

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

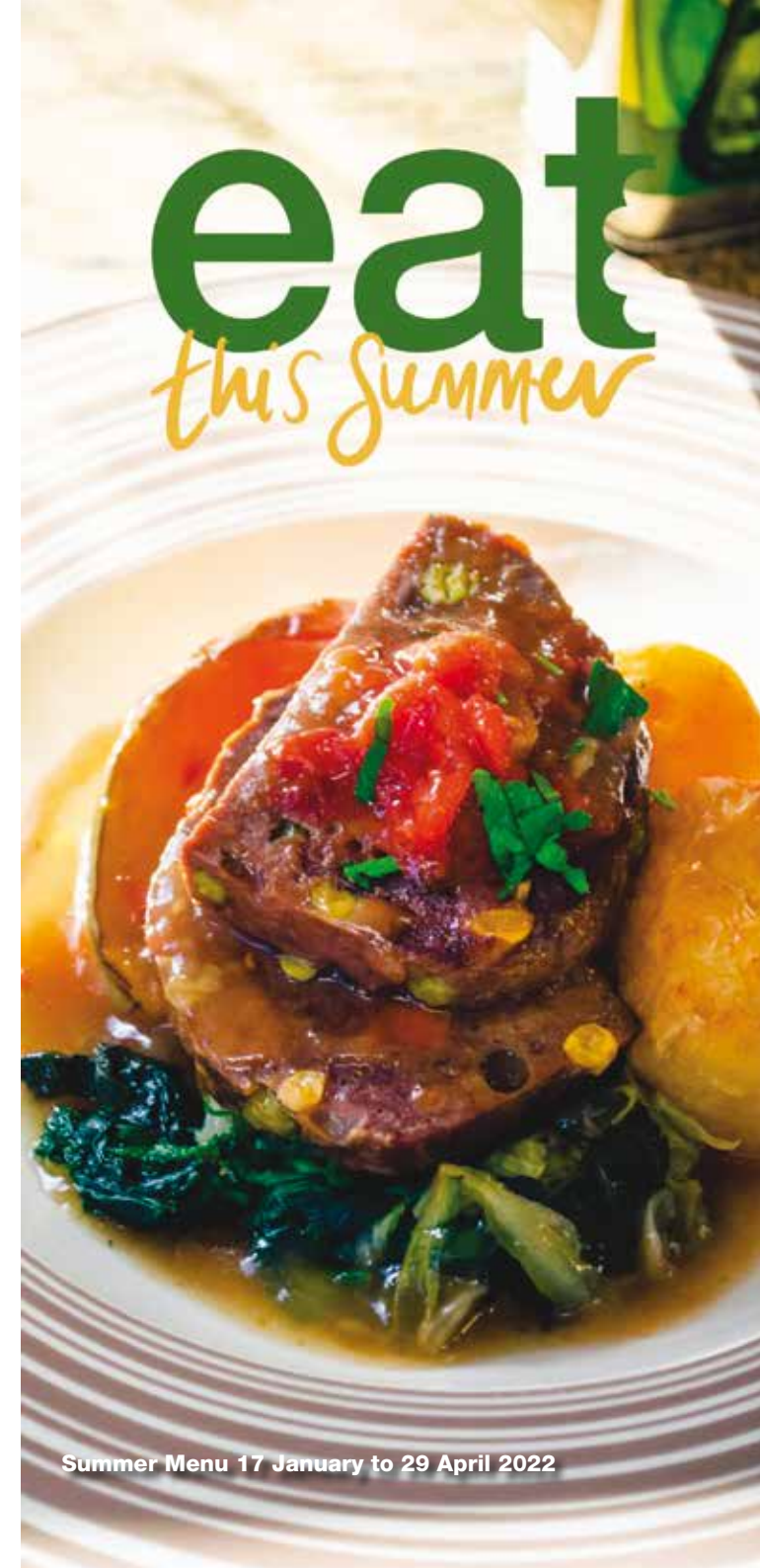
Step One – Remove the band and place the tray in the microwave. DO NOT lift the film or puncture the film. For FROZEN meals, defrost first for best results.

