

eat



AUTUMN WINTER MENU
8 June 2026 to 18 September 2026

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting

08-12 June
13-17 July
17-21 August

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$15.50**

Our famous meatloaf with our own relish, roast potatoes, pumpkin and buttered cabbage. **\$15.10**

Slow cooked beef and brandy potato au gratin, carrots and steamed green beans. **\$15.10**

Traditional smoked fish pie topped with creamy mash. **\$15.10**

Miso chicken (super delicious) with roasted carrot and potato chunks. **\$15.10**

NZ beef bourguignon mashed potato, sliced carrots and green medley. **\$15.10**

Our ever popular chicken lasagna. **\$15.10**

Asian inspired gingered beef and broccoli with rice. **\$15.10**

Spinach, silverbeet three cheese pie. **\$13.50**

MENU TWO

Delivery week starting

15-19 June
20-24 July
24-28 August

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.50**

Traditional pickled pork with parsley sauce, creamy mash, carrot and buttered cabbage. **\$15.10**

Slow cooked beef steak with red wine jus, potato au gratin, carrots and steamed green beans. **\$15.10**

Smoked salmon and spinach penne pasta. **\$15.10**

Chicken stroganoff with steamed rice and broccoli. **\$15.10**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **\$15.10**

Creamy boneless Dijon chicken with pommes boulangere and broccoli florets. **\$15.10**

Steak and kidney pie (pastry top) carrot and potato mash, buttered spinach. **\$15.10**

Pumpkin, spinach and chickpea coconut curry with steamed rice. **\$13.50**

MENU THREE

Delivery week starting

22-26 June
27-31 July
31 August-04 September

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.50**

NZ braised pork steak, with creamy apple cider sauce with mash potato and baby beans. **\$15.10**

Tender NZ beef steak with fried onion, creamy potato, pumpkin, broccoli. **\$15.10**

Cheesy fish mornay with creamy mash, carrots and peas. **\$15.10**

Butter chicken with steamed rice. **\$15.10**

Beef and bacon casserole with vegetable au gratin and steamed broccoli. **\$15.10**

Cider chicken with roasted carrot & potato chunks and creamed spinach. **\$15.10**

Traditional pork sausages, balsamic onion gravy and bubble and squeak. **\$15.10**

Vegetarian Shepherds pie. **\$13.50**

MENU FOUR

Delivery week starting

29 June-03 July
03-07 August
07-11 September

Herb and butter basted roast chicken with whole cranberry sauce, roast vegetables & peas. **\$15.50**

Grilled ham steak with Cumberland sauce, roasted vegetables, caramelised pineapple and spinach. **\$15.10**

Slow cooked beef brisket, with creamy mash, honey roasted carrots and steamed green beans. **\$15.10**

Big favourite ... Kerala fish curry with steamed coconut rice. **\$15.10**

Winter chicken and vegetable pot pie with pastry top. **\$15.10**

Irish beef stew with potato colcannon **\$15.10**

Retro style pork steak with apricot. Comes with a potato and spinach au gratin. **\$15.10**

Beef lasagne, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$15.10**

Creamy leek and mushroom penne pasta. **\$13.50**

MENU FIVE

Delivery week starting

02-05 June (Kings Birthday)
06-09 July (Matariki)
10-14 August
14-18 September

Roast Lamb, with pea and mint pesto, roast vegetables and creamed spinach. **\$15.70**

Corned beef with mustard sauce, mash potato, buttered silverbeet / cabbage and carrot. **\$15.10**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin and baby beans. **\$15.10**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potato's and stir fried vegetables. **\$15.10**

Classic mild chicken curry with steamed rice. **\$15.10**

Beef and Beer casserole, potato roasties and green beans. **\$15.10**

Chicken coq au vin with potato au gratin and baby beans. **\$15.10**

Cottage pie (NZ beef) with a creamy mash top. **\$15.10**

Always good macaroni cheese. **\$13.50**

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

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$123

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

5+5 Deal – \$103

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 \$145

(box contents change weekly)

EXTRAS

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

SOUPS \$6.50

- Chicken, veg and noodle
- Minestrone soup

PUDDINGS \$6.50

- Apple, pear and cinnamon crumble
- Rice pudding with stewed plum
- Sticky date pudding
- Blueberry sponge



- Winter berry cheesecake

BAKING \$8.50

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

Deliveries

Wellington (Set day) \$18.00
Kapiti - Pukerua Bay- Waikanae (Set day) \$18.00
Manawatu - Otaki - Palmerston (Set day) \$20.00
Wairarapa (Set day) \$20.00

Hutt Valley (Set day) \$18.00
North Island next day \$20.00
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