

eat



WINTER MENU
10 June to 25 October 2024

eat

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

Up-size add \$1.50

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

MENU ONE

Delivery week starting

19-23 August
23-27 September

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

Swedish meatballs with creamy mash, carrots and steamed beans (very popular!). **\$14.50**

Slow cooked beef and brandy potato au gratin, carrots and steamed green beans. **\$14.50**

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

Our ever popular chicken lasagne. **\$14.50**

NZ beef bourginion mashed potato, sliced carrots and green medley. **\$14.50**

Peri-peri chicken with pommes boulangère and steamed baby beans. **\$14.50**

Devilled sausages with creamy mash and broccoli. **\$14.50**

Vegetable au gratin. **\$13.00**

MENU TWO

Delivery week starting

26-30 August
30 Sep - 4 Oct

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

Braised pork and maple, with potato colcannon and carrot. **\$14.50**

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

Fish Provencal with steamed greens and buttered potatoes. **\$14.50**

Asian inspired gingered chicken & broccoli with steamed rice. **\$14.50**

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

Chicken coq au vin with potato gratin and broccoli. **\$14.50**

Slow cooked lamb ragu with penne pasta. **\$14.50**

Pumpkin, spinach and chickpea coconut curry with steamed rice. **\$13.00**

MENU THREE

Delivery week starting

2-6 September
7-11 October

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

NZ braised pork steak, with creamy apple cider sauce with mash potato and baby beans. **\$14.50**

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

Classic white fish pie (potato top). **\$14.50**

Green Thai chicken curry with steamed rice **\$14.50**

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

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

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

Vegetarian bolognese with spaghetti. **\$13.00**

MENU FOUR

Delivery week starting

9-13 September
14-18 October

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

Grilled ham steak with Cumberland sauce, roasted vegetables, caramelised pineapple and spinach. **\$14.50**

Tender NZ beef steak with herb butter, medley of sautéed vegetables. **\$14.50**

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

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

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

Miso chicken (super delicious) with roasted carrot and potato chunks. **\$14.50**

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

Pasta pomodoro. **\$13.00**

MENU FIVE

Delivery week starting

16-20 September
21-25 October

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

Pork Florentine with creamy mash and a medley of steamed (broccoli, carrot and cauliflower) vegetables. **\$14.50**

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

Cheesy fish mornay with creamy mash, peas and carrots. **\$14.50**

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

Steak and kidney pie with creamy potato mash and steamed carrots. **\$14.50**

Blackened chicken (made with Moroccan spices) in a bed of brown lentils, apple, celery, carrot and silverbeet. **\$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 – \$95

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 soup
- Roasted Pumpkin soup
- Split Pea and Ham soup

PUDDINGS \$6.00

- Apple, pear and cinnamon crumble
- Rice pudding with rhubarb and strawberry compote
- Golden syrup pudding



- Sticky date pudding
- Chocolate 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



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www.eat.co.nz

Payment info: Payment by debit card, credit card, or bank transfer. Bank Details: EAT. 030502 0575744 00.