

# DAILY DEALS!

## Fresh Meal Deals

(applies only to eat fresh standard meals)

### 6+6 Deal – \$82

6 different meals and a choice of 6 from the soup and dessert menu

### 5+5 Deal – \$70

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 \$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 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](http://eat.co.nz)

eat unlimited  
t: +64 4 560 1960  
[orders@eat.co.nz](mailto: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 **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 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

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

Up-size add \$1.50

## MENU ONE

Delivery week starting  
27 Nov  
ONLINE ORDERS ONLY  
5 Feb 2018

Free range **roast pork with caramelised apple**, roast vegetables, peas and broccoli. \$11.90 **WF** **DF**

NZ prime **Beef Steak** with bearnaise style sauce, saute potato, pumpkin and baby beans. \$10.95

**Waitoa Free Range Italian chicken** with vegetable medley. \$10.95

**Fish baked with green salsa verde**, warm potato salad, with roast corn, carrot, edamame and mustard mayo \$10.95 **WF**

**Summer style Irish beef stew** and vegetable with potato colcannon \$10.95

**Chicken coq au vin**, pommes boulangere & green beans \$10.95 **WF**

**Moroccan beef tagine** with vegetable couscous \$10.95 **WF**

**Red wine beef pie** with creamy mash and buttered spinach \$10.95

**Cauliflower, pumpkin and spinach au gratin** on a sliced potato and onion base. \$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  
4 Dec  
HOLIDAY FROZEN  
12 Feb 2018

**Roast NZ Rump** with yorkshire pudding and roast vegetables and peas. \$11.90

**French style NZ pork with apples, cider & cream sauce**, pommes boulangere & lemon buttered beans \$11.50 **WF**

Free range **Piri Piri Chicken** with a spanish styled rice. \$10.95 **WF**

**Traditional smoked fish pie** topped with delicious mashed potato. \$10.95

**Swiss steak** with creamy mash, pumpkin and baby beans. \$10.95 **WF**

Prime **NZ beef meatloaf**, roast vegetables, broccoli and blackberry sauce made from whole blackberry's 10.95

**Oven baked chicken** with a buttery HIGH PROTIEN silverbeet, carrot, tomato and french green lentil \$10.95 **WF**

**Blackball beef sausages** with, onion gravy, horseradish mash, peas and grilled tomato.. \$10.95 **WF**

**Pasta puttenasca.** \$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  
11 Dec  
15 Jan 2018  
19 Feb 2018

Free range **roast chicken with black current stuffing**, roast vegetables, cauliflower and beans. \$11.90

**Lamb shank** braised red wine jus with creamy mash, carrot, baby beans. \$13.95 **WF**

**Grilled ham steak**, cumberland sauce, roast vegetables, peas & grilled pineapple \$10.95 **WF**

**Pan-fried fish**, lemon caper sauce, handmade wedges & stir fried vegetables. \$10.95

Prime NZ **steak with fried onion ring sauté potato**, pumpkin, broccoli \$10.95 **WF**

**Melt-in -your-mouth-beef-stew** with a carrot & potato mash & spinach \$10.95 **WF**

Waitoa free range **lemon chicken**, baked vegetable medley and lemon sauce. \$10.95 **WF**

Gorgeous tender **beef stroganoff** with parsley rice \$10.95

**Silverbeet and 3 cheese pie.** \$9.90

## MENU FOUR

Delivery week starting  
18 Dec Special Christmas Menu  
22 Jan 2018  
26 Feb 2018

**Roasted lamb** with mint and pea pesto, roast vegetables & pan fried spinach. \$12.95 **WF**

Prime **NZ beef meatloaf**, roast vegetables and our own relish. TASTY \$10.95

**Chicken and vegetable pie.** Comes with a pastry top and vegetable medly. \$10.95

**Mediterranean fish** with tomato, olives, zucchini and pommes boulangere. \$10.95 **WF**

Classic NZ **pork steak** with a classic gravy, potato au gratin & silverbeet \$10.95 **WF**

Greek styled, slow cooked, **beef stifado**, potato baked in the jacket and fresh lemony green beans. \$10.95

**Slow cooked steak** with parsley butter on a barley spiked, carrot, silverbeet, leek & potato braise. \$10.95

Creamy **Penne pasta with bacon and spinach** \$10.50

**6 vegetable au gratin** (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.

Where ever you see these symbols

**WF** Wheat Free **DF** Dairy Free **SF** Sugar Free

## MENU FIVE

Delivery week starting  
NO DELIVERY Christmas Closure  
29 Jan 2018  
5 March 2018

Free range **roast chicken, whole cranberry sauce**, roast vegetables & baby beans. \$11.90

**Corned beef** with mustard sauce, mash potato, carrot ring, cabbage & silverbeet. \$10.95

**Maple pork** with its super tasty sauce comes with a greens and crushed potato, onion and capsicum slice \$10.95

**Pan-fried fish**, lemon caper sauce, handmade wedges & stir fried vegetables. \$10.95

**Favourite beef rissole** with wedges, mixed vegetables, caramelised onion and gravy. \$10.95

**Chicken and chorizo paella.** \$10.95 **WF**

**Blackball pork sausages** with caramelised onion, bubble & squeak, tomato gravy . \$10.95 **WF**

Fabulous **shepherds pie** world famous in New Zealand \$10.50

**Fabulous macaroni cheese** \$9.90

## EXTRAS

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

### SOUPS \$4.90 **WF**

- Tomato and red capsicum soup
- Chicken and vegetable
- Summer fresh green pea soup

### PUDDINGS \$4.90

- Apple and peach crumble
- Creamy rice with strawberry and rhubarb compote
- Chocolate self saucing pudding
- Apricot sponge
- Passionfruit cheesecake



### BAKING \$7.00

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

# TIDDLY eats

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

GOODNESS GUARANTEED

0800 328 333  
[orders@eat.co.nz](mailto:orders@eat.co.nz)  
[www.eat.co.nz](http://www.eat.co.nz)



## ORDERING FOR CHRISTMAS

Orders Must be in by **Monday 4th December to guarantee your choice.** Otherwise it's a case of 'what we have left'.

