

# eat

**SUMMER MENU**  
22 January to 7 June 2024

# eat

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

Up-size add \$1.50

## MENU ONE

### Delivery week starting

22-26 January 2024 (Wgtn An)  
26 Feb - 1 March  
1-5 April (Easter Monday)  
06-10 May

**Pure NZ roast pork** with caramelised apple, roast vegetables, peas and broccoli. **\$14.80**

**Our famous meatloaf** with our own relish, roast potato, pumpkin and buttered cabbage. **\$14.50**

**Tender NZ beef steak** with mushroom sauce, roast vegetable medley and steamed baby beans. **\$14.50**

**Steamed hoki** with parsley sauce, creamy mash, carrot rings and garden peas. **\$14.50**

**Free range golden chicken** with leek, spinach, pea trio and potato au gratin. **\$14.50**

**Beef hotpot**, slow cook beef and vegetables with a scalloped potato top. **\$14.50**

**Free range French chicken** with braised vegetables. **\$14.50**

**Our own beef meatballs** with a tomato ragu and spaghetti. **\$14.50**

**Summer vegetable gratin**. **\$13.00**

## MENU TWO

### Delivery week starting

29 Jan-02 February (Auck An)  
4-8 March  
8-12 April  
13-17 May

**Pure NZ roast beef** with cauliflower cheese and roast vegetables. **\$14.80**

**Pickled pork** with parsley sauce, creamy mash, beans and carrot. **\$14.50**

**Slow cooked beef steak** with red wine jus, potato au gratin, carrots and steamed green beans. **\$14.50**

**Smoked salmon** and spinach penne pasta. **\$14.50**

**Sweet and sour chicken** with vegetable fried rice. **\$14.50**

**Melt in your mouth' beef stew**, carrot and potato mash, buttered spinach. **\$14.50**

**Marmalade chicken** with potato boulangère and steamed broccoli. **\$14.50**

**Spicy beef kofta** with chickpea and lemon sauce. Comes with roast vegetable pearl couscous. **\$14.50**

**Creamy coconut**, lentil and spinach curry with steamed rice. **\$13.00**

## MENU THREE

### Delivery week starting

05 - 9 February (Waitangi)  
11 - 15 March  
15 - 19 April  
20 - 24 May

**NZ lamb shank** braised in red wine with creamy mash, carrot sticks, baby beans. **\$15.80**

**NZ pork and apricot** with potato au gratin and baby beans. **\$14.50**

**Tender NZ beef steak** with fried onion ring creamy potato, pumpkin, broccoli. **\$14.50**

**Our very own smoked fish pie**. **\$14.50**

**Red Thai chicken curry** with steamed rice. **\$14.50**

**Beef and beer casserole**, potato roasties and green beans. **\$14.50**

**Creamy boneless mustard chicken** with pommes boulangère and broccoli florets. **\$14.50**

**Traditional pork sausages**, a balsamic onion gravy and bubble n squeak. **\$14.50**

**Vegetarian potato top pie**. **\$13.00**

## MENU FOUR

### Delivery week starting

12 - 16 February  
18 - 22 March  
22 - 26 April (Anzac Day)  
27 - 31 May

**Free range roast chicken** with whole cranberry sauce, roast vegetables and peas. **\$14.80**

**Corned beef** with mustard sauce, mash potato, buttered silverbeet / cabbage and carrot. **\$14.50**

**California beef steak** with a citrus based sauce, comes with potato au gratin and steamed green beans. **\$14.50**

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

**Free range chicken** and vegetable Pie with pastry top. **\$14.50**

**Beef stiffado** with buttered baby potato, carrots and baby beans. **\$14.50**

**Hoisin pork** with rice and green sunshine salad (Edamame beans, corn, onion, celery, green beans). **\$14.50**

**Beef lasagne**, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$14.50**

**Penne pasta** with roast pumpkin, broccoli and feta. **\$13.00**

## MENU FIVE

### Delivery week starting

19-23 February  
25 - 29 March (Good Friday)  
29 April - 3rd May  
03 - 07 June (Kings Birthday)

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

**Tarragon pork steak**, with creamy mash, pumpkin and baby beans. **\$14.50**

**NZ beef steak** with béarnaise sauce, sauté potato's, pumpkin and baby beans. **\$14.50**

**Pan-fried NZ fish**, lemon caper sauce, chunky roastie potato and stir fried vegetables. **\$14.50**

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

**Braised beef and vegetable casserole** with potato colcannon **\$14.50**

**Chicken cacciatori** with garlic buttered baby potato and green beans. **\$14.50**

**Traditional cottage pie** (premium NZ beef) with creamy mash top. **\$14.50**

**Macaroni cheese**. **\$13.00**

## DAILY DEALS!

### Fresh Meal Deals

(applies only to eat fresh standard meals)

#### 6+6 Deal - \$115

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

#### 5+5 Deal - \$90

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 meals \$140

(box contents change weekly)

## EXTRAS

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

### SOUPS \$5.50

- Chicken Veg & Noodle
- Meatball Soup - it's delicious!

### PUDDINGS \$6.00

- Apple and Berry crumble
- Rice pudding with Apricot
- Chocolate self saucing pudding
- Caramel cheesecake



- Passionfruit cheesecake

### BAKING \$8.00

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate caramel slice
- Ginger slice
- Raspberry slice

### Deliveries

Wellington (Tuesday set day) \$16.00  
Kapiti - Pukerua Bay- Waikanae (Tuesday set day) \$16.00  
Manawatu - Otaki - Palmerston (Tuesday set day) \$18.00  
Wairarapa (Tuesday set day) \$18.00

Hutt Valley (Wednesday set day) \$16.00  
North Island next day \$18.00  
South Island next day \$35.00  
Sorry - No rural delivery!

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



**Ak: 09 972 9316**  
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[www.eat.co.nz](http://www.eat.co.nz)

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