

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$120

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

5+5 Deal – \$100

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 \$150

8 meals \$100

Eat Tiddly

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

16 x 260gm potluck meals (8 twin packs)
\$140

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. We do not deliver to RD addresses or remote areas delivered to by a rural NZ post driver.



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

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. We partner with New Zealand post to make this delivery and because the package is perishable no signature is required.

If you don't have your order by 2pm, you can call us on **0800 328 333**. One of the lovely ladies in the office will be able to tell you the status of your delivery and follow up with New Zealand post on any issues or delays.

HEATING INSTRUCTION

It's as easy as 1, 2, 3

MICROWAVE HEATING – for average 850w microwave

Step one – Remove the sleeve and place the tray in the microwave. DO NOT lift or puncture the film. (For FROZEN meals please defrost first!)

Step two – Microwave on HIGH for 4 minutes. The film will expand to make a steam tent, it will then self-vent to release steam and deflate.

Step three – Remove from microwave, leave to stand for 1 minute then peel back the film – Please ensure you protect yourself from steam burn by carefully pulling the film back towards you.

OVEN HEATING INSTRUCTIONS

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



eat

Winter Menu 4 August to 19 December 2025

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting

04-08 August
08-12 September
13-17 October
17-21 November

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$15.20**

Beef rissole with caramelised onion, potato roasties and mixed vegetables. **\$14.90**

Slow cooked beef and brandy potato au gratin, carrots and steamed green beans. **\$14.90**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatoes and stir fried vegetables. **\$14.90**

Chicken hotpot. Chicken and vegetables in a white sauce with a scalloped potato top. **\$14.90**

Beef stroganoff with steamed rice. **\$14.50**

Honey baked chicken with potato gratin and steamed green beans. **\$14.90**

Sticky sausages with sauted vegetables. **\$14.90**

Thai vegetable curry with rice. **\$13.50**

MENU TWO

Delivery week starting

11-15 August
15-19 September
20-24 October
24-28 November

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.20**

Pork with apricot, potato au gratin and steamed green beans. **\$14.90**

Corned beef with mustard sauce, mash potato, buttered silverbeet, cabbage and carrot. **\$14.90**

Keralan fish curry with steamed rice. **\$14.50**

Peri peri chicken with pommes bolangere and steamed greens. **\$14.90**

Steak and kidney pie (pastry top) carrot and potato mash, buttered spinach. **\$14.90**

French braised chicken with braised vegetables. **\$14.90**

Spaghetti bolognese. **\$14.50**

Debbies veggie ragu with penne pasta **\$13.50**

MENU THREE

Delivery week starting

18-22 August
22-26 September
27- 31 October (Labour WE)
01-05 December

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.00**

NZ pork steak with creamy dijon sauce, creamy mash, pumpkin and green beans. **\$14.90**

Tender NZ beef steak with fried onion ring creamy potato, pumpkin, broccoli. **\$14.90**

Smoked fish pie (potato top). **\$14.90**

Beef rogan josh with steamed rice. **\$14.50**

Beef and bacon casserole with vegetable au gratin and steamed broccoli. **\$14.90**

Thyme roasted chicken with mushroom sauce, pommes boulangere and broccoli florets. **\$14.90**

Traditional pork sausages, a balsamic onion gravy and bubble and squeak. **\$14.90**

Pasta pomodoro. **\$13.50**

MENU FOUR

Delivery week starting

25-29 August
29 Sept - 03 Oct
03-07 November
08-12 December

Succulent roast chicken with whole cranberry sauce, roast vegetables and peas. **\$15.20**

Pickled pork with parsley sauce, creamy mash, carrots and peas. **\$14.90**

Swiss steak, medley of sautéed vegetables. **\$14.90**

Cheesy fish mornay with creamy mash, peas and carrots. **\$14.90**

Asian Inspired gingered beef and Broccoli with Rice. **\$14.50**

Famous meatloaf with relish, roast potato, pumpkin, and buttered cabbage. **\$14.90**

Tuscan chicken with vegetable gratin and green beans. **\$14.90**

Beef lasagne, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$14.90**

Spinach and three cheese pie. **\$13.50**

MENU FIVE

Delivery week starting

01-05 September
06-10 October
10-14 November
15-19 December

Roast leg of lamb, with pea and mint pesto, roast vegetables and creamed spinach. **\$15.50**

Pork steak with a gorgeous peppercorn cream sauce with baby beans, rosemary roast pumpkin & potatoes. **\$14.90**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin & baby beans. **\$14.90**

