

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 – \$90

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



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

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

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



eat

Summer Menu 22 January to 7 June 2024

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting
22 - 26 January 2024 (Wgtn An)
26 Feb - 1st March
1 - 5 April (Easter Monday)
06 - 10 May

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

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

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

Steamed hoki with parsley sauce, creamy mash, carrot rings and garden peas. **\$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**

Free range French chicken with braised vegetables. **\$14.50**

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

Summer vegetable gratin. **\$13.00**

MENU TWO

Delivery week starting
29 Jan- 02 February (Auck An)
4 - 8 March
8 - 12 April
13 - 17 May

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, potato au gratin, carrots and steamed green beans. **\$14.50**

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

Marmalade chicken with potato boulangère and steamed broccoli **\$14.50**

Spicy beef kofta with chickpea and lemon sauce. Comes with roast vegetable pearl couscous. **\$14.50**

Creamy coconut, lentil and spinach curry with steamed rice. **\$13.00**

MENU THREE

Delivery week starting
05 - 9 February (Waitangi)
11 - 15 March
15 - 19 April
20 - 24 May

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 potato, pumpkin, broccoli. **\$14.50**

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

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

Beef and Beer casserole, potato roasties and green beans. **\$14.50**

Creamy boneless mustard chicken with pommes boulangère and broccoli florets. **\$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
12 - 16 February
18 - 22 March
22 - 26 April (Anzac Day)
27 - 31 May

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

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

California beef steak with a citrus based sauce, comes with potato au gratin and steamed green beans. **\$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 potato, 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**

Penne pasta with roast pumpkin, broccoli and feta. **\$13.00**

MENU FIVE

Delivery week starting
19-23 February
25 - 29 March (Good Friday)
29 April - 3rd May
03 - 07 June (Kings Birthday)

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

Tarragon Pork steak, with creamy mash, pumpkin and baby beans. **\$14.50**

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

Pan-fried NZ fish, lemon caper sauce, chunky roastie potato 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 potato and green beans. **\$14.50**

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

Macaroni cheese. **\$13.00**

EXTRAS

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

SOUPS \$5.50

- Chicken Veg & Noodle
- Meatball soup - it's delicious!

PUDDINGS \$6.00

- Apple and Berry crumble
- Rice pudding with Apricot
- Chocolate self saucing pudding
- Caramel cheesecake
- Passionfruit cheesecake

BAKING \$8.00

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

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

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
Kapiti - Pukerua Bay- Waikanae (Tuesday set day) \$16.00
Manawatu - Otaki - Palmerston (Tuesday set day) \$18.00

Wairarapa (Tuesday set day) \$18.00
Hutt Valley (Wednesday set day) \$16.00
North Island next day \$18.00
South Island next day \$35.00
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

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