

# eat

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

# TIDDLY eats

Up-size add \$1.50 Menu 7 March 2016 to 13 June 2016

## MENU ONE

Delivery week starting  
7-Mar  
11-Apr  
16-May

Free range roast pork with caramelised apple, roast vegetables, peas & roast broccoli. \$11.50 **GF** **DF**

Steak with bearnaise style sauce, saute potato, pumpkin and baby beans. \$10.90 **SF**

Free range chicken with creamy mushroom sauce, sauted potato, carrot & spinach. \$10.90 **SF**

Fresh fish with parsley sauce, mashed potato & garden peas. \$10.90 **SF**

Wairarapa angus beef and vegetable pie with gratinated potato top. \$10.90 **SF**

Sweet & sour chicken with asian vegetables and steamed rice. \$10.90 **GF**

Angus beef tagine with vegetable couscous. \$10.90 **GF** **SF**

Bacon and egg impossible pie with tomato and a roast vegetable salad. \$10.50 **SF**

Cauliflower au gratin on a sliced potato and onion base. \$9.50

- 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  
14-Mar  
18-Apr  
23-May

Roast pure wairarapa red devon rump with cauliflower cheese and roast vegetables. \$11.50 **SF**

Free range french pork with apples, cider & cream sauce, pommes boulangere & green beans. \$11.80 **GF**

Free range chicken cacciatori with a saute vegetable medley. \$10.90 **GF** **SF** **DF**

Traditional smoked fish pie topped with delicious mashed potato. \$10.90 **SF**

Swiss steak with creamy mash, pumpkin and baby beans. \$10.90 **GF** **SF**

Secret ingredient braised angus beef with pumpkin & kumara mash, buttery spinach. \$10.90 **GF** **SF**

Free range lemon chicken with vegetable pilaf. \$10.90 **GF** **SF**

Blackball beef sausages with caramelised onion, wedges, peas, tomato gravy. \$10.90

Warm roasted pumpkin, kumara, carrot, peanuts & spinach orzo salad. \$9.50 **SF** **DF**

### 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  
21-Mar  
25-Apr  
30-May

Free range roast chicken with black current stuffing, roast vegetables, cauliflower & beans. \$11.50 **SF** **DF**

Lamb shank braised with mashed kumara, carrot sticks, baby beans. \$13.90 **GF** **DF**

Grilled ham steak, cumberland sauce, roast vegetables, peas & grilled pineapple. \$10.90 **GF** **DF**

Pan-fried fish, lemon caper sauce, handmade wedges & stir fried vegetables. \$10.90 **SF**

Wairarapa steak with fried onion ring sauté potato, pumpkin, roast broccoli. \$10.90 **GF** **DF** **SF**

Melt-in -your-mouth-beef-stew with a carrot & potato mash & spinach. \$10.90 **GF** **SF**

Moorish pork with raisin paste & white bean, s/beet, spinach, carrot, zuchinni braise. \$10.90 **GF** **DF** **SF**

Wairarapa red devon spaghetti bolognaise. \$10.50 **DF**

Vegetable lasanga. Its the best lasagna you will ever taste. \$10.00

## MENU FOUR

Delivery week starting  
28-Mar  
2-May  
6-Jun

Roasted lamb with mint and pea pesto roast vegetables & pan fried spinach. \$12.50 **GF** **DF** **SF**

Wairarapa red devon meatloaf, roast vegetables and our own relish.Tasty. \$10.90 **SF**

Free range chicken and vegetable pie. This is an absolute favourite! Comes with a pastry top. \$10.90

Fresh NZ fish mornay with mashed potato, carrots & baby beans. \$10.50 **SF**

Pork steak with a classic gravy, potato au gratin & baby beans. \$10.90

Wairarapa angus west village beef stew with creamy mash, carrots & beans. \$10.90 **GF** **SF**

Wairarapa red devon beef rissole with wedges, mixed vegetables, carmalised onion and gravy. \$10.90 **SF**

Penne pasta with bacon and vegetables in a tomato sauce. \$10.50 **SF**

6 Vegetable au gratin (cauliflower, kumara, pumpkin, potato, carrot & spinach). \$9.50 **SF**

### 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

**GF** Wheat Free **DF** Dairy Free **SF** Sugar Free

## MENU FIVE

Delivery week starting  
4-Apr  
9-May  
13-Jun

Free range roast chicken, whole cranberry sauce, roast vegetables & peas. \$11.50 **DF**

Free range pork steak with balsamic and honey glaze, potato au gratin, carrot & baby beans. \$11.80 **SF**

Corned beef with mustard sauce, mash potato, carrot ring, cabbage & silverbeet. \$10.90

Pan-fried fish, lemon caper sauce, handmade wedges & stir fried vegetables. \$10.90 **SF**

Italian wairarapa red devon beef meatballs with our own tomato ragu & spaghetti noodles. \$10.90

Angus beef madras curry with rice. This is a big favourite. \$10.90 **GF** **SF**

Blackball pork sausages with caramelised onion, bubble & squeak & tomato gravy. \$10.90

Red devon shepherds pie world famous in New Zealand. \$10.50 **SF**

Fabulous macaroni cheese \$9.50 **SF**

## EXTRAS

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

**SOUPS \$4.50 all dairy, wheat and sugar free**

- White bean and vegetable
- Chicken and vegetable
- Pumpkin and coconut

**PUDDINGS \$4.90**

- Apple and boysenberry crumble
- Creamy Rice with Apricot
- Lemon self saucing pudding
- Peach and Apple Fruit pudding
- Passionfruit cheesecake



**BAKING \$7.00**

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

TIDDLY MEALS FOR TIDDLY EATERS



1 box of 16 meals for \$118.00

This is the dinner Goldilocks was looking for when she ventured into the 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 \$118.00 Contents change weekly, please ask the order taker or view at our online shop. [eat.co.nz/shop](http://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

0800 328 333  
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www.eat.co.nz