Steamed fish with parsley sauce, creamy mash, peas and carrots. **\$14.90**

Classic mild chicken curry with steamed rice. **\$14.50**

Irish beef stew with potato colcannon **\$14.90**

Creamy boneless dijon chicken with pommes boulangere and broccoli florets. **\$14.90**

Traditional cottage pie (premium NZ beef) with creamy mash top. **\$14.90**

Macaroni cheese. **\$13.50**

All Roasts, steaks and casseroles are cooked long and slow and should be very tender

EXTRAS

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

SOUPS \$6.00

- Chicken veg and noodle
- Pumpkin and coconut
- Split pea and ham

PUDDINGS \$6.00

- Peach and apple crumble
- Rice pudding with stewed plum
- Golden syrup steamed pudding
- Apple and berry steamed pudding
- Caramel Cheesecake



BAKING \$8.00

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate caramel slice
- Ginger slice
- Raspberry slice
- Christmas Cake \$19 (Available November 17th)

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 deliciousness has 16 x 260gm meals. These are made up of eight different meals packaged as 'twin packs' so you get two of every delicious dish.

The meals are 'Potluck' and have no relation to the current week's fresh menu.

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



Images of actual meals, thawed, heated and plated

Deliveries
Wellington (Tuesday set day) \$16.00
Hutt Valley (Wednesday set day) \$16.00
Kapiti - Pukerua Bay - Waikanae (Tuesday set day) \$16.00
North Island next day \$18.00

Manawatu - Otaki - Palmerston (Tuesday set day) \$18.00
South Island next day \$35.00
Wairarapa (Tuesday set day) \$18.00
Sorry - No rural delivery!

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

GOODNESS GUARANTEED

Payment info: Payment by debit card, credit card, or bank transfer. Bank Details: Fresh is Best 2006 Limited. 030502 0575744 00

Ak: 09 972 9316
Wn: 04 560 1960
0800 328 333
www.eat.co.nz

ORDERING FOR CHRISTMAS

Orders must be in by **Friday 5th December** to guarantee your choice – Otherwise it's a case of what we have left. So get in early and don't miss out!

PRE-CHRISTMAS DELIVERY:

Christmas cake: Our fabulous Christmas cake will be available for purchase and delivery from 17th November.

LOCAL DELIVERIES (Wellington, Kapiti, Manawatu-Otaki-Palmerston, Wairarapa, Hutt valley): Fresh Christmas orders will be delivered as normal on your set delivery day week commencing 22 December 2025

FROZEN: Christmas holiday boxes and our **Tiddly Festive cheer boxes** will be delivered Wednesday 17th December.

FRESH: Our **Christmas fresh festive menu** will be delivered nationwide Tuesday 23rd December.

KITCHEN DOOR (COLLECTS): Frozen holiday boxes will be available for collection from week commencing 15th December and Christmas Fresh menu will be available to collect from 10am Monday 22nd December till Wednesday 4pm 24th December.

*Merry Christmas and Happy
Holidays from the team
@ eat*

CHRISTMAS CLOSEDOWN AND HOLIDAY HOURS

CLOSE DOWN: We will divert our phones for the holiday period from 4pm Wednesday 24th December and will return 10am Monday 5th January 2026.

HOLIDAY HOURS: We will have skeleton staff in the office, taking orders and dispatching our set holiday frozen boxes. We will also be taking orders for fresh meals and desserts from our new Summer menu which starts on Tuesday 20th January 2026 (Wellington Anniversary is Monday 19th January so we will be closed on Monday).

Monday 5th January – to Thursday 8th January – Open 10am – 1pm. Dispatching holiday frozen boxes only.

Friday 9th January – CLOSED.

Monday 12th January to Friday 16th January – Open 9am – 1pm. Dispatching holiday frozen boxes only. We will also be taking orders for upcoming fresh menu.

Tuesday 20th January: Resuming delivery of our weekly fresh menu. We will be taking advantage of the summer hours and hopefully a bit of afternoon sun by closing the office early at 3pm each day.

WELLINGTON ANNIVERSARY: Monday 19th January – CLOSED, Nationwide delivery day is Wednesday 21st January. Wellington, Kapiti, Manawatu-Otaki-Palmerston, Wairarapa, Hutt valley delivered as per set delivery day.

WAITANGI DAY: Friday 6th February – CLOSED.

Normal operation of 9am – 4pm will resume Monday 2nd March.

