

# 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](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 **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

### TIDDLY MEALS FOR TIDDLY EATERS

Up-size add \$1.50

## MENU ONE

Delivery week starting  
14-Aug  
18-Sep  
23-Oct

Free range **roast pork** with caramelised apple, roast vegetables & peas. \$11.90  
**GF DF SF**

**Steak with béarnaise** style sauce, sauté potato, pumpkin and baby beans. \$10.95 **SF**

**Hoisin chicken** (we make our own hoisin sauce) asian vegetables and steamed rice. \$10.95

Fresh **fish with parsley sauce**, mashed potato & garden peas. \$10.95 **SF**

NZ prime **beef and vegetable hotpot** (comes with gratinated potato top). \$10.95

Free range **chicken coq au vin**, pommes boulangere & green beans. \$10.95 **GF**

**Roscoe's angus beef and bacon stew** with pumpkin & kumara mash & sautéed spinach. \$10.95  
**GF SF**

Ground prime **beef pie** with creamy mash, carrots and beans. \$10.95

**Cauliflower au gratin** on a sliced potato and onion base. \$9.90 **SF**

- 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  
21-Aug  
25-Aug  
30-Oct

Prime NZ **beef roast rump** with yorkshire pudding and roast vegetable and broccoli. \$11.90

**French styled pork** with apples, cider & cream sauce, pommes boulangere & green beans. \$10.95 **GF**

Free range **chicken cacciatori** with a sauté vegetable medley. \$10.95  
**GF DF**

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

Prime NZ **swiss steak** with creamy mash, pumpkin and baby beans. \$10.95 **GF SF**

**Irish beef and guinness** casserole, potato colcannon, steamed sliced carrot. \$10.95

Free range **sweet and sour chicken** with vegetable fried rice. **GF DF** \$10.95

**Blackball beef sausages** with caramelised onion, wedges, peas, tomato gravy. \$10.95 **GF DF**

**Roasted vegetables with penne** - similar to a vegetable moussaka. \$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  
28-Aug  
2-Oct  
6-Nov

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

**Lamb shank** braised with mashed potato & baby beans. \$13.90 **GF**

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

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

NZ prime beef **steak with fried onion ring** sauté potato, pumpkin, roast broccoli \$10.95 **GF DF SF**

**Melt-in -your-mouth-beef-stew** with carrot & potato mash & spinach. \$10.95 **GF SF**

**Pork steak & a fresh raisin apple chutney**, potato, silver beet, spinach, carrot, zucchini braise. \$10.95 **GF DF**

Creamy penne **pasta with bacon and mushrooms**. \$10.95 **SF**

Super healthy, **vegetarian Lasagne**. Layered with vegetables and red lentil. \$9.90

## MENU FOUR

Delivery week starting  
4-Sep  
9-Oct  
13-Nov

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

Our **famous meatloaf**, roast vegetables and our own relish. TASTY \$10.95

**Chicken marbella**, (you loved it last time) with baby beans and turmeric rice. \$10.95

Traditional fresh **NZ white fish pie**. \$10.95 **SF**

Delicious **pork steak with a classic gravy**, potato au gratin & baby beans \$10.95 **SF**

**Steak and kidney pie** with carrot, spinach and mash potato. \$10.95

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

**Beef lasagne**. Its the best lasagne you will EVER taste. \$10.95

**6 vegetable au gratin** (cauliflower, kumara, pumpkin, potato, carrot & spinach). \$9.90 **SF**

### 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  
11-Sep  
16-Oct  
20-Nov

Free Range **Chicken Breast wrapped in Bacon**, with roast vegetables, peas and edamame beans. \$11.90

Tender **pork steak with florentine sauce**, potato au gratin, carrot & baby beans. \$10.95 **SF**

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

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

Delicious **chicken and vegetable pie**. \$10.95

Best ever **beef chilli con carne** with rice. This is a big favourite. \$10.95 **GF**

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

Fabulous **shepherds pie** world famous in New Zealand. \$10.95 **SF**

Amazing **macaroni cheese** \$9.90 **SF**

## EXTRAS

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

**SOUPS \$4.80** **GF SF**

- Split pea and ham soup
- Chicken, vegetable & rice noodle
- Pumpkin and coconut

**PUDDINGS \$4.90**

- Apple and vanilla bean crumble
- Creamy rice with strawberry and rhubarb compote
- Sticky date with fudge sauce
- Steamed apple and blueberry pudding
- Boysenberry Cheesecake



**BAKING \$7.00**

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



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

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