### Pre Christmas Delivery

**Nationwide:** Tuesday 19th December

**Wellington:** Tuesday 19th December

**Lower Hutt:** Wednesday 20th December

**Kitchen Door Collects:** Monday 18th December  
– Wednesday 20th December

### OFFICE HOURS

**CLOSED:** Thursday 21st December (including) and reopens Wednesday 3rd January 10am.

**OPEN HOURS OVER THE HOLIDAY PERIOD**  
Wednesday 3rd January and Thursday 4th January 10am – 2pm.

Monday 8th January – Friday 12th January  
9am – 1pm.

Skeleton staff will be dispatching a limited supply of frozen holiday meals and taking orders for Menu 1 of our summer menu being dispatched on Monday 15th January 2018

**NORMAL OPERATION AND SUMMER MENU START MONDAY 15TH JANUARY 2018.**

0800 328 333 [eat.co.nz](http://eat.co.nz)

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## HEATING INSTRUCTION

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**For the very best results remove the film and heat in the oven at 160C UNCOVERED for 20min.**

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eat for christmas  
eat

# eat



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



### Special Christmas Week Menu

**Christmas Lamb** with a fig and orange jus, baby jersey bennies, baked pumpkin and minted peas. \$13.60

**Christmas Turkey** with cranberry sauce and all the trimmings \$15.60

**Christmas Oven Baked Ham** with cumberland sauce with caramelised pineapple, roast vegetables, peas and cauliflower \$11.60

**Christmas Salmon** with Dill and Caper sauce with baby jersey bennies, roast carrot, combo of zucchini and green and edamame beans \$15.90 - MUST pre order

**Waitoa free range Christmas Chicken** with blackcurrant sauce, \$11.60

#### Everyday Menu

**Slow cooked steak** with herb butter \$10.95

**Beef Burger style rissole** with wedges \$10.95

**Chicken and vegetable pie** \$10.95

**Greek styles beef stifado** with baked potato \$10.95

**Mediterranean fish** with pommies boulangere. \$10.95

#### Christmas sweet

**Christmas plum pudding with brandy custard** \$4.95

**Berry pannacotta** \$5.50

**Christmas sherry trifle** \$4.95

**CHRISTMAS CAKE** \$13.00

**PLUS anything from the regular dessert and cake menu**

#### Goldilocks Christmas Tiddly Box \$135

2 x Christmas Turkey with all the trimmings

2 x Christmas Ham with cumberland sauce

2 x Christmas Lamb with Orange and Fig jus

2 x Meatballs and Spaghetti

2 x Roast Pork with caramelised apple

2 x Burger and Wedges

2 x California Steak

2 x Vegetable au Gratin

1 x Christmas Plum Pudding with custard

1 x Passionfruit Cheesecake

**Total: 16 (260gm) meals & 2 desserts**

### Holiday Frozen 400gm Meal Deals for 2017

All boxes containing twelve frozen meals \$122

#### 12 meals no fish

Roast Pork  
Roast Beef  
Shepherd's Pie  
Macaroni Cheese  
Grilled Sausages  
California Steak  
Melt in your mouth stew  
Steak & Fried Onion  
Pork and Apricot  
Chicken Pie  
Mediterranean Chicken  
Italian Meatballs

#### 12 meals no chicken

Roast Pork  
Roast Beef  
Shepherd's Pie  
Macaroni Cheese  
Grilled Sausages  
Pan fried Fish  
California Steak  
Melt in your mouth stew  
Steak & Fried Onion  
Pork and Apricot  
Beef Rissolle with onion  
Italian Meatballs

#### 12 meals no pork

Roast Lamb  
Shepherd's Pie  
Roast Beef  
Beef Rissolle with onion  
Macaroni Cheese  
Pan fried Fish  
Melt in your mouth stew  
Steak & Fried Onion  
Chicken Pie  
Mediterranean Chicken  
Italian Meatballs  
California Steak

#### 12 meals of everything

Roast Pork  
Shepherd's Pie  
Roast Beef  
California Steak  
Macaroni Cheese  
Melt in your mouth stew  
Pan fried Fish  
Pork and Apricot  
Steak and Onion  
Meatballs and Spaghetti  
Beef Rissolle with onion  
Chicken Pie

All Boxes containing seven frozen meal \$71.00

#### 7 meals no fish

Roast Pork  
Shepherd's Pie  
Vegetable Au Gratin  
Steak & Onion  
Beef Rissolle with onion  
Melt in your mouth beef stew  
Chicken Pie

#### 7 meals no chicken

Roast Pork  
Shepherd's Pie  
Vegetable Au Gratin  
Steak & Onion  
Pan fried Fish  
Beef Rissolle with onion  
Melt in your mouth beef stew

#### 7 meals no pork

Roast Beef  
Shepherd's Pie  
Vegetable Au Gratin  
Steak & Onion  
Pan fried Fish  
Melt in your mouth beef stew  
Chicken Pie

#### 7 meals of everything

Roast Pork  
Shepherd's Pie  
Vegetable Au Gratin  
Steak & Onion  
Pan fried Fish  
Chicken Pie  
Melt in your mouth beef stew



- Menu only available until stock sold out
- Standard meal NOT less than 450gm

#### Delivery Fees

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North Island next day \$12.  
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Christchurch & Nelson bays next day \$16.  
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