

# DAILY DEALS!

## Fresh Meal Deals

(applies only to eat fresh standard meals)

### 6+6 Deal – \$82

6 different meals and 6 of any soups and desserts

### 5+5 Deal – \$70

5 different meals and 5 of any soups and desserts

### 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 \$109

8 meals \$74

### Eat Tiddly

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

16 meals \$126

(box contents change weekly, ask the order taker or check online)

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

## 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

eat unlimited  
t: +64 4 560 1960  
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 **0800328333**. 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 1000w microwave

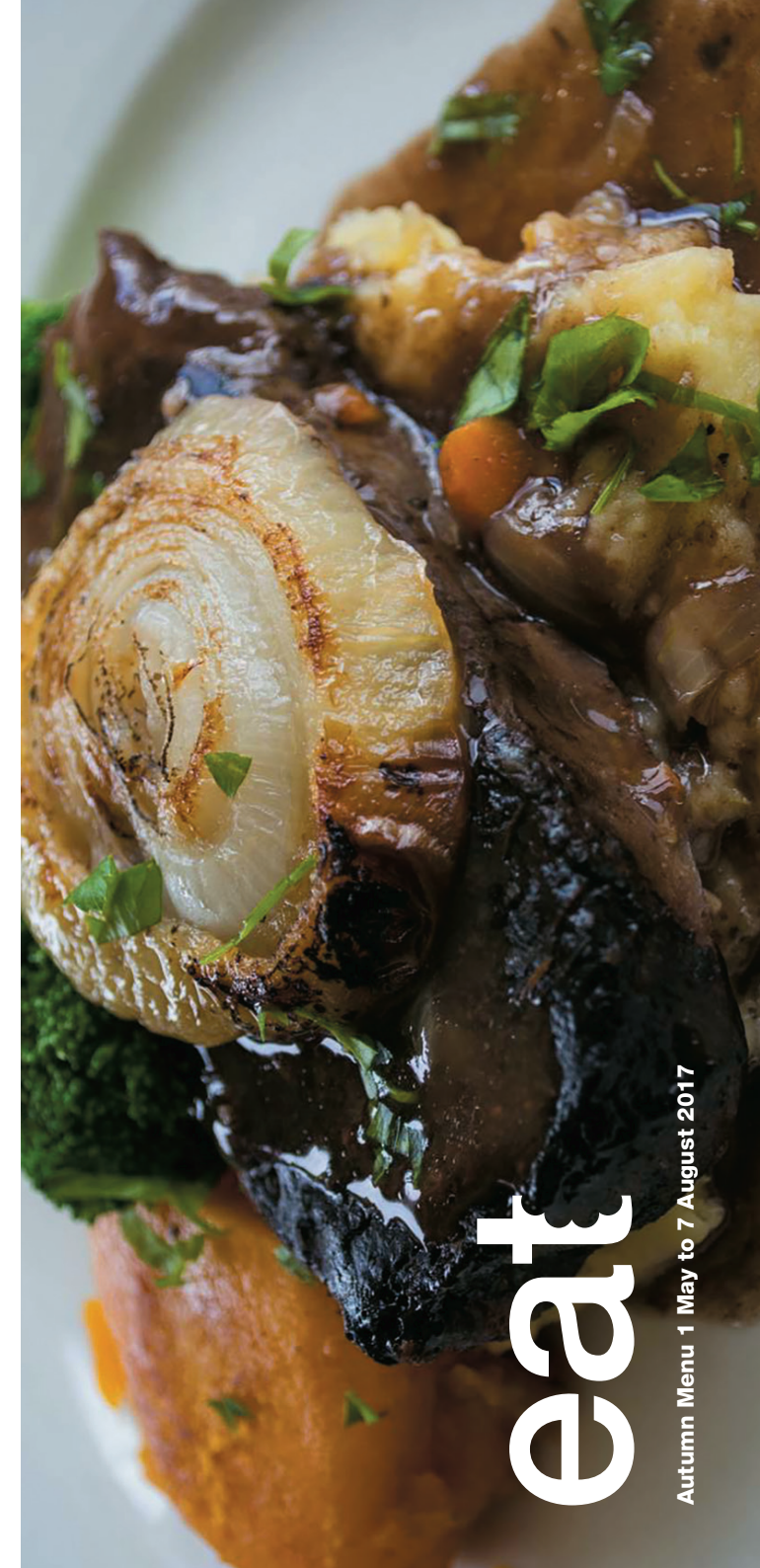
**Step One** – Remove the band and place the tray in the microwave. DO NOT lift the film or puncture the film. For FROZEN meals, defrost first for best results.

