

eat

SPRING SUMMER MENU

21 September 2026 to 28 Decmeber 2026

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting

21 - 25 September
26 - 30 October (Labour Day)
30 Nov - 04 Dec

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

Boneless chicken with a coriander and peanut pesto and roast vegetable salad. **\$15.40**

Tender NZ beef steak with mushroom sauce, roast vegetable medley and steamed beans **\$15.40**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatoes and stir fried vegetables. **\$15.20**

NZ beef bourginion mashed potato, sliced carrots and green medley. **\$15.40**

Delicious boneless golden chicken with a creamy potato au gratin and leek, spinach and pea trio. **\$15.40**

Beef rissole, peas, wedges and caramelised onion. **\$15.20**

Old fashioned devilled sausages with creamy potato mash and peas. **\$15.20**

Creamy leek and mushroom penne pasta. **\$14.0**

MENU TWO

Delivery week starting

28 Sep - 02 Oct
02 - 06 November
07 - 11 December

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.70**

Tuscan chicken with creamy sundried tomato sauce, vegetable gratin and steamed beans. **\$15.40**

Slow cooked braised Swiss steak, potato au gratin, carrots and steamed green beans. **\$15.40**

NZ pork steak with creamy peppercorn sauce, baby beans and rosemary roast pumpkin and potato. **\$15.40**

Teriyaki beef with stir fry vegetables on Hoikken noodles, **\$15.40**

Beef hotpot, tender braised beef with a scallop potato top. **\$15.40**

Good ole pork sausages with bubble and squeak and tomato gravy. **\$15.20**

Pasta pomodoro. **\$14.00**

MENU THREE

Delivery week starting

05 - 09 October
09 - 13 November
14 - 18 December

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.70**

Our famous meatloaf with our own relish, creamy mash, carrots, cabbage and silverbeet. **\$15.40**

Tender NZ steak with fried onion ring creamy potato, pumpkin, broccoli. **\$15.40**

Fish Puttanesca with parmesan roasted baby potatoes and creamed spinach. **\$15.20**

Chicken baked with lemon and leek. Comes with garlic buttered potato, carrot and beans. **\$15.40**

Deliciously tender Beef madras curry with steamed rice. **\$15.40**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **\$15.40**

Creamy bacon, leek and pea pasta. **\$15.20**

Vegetable gratin. **\$14.00**

MENU FOUR

Delivery week starting

12 - 16 October
16 - 20 November
21 - 23 Dec (XMAS MENU)

Herb and butter basted Roast chicken with whole cranberry sauce, roast vegetables and peas. **\$15.70**

Corned beef with mustard sauce, mash potato, buttered silverbeet and cabbage. **\$15.40**

BBQ Beef brisket with creamy mash and steamed beans and glazed carrots. **\$15.40**

Delicious cheesy fish mornay with creamy mash, peas and carrots **\$15.20**

Hoisin NZ Pork, with Asian vegetables and steamed rice **\$15.40**

Delicious Moroccan Beef tagine with couscous. (contains nuts) **\$15.40**

Marmalade chicken with potato gratin and steamed green beans. **\$15.40**

Italian meatballs in a traditional tomato sauce and spaghetti pasta **\$15.20**

Pumpkin, spinach, chickpea and coconut curry with steamed rice. **\$14.00**

MENU FIVE

Delivery week starting

19 - 23 October
23 - 27 November
28 December - CLOSED

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

Hunters tomato and mushroom chicken with potato gratin and steamed beans. **\$15.40**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin and baby beans. **\$15.40**

Traditional white fish pie with potato top. **\$15.20**

Classic mild chicken curry with steamed rice. **\$15.40**

Pickled Pork with parsley sauce, creamy mash, beans and carrot. **\$15.40**

Beef braised with red wine & rosemary. Comes with baked potato, spinach and beans. **\$15.40**

Cottage pie (NZ beef) with a creamy mash top. **\$15.20**

Macaroni cheese. **\$14.00**

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 \$155

8 meals \$105

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 \$6.00

- Chicken, veg and noodle
- Split pea and ham

PUDDINGS \$6.00

- Apple Peach Crumble
- Rice pudding with strawberry & rhubarb
- Pineapple upside down pudding
- Lemon self saucing pudding



- Passionfruit cheesecake

BAKING \$8.00

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

eatPuree

Sample Puree menu
Pricing from \$11.50

- Beef Bolognese with creamy broccoli and glazed carrot.
- Butter chicken with rice and peas.
- Salmon with herbed beetroot and creamy broccoli.

- Omelette with beans, spinach and baked beans.
- Devilled beef with cauliflower gratin, roast pumpkin and glazed carrots.

- Slow cooked lamb with minted peas, cauliflower gratin and roasted vegetables.
- Hickory pork with glazed carrots, cauliflower gratin & roasted veg.

- Creamy fish with herbed beetroot, minted peas and roast vegetables.
- Golden chicken with creamy broccoli, roast pumpkin and braised cabbage.

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

GOODNESS
GUARANTEED

Ak: 09 972 9316
Wn: 04 560 1960
0800 328 333
www.eat.co.nz

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