00

- Apple and berry crumble
- Rice pudding with Apricot
- Chocolate self saucing pudding
- Mango cheesecake
- Passionfruit cheesecake



### BAKING \$8.00

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate caramel slice
- Ginger slice
- Raspberry slice

# 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 \$140.00. Contents change weekly. [eat.co.nz](http://eat.co.nz)

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



Images of actual meals, thawed, heated and plated

**Deliveries**  
Wellington (Tuesday set day) \$16.00  
Hutt Valley (Wednesday set day) \$16.00  
Kapiti - Pukerua Bay - Waikanae (Tuesday set day) \$16.00  
North Island next day \$18.00

Manawatu - Otaki - Palmerston (Tuesday set day) \$18.00  
South Island next day \$35.00  
Wairarapa (Tuesday set day) \$18.00  
Sorry - No rural delivery!

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



**Ak: 09 972 9316**  
**Wn: 04 560 1960**  
**0800 328 333**  
[www.eat.co.nz](http://www.eat.co.nz)

**Payment info:** Payment by debit card, credit card, or bank transfer. Bank Details : EAT. 030502 0575744 00