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!

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.

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.

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.

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.

TIP!
Heating from frozen?.. always thaw first for the tastiest results.
MENU ONE
Delivery week starting 06-May - 10 May
10-Jun - 14 Jun
15-Jul - 26 Jul
NZ grown roast pork with caramelised apple, roast vegetables, peas & roast broccoli. $11.50
Steak with béarnaise sauce, sauté potato, pumpkin and baby beans. $11.50
Chicken parmigiana with tagliatelle, fresh rug & mozzarella $11.70
Pan-fried fish, lemon caper sauce, handmade wedges & stir fried vegetables. $11.00
Prime NZ beef and bacon stew with roast vegetable hash $11.50
Stir fried NZ pork steak with florentine sauce, handmade wedges & stir fried vegetables $11.50
Up-size add $1.50
Up size to 500gms+ for $1.50

MENU TWO
Delivery week starting 13-May - 17 May
17-Jun - 21 Jun
22-Jul - 26 Jul
Pure NZ prime roast beef with cauliﬂower cheese and roast vegetables $11.70
Swiss steak with creamy mash, pumpkin and baby beans. $11.50
Free range honey lime chicken with sauté potato, carrot, broccoli, spinach $11.50
Traditional smoked ﬁsh pie topped with a creamy mash. $11.50
NZ pork steak with ﬂorentine sauce, potato au gratin, carrot & baby beans $11.50
Melt in your mouth beef stew with carrot and potato mash and buttered spinach $11.50
Tender beef tagine (means slow cooked) with medley of seasoned vegetables $11.50
Delicious chicken and vegetable lasagna $11.50
Silverbeet and 3 cheese pie $9.90
Vegetarian Lasagna $9.90

MENU THREE
Delivery week starting 20-May - 24 May
24-Jun - 28 Jun
29-Jul - 2 Aug
Moroccan braised lamb shank, creamy mash, carrot sticks, baby beans. $14.20
Prime NZ slow cooked steak with fried onion ring sauce $11.50
Free range chicken coq au vin with potato au gratin and baby beans. $11.50
Fish with leek and lemon, roasted rosemary potatoes, carrots and peas. $11.50
NZ pork steak with fresh raisin and apple chutney on a potato, sauce, spinach, carrot, braise $11.50
Prime beef & red wine pie with creamy potato colcannon $11.50
Traditional butter chicken with steamed basmati rice $11.50
Steak and kidney pie with carrot, spinach and creamy mash. $11.50
Not hot just tasty texmex beef steak perfectly paired with wedges and baby beans $11.50
Awesome Spaghetti bolognese in the richest sauce $11.50
Roasted hoggart or lamb with mint and pea pesto roast vegetables & pan fried ﬂish. $13.00
Corned beef with mustard sauce, mash potato, carrot ring, cabbage & silverbeet. $11.50
Roasted marmalade chicken with pumpkin & potato au gratin and baby beans $11.50
Fresh fish with a baked herb crust & lemon sauce, gourmet baked potato, carrots & exmaine $11.50
Slow cooked & spice pork steak with steamed asian greens and noodles $11.50
Slow cooked prime beef steak with mushroom sauce, mashed potato $11.50
Beef ragan josh curry with rice. This is a big favourite $11.50

MENU FOUR
Delivery week starting 27-May - 31 May
1-Jul - 5 Jul
5-Aug - 9 Aug
Moroccan braised lamb shank, creamy mash, carrot sticks, baby beans. $11.50
Prime NZ slow cooked steak with fried onion ring sauce $11.50
Free range chicken coq au vin with potato au gratin and baby beans. $11.50
Fish with leek and lemon, roasted rosemary potatoes, carrots and peas. $11.50
NZ pork steak with fresh raisin and apple chutney on a potato, sauce, spinach, carrot, braise $11.50
Traditional butter chicken with steamed basmati rice $11.50
Vegetarian Lasagna $9.90

MENU FIVE
Delivery week starting 2-Jun - 28 Jun
6-Jul - 10 Jul
12-Aug - 16 Aug
Prime NZ slow cooked steak with fried onion ring sauce $11.50
Free range chicken coq au vin with potato au gratin and baby beans. $11.50
Traditional butter chicken with steamed basmati rice $11.50
Moroccan braised lamb shank, creamy mash, carrot sticks, baby beans. $11.50
Prime NZ slow cooked steak with fried onion ring sauce $11.50
Free range chicken coq au vin with potato au gratin and baby beans. $11.50
Traditional smoked ﬁsh pie topped with a creamy mash. $11.50
NZ pork steak with ﬂorentine sauce, potato au gratin, carrot & baby beans $11.50
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Delicious chicken and vegetable lasagna $11.50
Silverbeet and 3 cheese pie $9.90

EXTRAS
This full range of yummy soups, desserts and home baking is available on all menus
SOUPS $4.90
• Pumpkin and coconut soup
• Chicken, noodle & vegetable
• Cream of cauliflower soup
PUDDINGS $4.95
• Pear and plum crumble
• Creamy rice with strawberry and rhubarb
• Baked caramel pudding
• Choco-mint cheesecake
• Wildberry cheesecake

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Up-size add $1.50

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 Plimmur Street, Lower Hutt.