

# eat



**MENU**  
23 February 2026 to 1 May 2026

# eat

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

Up-size add \$1.50

## MENU ONE

**Delivery week starting**  
23-27 February  
30 Mar-03 April (Good Friday)

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

**Our famous meatloaf** with our own relish, roast potatoes, pumpkin and buttered cabbage. **\$14.90**

**Tender NZ beef steak** with mushroom sauce, roast vegetable medley and steamed baby beans. **\$14.90**

**Steamed hoki with capsicum pesto**, summer ragu and spaghetti. **\$14.90**

**Golden chicken** with leek, spinach, pea trio and potato au gratin. **\$14.90**

**Beef hotpot**, slow cook beef and vegetables with a scalloped potato top. **\$14.90**

**Chicken and chorizo Paella.** **\$14.90**

**Beef and bacon pie (Pastry top)** with roastie potato's and broccoli. **\$14.90**

**Summer vegetable gratin.** **\$13.50**

## MENU TWO

**Delivery week starting**  
02-06 March  
06-10 April (Easter Monday)

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

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

**Slow cooked beef steak** with red wine jus, potato au gratin, carrots and steamed green beans. **\$14.90**

**Smoked salmon and spinach penne pasta.** **\$14.90**

**Sweet and sour chicken** with vegetable fried rice. **\$14.90**

**Melt in your mouth' beef stew**, carrot and potato mash, buttered spinach. **\$14.90**

**Baked chicken** with Romesco sauce, new potatoes and creamed spinach. **\$14.90**

**Tasty beef kofta** and chickpea sauce and a vegetable couscous. **\$14.90**

**Creamy coconut, lentil and spinach curry** with steamed rice. **\$13.50**

## MENU THREE

**Delivery week starting**  
09-13 March  
13-17 April

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

**Tarragon pork steak**, with creamy mash, pumpkin and baby beans. **\$14.90**

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

**Our very own white fish pie.** **\$14.90**

**Red Thai chicken curry** with steamed rice. **\$14.90**

**Beef and beer casserole**, potato roasties and green beans. **\$14.90**

**Boneless chicken** with coriander and peanut pesto, with vegetable salad. **\$14.90**

**Traditional Pork sausages**, balsamic onion gravy and bubble & squeak. **\$14.90**

**Pasta Pomodoro.** **\$13.50**

## MENU FOUR

**Delivery week starting**  
16-20 March  
20-24 April

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

**Glazed ham with Cumberland sauce**, roasted vegetables, caramelised Pineapple. **\$14.90**

**California beef steak** with a citrus based sauce, comes with potato au gratin and steamed green beans. **\$14.90**

**Yellow fish curry** with steamed rice. **\$14.90**

**Free range chicken and vegetable pie** with pastry top. **\$14.90**

**Beef stiffado** with buttered baby potatoes, carrots and baby beans. **\$14.90**

**Hoisin pork** with rice and green sunshine salad (Edamame beans, corn, onion, celery, green beans). **\$14.90**

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

**Spinach, mushroom and lentil bolognese** with spaghetti. **\$13.50**

## MENU FIVE

**Delivery week starting**  
23-27 March  
27 April-01 May (Anzac Day)

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

**Swedish meatballs** (pork) with creamy mash, pumpkin and baby beans. **\$14.90**

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

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

**Classic mild chicken curry** with steamed rice. **\$14.90**

**Braised beef and vegetable casserole** with potato colcannon **\$14.90**

**Chicken cacciatori** with garlic buttered baby potatoes and green beans. **\$14.90**

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

**Macaroni cheese.** **\$13.50**

## 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 meals \$140**

(box contents change weekly)

## EXTRAS

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

### SOUPS \$6.00

- Chicken, veg and noodle
- Minestrone soup

### PUDDINGS \$6.00

- Apple and berry crumble
- Rice pudding with apricot
- Chocolate self-saucing
- Blueberry sponge



- Passionfruit cheesecake

### BAKING \$8.00

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

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

Hutt Valley (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**  
**Wn: 04 560 1960**  
**0800 328 333**

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

www.eat.co.nz