

**SHELLHARBOUR TO
THIRROUL
EMAIL TO ORDER
INFO@GFEATS.COM.AU**

**GF
EATS**

FAMILY FEEDS

BACON & ROLL BOX BOX 25
12 Eggs, 500g Bacon, 4 x 4pk Rolls

CHICKEN ENCHILLADAS 24
Serves 3 - 4 Delivered Frozen
Add Sour Cream & Salsa 6

PIZZAS 10 EACH
Ham & Pineapple 3 FOR 25
Meatlovers
Mozzarella Pesto
Twin Pack Sauced Bases
(Delivered Frozen)

MEATBALLS
Slow Cooked Meatballs in Bolognese Sauce
2 - 3 Serves 21
4 - 6 Serves 38
Maidea Rigatoni Pasta 500g 8
Maidea Spaghetti 250g 6
Maidea Tagliatelle Pasta 250g 6
Gnocchi (Serves 2 - 3) 16
Garlic Bread 4

BEEF NACHO BOX 36
Everything you need for a Big Nachos
Feed. Just Heat & Serve. Serves 4- 6

**BBQ CHIPOTLE & MAPLE
PORK RIBS**
Slow Cooked ready to pop in the oven to
warm. Can be frozen.
1 x Rack (2 Serves) 24
2 x Rack (4 Serves) 44
Coleslaw (2 -3 Serves) 10

CHICKEN SCHNITZELS 20
4 x Schnittys delivered frozen ready to
pop in the oven for a quick & easy dinner

SOMETHING SWEET

DESSERT BOX 35
Citrus Tart
Caramal Slice
Raspberry Cheesecake
Salted Caramel Cheesecake
2 x Brownie Cookies

4PK GIANT BROWNIE COOKIES 20
Choose 1 x Flavour
Smartie Pants, Choc Orange, Nutella

DAIRY FREE BOX 35
4 x Cinnamon Donuts, 3 x Brownie
Cookies (Vanilla, Double Choc, Cookies &
Cream) Lollies

MIXED SWEET BOX 35
Chefs selection of slices, brownie
cookies, rocky road etc

ORDERS CLOSE

2PM WED FOR SAT ORDERS

PAYMENT

**BANK TRANSFER. DETAILS
SENT VIA TEXT THUR BEFORE
DELIVERY. OR AN ENVELOPE
OF CASH ON DELIVERY**

**FREE DELIVERY ALL ORDER
OVER \$80. \$10 UNDER \$80**

FROZEN RETAIL ITEMS

2PK OF PIES	9
Beef, Chicken, Lentil	
LASAGNE	28
(Serves 2-3)	
SPINACH RICOTTA CANELONNI	26
(Serves 2-3)	
3PK SCROLLS	14
Cinnamon, Maple Pecan or Ham & Cheese, Cheesemite	
12 PK CHICKEN NUGGETS	12
16PK CRUMBED CALAMARI	20
POTATO SCALLOPS	9
ARANCINI	12
6pk Sundried Tomato & Mozzarella	
BERIHURIKARI CURRIES	20/22
VEG CURRIES / MEAT CURRIES	
Zuchinni Red Lentil, Kumera Cashew Nut, Mixed Veg, Aubergine Potato, Chicken Hyderabad, Butter Chicken, Bombay Beef, Lamb Rogan Josh	
CHINESE NEW GARDEN MEALS	12.5
Sweet & Sour Pork, Honey Chicken, Satay Chicken, Beef & Blackbean, Mongolian Beef	
CHINESE NEW GARDEN	15
Spring Rolls or Dim Sims	

NEW BAKE AT HOME FREEZER ITEMS

6PK LEMON TARTS	20
6PK PORTUGUESE TARTS	20
6PK SCONES	12

**GF
EATS**

BREAD

DELIVERED FROZEN

LOAF BANANA BREAD	12
LOAF LOADED FRUIT	12
LOAF ACTIVATED CHARCOAL	12
LOAF FARMHOUSE	11
LOAF SUPER SEEDED	11
LOAF CLASSIC WHITE	8

LOLLIES

CHOC ORANGE BALLS	8
COLOURED CHOC DROPS	8
PARTY MIX	5
FRUIT RINGS	5
SNAKES	5

ORDERING

PLEASE EMAIL US TO ORDER.

PLEASE NO SWAPS, CHANGES ETC

WE WILL BE IN TOUCH TO
CONFIRM PAYMENT DETAILS ETC
AND ADVISE WHEN NEXT IN LINE
FOR DELIVERY. DROP OFF WILL BE
CONTACTLESS.

WE WILL PROVIDE BANK DETAILS
FOR PAYMENT OR EXACT CASH ON
DELIVERY CAN BE ARRANGED.