

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$95

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

5+5 Deal – \$79

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 \$120

8 meals \$80

Eat Tiddly

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

16 meals \$130

(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 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

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 (gives best result)

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



eat

Summer Menu 25 Jan to 7 May 2021

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting
25-29 Jan 2021
01-5 Mar
5-9 Apr

NZ grown **roast pork** with caramelised apple, roast vegetables, peas & broccoli \$12.80

Steak with bearnaise style sauce, saute potato, pumpkin and baby beans \$12.50

Summer time **chicken and vegetable pie** \$12.40

Steamed fresh **NZ fish** with parsley sauce, creamy mash and garden peas \$12.40

Melt In your mouth beef stew with a carrot & potato mash and buttered spinach \$12.40

Bacon and mushroom penna pasta \$12.40

Beetroot & beef patties with fried onion ring, kumara & spinach mash and red wine jus. \$12.40

Gourmet **pork sausages** with caramelised onion, wedges, peas, tomato gravy \$12.40

Cauliflower au gratin on a sliced potato and onion base \$11.00

MENU TWO

Delivery week starting
01-5 Feb
8-12 Mar
12-16 Apr

Prime **roast beef rump** with cauliflower cheese and roast vegetables. \$12.80

Swiss steak with creamy mash, pumpkin and baby beans. \$12.50

Creamy boneless **mustard chicken** with new potatoes and baby beans \$12.40

Traditional **smoked fish pie** with creamy mash top \$12.40

NZ **pork steak** with fresh raisin & apple chutney, braised potato, silverbeet, carrot, zucchini \$12.40

NZ **beef and bacon stew** with roast vegetable hash \$12.40

Beef kofta with roast vegetable couscous and hummus dressing. \$12.40

Beef lasagne. Its the best lasagne you will EVER taste. \$12.40

Creamy and delicious **pasta pomodoro** \$11.00

MENU THREE

Delivery week starting
8-12 Feb
15-19 Mar
19-23 Apr

Slow cooked **lamb shank**, creamy potato, cumin roasted carrots and beans \$14.80

Slow cooked **beef steak** with mustardy greens and garlic mash \$12.50

Chicken cacciatori with a saute vegetable medley \$12.40

Fish provencale with baked baby gourmet potatoes \$12.40

NZ **pork steak** with florentine sauce, potato au gratin, carrot & baby beans \$12.40

NZ **beef with red wine pie** with potato/silverbeet colcannon \$12.40

Beef masala curry with steamed rice \$12.40

Pesto and bacon pasta \$12.40

Vegetarian shepherds pie \$11.00

MENU FOUR

Delivery week starting
15-19 Feb
22-26 Mar
26-30 Apr

Boneless roast chicken, whole cranberry sauce, roast vegetables & peas \$12.80

Delicious **steak Diane** with pumpkin & potato au gratin, peas, edamame beans \$12.50

Famous meatloaf, roast vegetables, silverbeet & cabbage and our own relish. TASTY \$12.40

Steamed **fish with ratatouille** and saffron rice \$12.40

Grilled **ham steak**, cumberland sauce, roast vegetables, peas & grilled pineapple \$12.40

Greek styled **beef stifado** with gourmet baked potato, carrots and baby beans \$12.40

The very best **Italian meatballs**, tomato sauce with spaghetti noodles \$12.40

Gourmet **beef sausages** with caramelised onion, bubble & squeak, tomato gravy \$12.40

Penne pasta with roast pumpkin, broccoli & feta \$11.00

MENU FIVE

Delivery week starting
22-26 Feb
29 Mar - 2 Apr
3-7 May

Roast lamb with red currant salsa, roast vegetables & pan fried spinach \$13.90

Prime **beef steak with mushroom** sauce, roast potato, pumpkin & broccoli \$12.50

Boneless **marmalade chicken**, gourmet baked potato, carrot & spinach \$12.40

Pan-fried fish, lemon caper sauce, handmade wedges & stir fried vegetables \$12.40

Hoisin pork with rice and green sunshine salad \$12.40

Corned beef with mustard sauce, mash potato, carrot ring, cabbage & silverbeet \$12.40

Slow cooked **beef ragu** & silverbeet with tagliatelle pasta \$12.40

Fabulous **shepherds pie** world famous in New Zealand \$12.40

Fabulous **macaroni cheese** \$11.00

EXTRAS

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

SOUPS \$4.90

- Freshest Tomato Soup
- Chicken, noodle & vegetable
- Corn chowder and bacon

PUDDINGS \$5.40

- Apple and Boysenberry Crumble
- Creamy Rice with Apricot
- Lemon self saucing pudding
- Chocolate self saucing pudding
- Cookies and cream cheesecake
- Passion fruit cheesecake



BAKING \$7.00

- Black forest cake
- Boiled sultana cake
- Carrot cake cream cheese icing
- Lemon syrup cake
- Chocolate caramel slice
- Ginger crunch

- 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 \$25.00.
Christchurch & Nelson Bays next day \$20.00.
North Island next Day \$16.00.
Fixed day Lower Hutt and Wellington \$10.00.
Collect from Kitchen Door: FREE.
Sorry, RD address must be picked up from local Courier Post 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

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

TIDDLY eats

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 \$130.00. Contents change weekly. eat.co.nz/shop

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



Images of actual meals, thawed, heated and plated