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.



eat

this summer

Summer Menu 17 January to 29 April 2022

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting
17 Jan (new menu)
21-Feb
28-Mar

Pure NZ roast pork with caramelised apple, roast vegetables, peas & broccoli. **\$13.00**
****Carb lite option available**

F/R boneless chicken with coriander & peanut pesto, **\$12.80**
****Carb lite option available**

Tender NZ beef steak with mushroom sauce, roast vegetable medley and steamed baby beans **\$12.80**
****Carb lite option available**

Pan-fried NZ fish, lemon caper sauce, chunky roastie & stir fried vegetables. **\$12.80**

NZ free range chicken & chorizo paella. **\$12.80**

Bunless NZ beef burger, peas, wedges & caramelised onion. **\$12.80**

NZ beef bourgignon mashed potato, sliced carrots and green medley. **\$12.80**

Real NZ beef rigatoni with broccoli. **\$12.80**

Pasta puttanesca **\$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
24 Jan 2022 (Wgtn Anv)
28-Feb
4-Apr

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$13.00**

Boneless Marmalade chicken, potato au gratin, baby steamed beans. **\$12.80**
****Carb lite option available**

Melt in your mouth' beef stew, carrot & potato mash, buttered spinach. **\$12.80**

Smoked salmon and spinach penne pasta **\$12.80**

Beef stroganoff with steamed rice **\$12.80**

NZ California steak, potato au gratin, carrots and steamed green beans. **\$12.80**
****Carb lite option available**

Free range chicken & vegetable fried rice. **\$12.80**

Cameron & Harrison beef sausages, sticky onion gravy, peas & wedges. **\$12.80**

Nasi Goreng - seasoned rice dish with shredded omelette and roasted peanuts. **\$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.
Order and collect from kitchen door - FREE
Sorry, RD address must be picked up from local Courier Post depot.

MENU THREE

Delivery week starting
31-Jan
7-Mar
11-Apr (Good Friday)

NZ lamb shank braised with mashed potato, carrot sticks, baby beans. **\$14.90**
****Carb lite option available**

Famous meatloaf our relish, creamy mash, carrots, cabbage & silverbeet. **\$12.80**

Free range golden chicken with leek, spinach, pea trio & potato au gratin. **\$12.80**

Traditional NZ fish pie with a potato gratin top. **\$12.80**

Moroccan beef tagine with vegetable couscous and preserved lemon. **\$12.80**

Tender NZ steak with fried onion ring creamy potato, pumpkin, broccoli. **\$12.80**
****Carb lite option available**

Free range chicken & vegetable Pie. **\$12.80**

Cameron Harrison pork sausages, balsamic onion sauce & bubble n squeak. **\$12.80**

Creamy coconut, lentil & spinach curry. **\$11.00**

MENU FOUR

Delivery week starting
7-Feb (Waitangi Day)
14-Mar
18-Apr (Easter Monday)

Free Range roast chicken with whole cranberry stuffing, roast vegetables & peas. **\$13.00**
****Carb lite option available**

Corned beef with mustard sauce, mash potato, carrot ring, spinach. **\$12.80**

Beef steak and red wine pie with layered cheesy potato (best heated in the oven) **\$12.80**

Traditional smoked fish pie **\$12.80**

NZ pork with sweet and sour sauce and vegetable fried rice **\$12.80**

Tender NZ beef steak with herb butter, medley of sautéed vegetables. **\$12.80**
****Carb lite option available**

Free range boneless mexican chicken (one pot dish - NOT hot but tasty). **\$12.80**

100% NZ beef meatballs, spaghetti noodles and tomato ragu. **\$12.80**

Silverbeet & three cheese pie **\$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
14-Feb
21-Mar
25-Apr

Ham off the bone with Caramelised Pineapple + glaze, roast vegetables & spinach. **\$13.00**
****Carb lite option available**

Free range french chicken with braised vegetables. **\$12.80**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin & baby beans. **\$12.80**
****Carb lite option available**

Summery Mediterranean NZ fish with tomato, zucchini vegetable stew & potato boulangere. **\$12.80**

NZ pork steak, florentine sauce & a medley of sautéed vegetables. **\$12.80**

Beef and ginger with stir-fried vege and glass noodles. **\$12.80**

Butter chicken curry with steamed rice. **\$12.80**
****Carb lite option available**

Traditional cottage pie (premium NZ beef) with creamy mash top. **\$12.80**

Macaroni cheese **\$11.00**

EXTRAS

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

SOUPS \$4.95

- Chicken Veg & Noodle
- Fresh tomato, capsicum and basil
- Summer Pistou - Healthy french vegetable soup

DESSERTS \$5.40

- Peach & Apple Crumble
- Apple & gooseberry crumble
- Rice pudding with summer fruits
- Apricot upside down pudding
- Blueberry sponge pudding
- Passionfruit Cheesecake



BAKING \$7.00

- Boiled sultana cake
- Chocolate raspberry cake
- Carrot Cake
- Chocolate caramel slice
- Ginger 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 \$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