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HEATING INSTRUCTION

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eat

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

Christmas Meals and Desserts

Christmas festive fresh menu – all meals 450gms

Delivering week commencing 22nd December 2025

Christmas Turkey and gravy, whole cranberry sauce, walnut stuffing, roast vegetables, broccoli and peas **\$18.00**

Lamb Shank with creamy mash, honey roasted carrots and steamed green beans **\$16.00**

Smoked Salmon and spinach penne pasta **\$14.90**

Pan fried fish with lemon and dill sauce, baby gourmet potato's, edamame, zucchini and baby beans **\$14.90**

Christmas roast pork, caramelised apple, roast vegetables, peas and broccoli **\$14.90**

Marmalade glazed Christmas ham, Cumberland sauce, caramelised pineapple, roast vegetables and cauliflower florets **\$14.90**

Beef Lasagne **\$14.90**

Beef Steak with herb butter, roast vegetable medley and green beans **\$14.90**

Pasta Pomodoro **\$13.50**

Fresh desserts

Plum pudding with brandy custard **\$7.00**

Very berry sherry trifle **\$7.00**

Puddings

Passionfruit cheesecake **\$6.00**

Apple and berry crumble **\$6.00**

Rice pudding with apricot **\$6.00**

Chocolate self-saucing **\$6.00**

Blueberry sponge **\$6.00**

Baking

Margaret's Christmas cake packed with fruit and almonds topped with buttercream icing **\$19.00**

Carrot cake with cream cheese icing **\$8.00**

Boiled sultana cake **\$8.00**

Ginger slice **\$8.00**

Chocolate caramel slice **\$8.00**

12 FROZEN HOLIDAY BOX \$165 (Standard meals not less than 400gm)

No Fish 12

Roast Pork

Roast Beef

Cottage pie

Vegetable gratin

Chicken lasagne

Steak Bearnaise

Beef Bourguignon

Meatballs & spaghetti

Corned Beef

Pork and Apricot

Roast Chicken

Meatloaf

No Chicken 12

Roast Pork

Roast Beef

Cottage Pie

Vegetable gratin

White Fish pie

Steak Bearnaise

Beef Bourguignon

Meatballs & spaghetti

Corned Beef

Pork and Apricot

Pan fried fish

Meatloaf

No Pork 12

Lamb Roast

Roast Beef

Cottage Pie

Macaroni cheese

White Fish pie

Steak Bearnaise

MIYM beef stew

Meatballs & spaghetti

Corned Beef

Chicken lasagne

Roast Chicken

Pan fried fish

Everything deluxe 12

Roast Pork

Roast Lamb

Cottage Pie

Macaroni cheese

White Fish pie

Steak Bearnaise

Beef Bourguignon

Meatballs & spaghetti

Corned Beef

Pork and Apricot

Roast Chicken

Meatloaf

8 FROZEN HOLIDAY BOX \$112 (Standard meals not less than 400gm)

No Fish 8

Roast Pork

Cottage pie

Macaroni cheese

Chicken lasagne

Steak and onion

Beef rissole

Beef Bourguignon

Pickled Pork

No Chicken 8

Roast Pork

Cottage pie

Macaroni cheese

White fish pie

Steak and onion

Beef rissole

Beef Bourguignon

Pickled Pork

No Pork 8

Roast Chicken

Cottage pie

Vegetable gratin

White fish pie

Steak and onion

Beef rissole

MIYM beef stew

Chicken lasagne

Everything deluxe 8

Roast Lamb

Cottage pie

Vegetable gratin

White fish pie

Steak and onion

Roast Chicken

MIYM beef stew

Pickled Pork

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Tiddly festive cheer box \$155

Roast Turkey – 300gm single serve

Roast lamb – 300gm single serve

Roast Pork – (Twin pack 2x260gm)

Pan Fried fish with dill sauce – (Twin pack 2x260gm)

Steak and onion – (Twin pack 2x260gm)

Cottage Pie – (Twin pack 2x260gm)

Beef Bourguignon – (Twin pack 2x260gm)

Chicken Lasagne – (Twin pack 2x260gm)

Vegetable gratin – (Twin pack 2x260gm)

Plus.. one Passionfruit cheesecake and one Plum pudding with brandy custard.

Put Eat under your Christmas tree



Order an Eat 'Gift voucher'
online, by email or over
the phone...

From \$20 or \$50, or \$100...

*"Make someone happy
and give the gift of
food this Christmas!"*