**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 oven to 160c
- Remove film.
- Heat for approximately 20-25min or until piping hot.



eat

# eat

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

# TIDDLY eats

Up-size add \$1.50

## MENU ONE

**Delivery week starting**  
1-May-17  
5-Jun  
10-Jul

**Free Range Roast Pork** with caramelised apple, roast vegetables, peas & broccoli. \$11.80 **GF** **DF**

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

**Miso Free Range Chicken** with egg noodles and asian vegetables \$10.90 **DF**

Fresh Fish with **Parsley Sauce**, mashed potato, carrots & garden peas. \$10.90

Slow cooked **Angus Beef Steak** with herbed butter, pureed spinach, saute potato & carrot. \$10.90 **GF**

Angus **Beef Rendang** is pure deliciousness. Comes with turmeric rice \$10.90 **GF**

**Westcoast Blackball Pork Sausages** with caramelised onion, wedges, peas, tomato. \$10.90 **GF** **DF**

**Chicken and vegetable pie** with a traditional pastry top \$10.90

**Pumpkin, Kumara, Potato, Spinach & Pea au Gratin.** \$9.90

- 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**  
8-May-17  
12-Jun  
17-Jul

**Roast Pure Wairarapa Red Devon Rump** with cauliflower cheese and roast vegetables. \$11.50

**Braised Citrus Pork Steak with a classic gravy**, citrus granish, potato au gratin, pea, beans & edamame medley \$10.90

**Free Range Marmalade Chicken** with potato & pumpkin au gratin and baby beans. \$10.90 **GF**

Traditional **Fish Pie** topped with delicious sliced potato top. \$10.90

**Steak with Fried Onion ring** mash potato, pumpkin, broccoli \$10.90 **GF**

**Steak and Kidney Pie** with parsley potato, carrot rings & baby beans \$10.90

Delicious **Angus Meatballs** with vegetables (silverbeet, potatao carrot, celery, peas) and white beans \$10.90 **DF**

**Bacon and Leek Frittata** impossible pie with vegetable salad \$10. 50

Creamy and delicious, **Pasta Pomodoro** \$9.90

### 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**  
15-May-17  
19-Jun  
24-Jul

**Grilled Ham Steak**, cumberland sauce, roast vegetables, peas & grilled pineapple \$11.50 **GF** **DF**

Braised **Lamb Shank** with mashed potato, carrot sticks, baby beans. \$13.90 **GF**

**Free Range Chicken** roasted with potato, pumpkin, leeks, olives and parsley with lemon. \$10.90 **GF** **DF**

**Pan-Fried Fish**, lemon caper sauce, sauté paprika potato & stir fried vegetables. \$10.90

**Swiss Steak** with steamed potato, pumpkin and broccoli. \$10.90 **GF**

**Melt In Your Mouth Angus Beef Stew** with a carrot & potato mash & spinach \$10.90 **GF**

Westcoast Blackball **Beef Sausages** with caramelised onion, bubble & squeak & tomato gravy. \$10.90 **GF**

**Beef Bolognese** Penne Pasta \$10.50 **DF**

Kumara, Pumpkin, Cauliflower, Spinach and **Chickpea Coconut Curry** \$9.90 **GF** **DF**

## MENU FOUR

**Delivery week starting**  
22-May-17  
26-Jun  
31-Jul

Traditional Free Range **Roast Chicken** with fresh made whole, cranberry sauce, roast vegetables & peas. \$11.50 **DF**

**Pickled Pork** with parsley sauce, mashed potato, carrot rings and cabbage/silverbeet. \$10.90

Slow braised **Angus steak** in delicious, rich sauce with a medley of steamed potato, carrot & baby beans. \$10.90 **GF** **DF**

**Fish Mornay** with mashed potato, carrots & baby beans. \$10.90

**Angus Beef and Vegetable Hot Pot** with gratinated potato top. \$10.90 **GF**

**Beef Rissole** with wedges, mixed vegetables, carmalised onion and gravy. \$10.90

**Beef Tikka Masala** (medium hot) comes with rice \$10.90 **GF**

**Spinach and Bacon Penne** Pasta in a fresh tomato sauce \$10.50

**6 Vegetable Mornay** (Cauliflower, Kumara, Pumpkin, Potato, Carrot & Spinach) \$9.90

### 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.

GOODNESS GUARANTEED

Where ever you see these symbols

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

## MENU FIVE

**Delivery week starting**  
29-May-17  
3-Jul  
7-Aug

**Free Range Chicken Breast wrapped in bacon** with traditional roasties & butter spinach. \$11.90

**Our Famous Meatloaf** our own relish, roast vegetables & peas \$10.90

**Pork Steak with Capsicum & Almond Pesto**, potato au gratin, carrot & baby beans \$10.90 **GF**

**Pan-Fried Fish**, lemon caper sauce, sauté paprika potato & stir fried vegetables. \$10.90

**Angus Beef and Broccoli** with noodles \$10.90 **DF**

Pure Angus **Beef and Mushroom Pie** with bubble and squeak. \$10.90

**Shepherds Pie** \$10.90 - world famous in New Zealand

**Blackened FR Chicken** with a brown lentil and vegetable stew \$10.90 **GF** **DF** medium hot

**Fabulous macaroni cheese** \$9.90

## EXTRAS

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

**SOUPS \$4.50** **GF** **DF** **SF**

- Chicken and Vegetable Soup
- Cauliflower and Leek Soup
- Pumpkin and Coconut Soup

**PUDDINGS \$4.90**

- Apple and Rhubarb Crumble
- Creamy Rice with Rhubarb and Strawberry Compote
- Steamed Golden Syrup
- Baked Apple Pudding
- Boysenberry Cheesecake



**BAKING \$7.00**

- Boiled Sultana Cake
- Banana Cake
- Carrot Cake
- Lemon Syrup Cake
- Chocolate Caramel Brownies
- Chocolate Charity Cake

(full sales amount goes to Sweet Louise Cancer Support Charity)

TIDDLY MEALS FOR TIDDLY EATERS



1 box of 16 meals for \$126.00

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 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 \$126.00 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

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