

DAILY DEALS!

★ **Big Box Meal Deal**
14 frozen 400gm meals
great selection \$112

★ **Eat for a week deal**
8 frozen 400gm meals
excellent variety \$62

★ **5+5 Deals**
5 different fresh meals
& 5 soups or desserts \$62

★ **Have dinner on us!**
Buy all seven delicious
fresh meals and get the
last one FREE

While stocks last. Conditions may apply
see the website for details eat.co.nz
or ask the ordertaker



STEP 1:
Read the menu and choose
from our scrumptious meals

STEP 2:
Phone your order and talk to
one of the friendly ladies in
the office or order online
www.eat.co.nz

STEP 3:
Get your order in by 11am
for delivery next day to most
NZ destinations (except rural)
SEE website for details

STEP 4:
Store your meals in the fridge
to keep fresh for 10days and if
you don't eat them you can
freeze them

FREEPHONE: 0800 328 333
ORDER ONLINE: EAT.CO.NZ

OUR PHILOSOPHY

eat's been around since 2001. In food years that's ages. In fresh food years, it's almost an eternity. Food's what drove us to start **eat** - we are serious about food, we're foodies, or foodettes. We wanted to make it easy for people to enjoy simple, honest and affordable food, when time or circumstance makes it difficult to prepare meals for themselves.

We had all types in mind when we began creating our wholesome heat'n'eat menu. From the senior set who can no longer maneuver around the kitchen with the nimbleness of their youth, or find the hustle/hassle of supermarkets a strain on their mental wellbeing. To the young urban dwellers who, between the morning gym routine, hours in the office and the after work drinks, find it increasingly difficult to spend more than 5 minutes in their kitchen/bedroom/bathroom studio apartment, therefore requiring meals that are instant, contemporary and healthy.

So start **eat**ing now, you'll wonder how you ever lived without it!



eat unlimited
t: +64 4 560 1960
order@eat.co.nz
www.eat.co.nz

eat



eat fresh anytime

all mains from \$8.80 (super-size for \$1.50 extra)

soups & desserts only \$4.50

Menu One

Delivery week starting
20 Feb 12
26 Mar 12
30 Apr 12

Roast pork with caramelised apple, roast vegetables, peas & broccoli **\$9.90**

Beef ragout with potato colcannon, & sliced steamed carrots **\$9.80**

Salmon, spinach and cheese frittata. **\$9.80**

Stuffed chicken drum roasted in honey/orange sauce with a roast potato, beans & confit orange **\$9.80**

Steak with and onions, paprika potatoes, beans & carrot **\$9.90**

Lambs fry & bacon bubble and squeak tomato gravy & caramelised onion **\$9.80**

5 Vegetable au gratin of spinach, potato, pumpkin, onion and cream **\$8.80**

Menu Two

Delivery week starting
27 Feb 12
02 Apr 12
07 May 12

Roast beef with Cauliflower cheese & traditional vegetables. **\$9.90**

Chicken in tarragon sauce, carrot, beans and parsley mash **\$9.80**

Pork steak with apricot peas, carrot rings & crunchy rosemary potato. **\$9.90**

Country braised sausages with chuck wagon vegetables and fried onion ring. **\$9.80**

Smoked Fish Pie In a creamy béchamel sauce, topped with mashed potato. **\$9.80**

Two beef koftas with minted yogurt dressing and a roast vegetable medley. **\$9.80**

Silverbeet and cheese pie Try it! It's very delicious. **\$8.80**

Menu Three

Delivery week starting
05 Mar 12
09 Apr 12
14 May 12

Treat yourself to **2 noisettes of organic lamb** with roast vegetables, broccoli & minted gravy. **\$11.90**

Steak with a mushroom sauce, new potatoes, silverbeet & carrot rings, **\$9.90**

Sweet and sour chicken with asian vegetables & rice. **\$9.80**

Pan fried fish, stir fry vegetables, paprika potatoes & lemon caper sauce. **\$9.80**

Shepherd's Pie made with ground beef. **\$9.80**

Cheesey **cauliflower and bacon** on a delicious potato & onion and hash. **\$9.00**

Pasta Pomodoro. Penne pasta smothered with delicious pomodoro sauce, **\$8.80**

Menu Four

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

Roasted chicken breast with spinach stuffing, roasted vegetables, peas and cranberry jus. **\$9.90**

Pork steak with red capsicum & almond pesto, parsley mash, spinach. **\$9.90**

Burgundy beef with baby steamed potato, sliced carrot and broccoli. **\$9.80**

Fabulous **Fish mornay** with creamy mash, carrot and beans. **\$9.80**

Our famous meatloaf, roast potato, pumpkin, cabbage, silverbeet and special relish. **\$9.80**

Grilled sausages with fried mustard potatoes, mixed vegetables & caramelised onion. **\$9.80**

Oven baked **roast vegetable and cheese frittata.** **\$8.80**

Menu Five

Delivery week starting
19 Mar 12
23 Apr 12
28 May 12

Ham steak with caramelised pineapple, cumberland styled sauce, roast vegetables and garden peas. **\$9.90**

Steak and kidney pie with carrot, beans and mash potato. **\$9.80**

Pan fried fish, stir fry vegetables, paprika potatoes & lemon caper sauce. **\$9.80**

Italian meatballs and sauce with cheese, broccoli and spaghetti **\$9.50**

Butter chicken with basmati rice. **\$9.80**

Mixed grill with a **lamb tender steak**, sausage, grilled tomato, mustard mash beans. **\$9.90**

Macaroni cheese A constant favourite. **\$8.80**

This full range of **yummy cake desserts** and **fabulous soups** are available on all menus

- Creamy, dreamy, Semolina & Rhubarb Couli
- Rice Pudding with Apricot
- Baked Lemon Pudding Apple Crumble

Home Baking \$6.50

- Chocolate caramel brownies
- Lemon Syrup Cake
- Boiled Sultana Cake
- Lumber Jack Cake



Meat Balls & Spaghetti

- Freshest EVER Tomato Soup
- Favourite Pumpkin Soup
- Indian Spiced Vegetables with Coconut Soup
- Corn & Bacon Chowder

Quick facts

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

Delivery Fees

- Fixed Day **Wgtn Region** only. **\$7**
- North Island next day. **\$11**
- South Island next day **\$20**
- **Sorry rural areas not serviced**

You can order now by phone, email or online. Download a current menu from www.eat.co.nz

Phone:
Email:

0800 328 333
orders@eat.co.nz