

eat



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



Up-size add \$1.50 Menu 22 June 2016 - 24 August 2016

MENU ONE

Delivery week starting

20-Jun
25-Jul
29-Aug

Free range roast pork with caramelised apple, roast vegetables & peas. \$11.80 **GF** **DF**

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

Hoisin chicken with asian vegetables and steamed rice \$10.90 **DF**

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

Wairarapa angus beef and vegetable hotpot (comes with gratinated potato top). \$10.90 **SF**

Free range chicken coq au vin, pommes boulangere & green beans \$10.90 **SF**

Roscoes angus beef and bacon stew with pumpkin & kumara mash & spinach \$10.90 **GF** **SF**

Ground beef pie with bubble and squeak. \$10.50 **SF**

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

MENU TWO

Delivery week starting

27-Jun
1-Aug
5-Sep

Roast pure wairarapa red devon rump with yorkshire pudding and roast vegetables. \$11.70 **SF**

French pork with apples, cider & cream sauce, pommes boulangere & green beans \$11.50 **GF**

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

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**

Irish beef and guinness casserole, potato colcannon, steamed sliced carrot \$10.90

Free range tandoori chicken with steamed rice \$10.90 **GF** **SF**

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

Vegetable pasticco which is similar to a vegetable mousakka \$9.50 **SF**

MENU THREE

Delivery week starting

4-Jul
8-Aug
12-Sep

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

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 fresh raisin and apple chutney on a potato, silverbeet, spinach, carrot, zucchini braise \$10.90 **GF** **DF** **SF**

Beef lasanga. Its the best lasagna you will EVER taste. \$10.70

Vegetable fried rice \$9.50 **GF** **DF** **SF**

MENU FOUR

Delivery week starting

11-Jul
15-Aug
19-Sep

Roasted hogget with mint & pea pesto roast vegetables & pan fried spinach. \$12.90 **GF** **DF** **SF**

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

Chicken and leek pie. Comes with a pastry top and vegetable medly. \$10.90

Traditional fresh NZ white fish pie. \$10.50 **SF**

Delicious pork steak with a classic gravy, potato au gratin & baby beans \$10.90 **SF**

Steak and kidney pie with carrot, spinach and mash potato. \$10.90

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

Creamy penne pasta with bacon and spinach \$10.50 **SF**

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

MENU FIVE

Delivery week starting

18-Jul
22-Aug
26-Sep

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

Tender pork steak with florentine sauce, potato au gratin, carrot & baby beans \$11.20 **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

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

Amazing macaroni cheese \$9.50 **SF**

Where ever you see these symbols

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

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

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.

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

EXTRAS

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

SOUP \$4.50 all dairy, wheat and sugar free

- Beef scotch broth
- Chicken and vegetable
- Pumpkin and coconut
- Bacon and leek chowder

PUDDINGS \$4.90

- Apple and gooseberry crumble
- Creamy rice with apricot
- Sticky date with fudge sauce
- Boysenberry and apple fruit pudding
- Passionfruit Cheesecake



BAKING \$7.00

- Boiled sultana cake
- Banana cake with walnut icing
- Carrot cake sour cream icing
- Lemon Syrup Cake
- Chocolate caramel brownies

TIDDLY MEALS FOR TIDDLY EATERS

TIDDLY eats



1 box of 16 meals for \$126.00

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 \$126.00 Contents change weekly, please ask the order taker or view at our online shop. eat.co.nz/shop

For the best and tastiest results thaw meals first.. before heating.



Images of actual meals, thawed, heated and plated

0800 328 333
orders@eat.co.nz
www.eat.co.nz