

**PICK UP OR DELIVERED
SAT 31 JULY
WED 4 AUG**

**PICK UP IN STORE 10AM - 2PM
DELIVERY**

**WOLLONGONG AREA - WED ARVO
SHELLHARBOUR AREA - SAT ARVO**

**LOCK
DOWN
EATS**

FAMILY FEEDS

BREAKFAST BOX 35

12 Eggs, 500g Bacon, 4 x Halloumi,
1 x Avocado, 4pk Rolls, 2ltr Orange Juice

MAC & CHEESE
SMALL (2 - 3 Serves) 18
LARGE (6 - 8 Serves) 35

BEEF CHEEK RAGU
Slow cooked, made fresh for delivery.
Can be frozen.
SMALL (2 - 3 Serves) 25
LARGE (4 - 6 Serves) 48

ADD
GARLIC BREAD 4
PARMASEN CHEESE 4
BAG MAIDEA RIGATE PASTA (500G) 8
FRESH FETTUCINI 2 Serves 10

SALAD OF THE WEEK 24
Roast veg salad with pumpkin, beetroot,
bussels sprouts, red onion, baby spinach
& balsamic reduction (serves 2 - 3 or 4 -
5 as a side)

CHICKEN SCHNITZELS 18
4 x Schnittys delivered frozen ready to
pop in the oven for a quick & easy dinner

HOW TO ORDER

P: 0401296286
WED TO SUN 10AM - 2PM

EMAIL
INFO@GFEATS.COM.AU

SOMETHING SWEET

CHERRY (SERVES 4 - 6) 22

LEMON MERINGUE PIE 24

9PK DONUTS 36

3 X Cinnamon, 2 x Choc, 2 x Caramel,
2 x Raspberry
(we recommend donuts are eaten
on day of pickup/delivery)

5PK BROWNIE COOKIES 25

5pk of your fave flavour. Chocolate,
vanilla, cookies & cream, fairy bread,
choc hazelnut, cherry ripe, mint,
butterscotch, banana, musk)

NETFLIX & CHILL BOX 48

Slab of Rocky road & lolly road, caramel
popcorn & heaps of lollies

MIXED SWEET BOX 35

Chefs selection of slices, brownie
cookies, rocky road etc

ORDERS CLOSE

**11AM MON FOR WED ORDERS
11AM THUR FOR SAT ORDERS**

PAYMENT

**INSTORE ON PICK UP
BANK TRANSFER 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 or 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 19.5

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

LOO ROLL

WHO GIVES A CRAP PREMIUM
DOUBLE LENGTH ROLLS

2 X ROLLS 5
8 X ROLLS 15

**GF
EATS**

ESSENTIALS

BREAD
(DELIVERED FRESH ON
WED / FROZEN ON FRI)

LOAF BANANA BREAD 12

LOAF LOADED FRUIT 12

LOAF ACTIVATED CHARCOAL 12

LOAF FARMHOUSE 11

LOAF SUPER SEEDED 11

LOAF CLASSIC WHITE 8

12 PK CAGE FREE EGGS 4

**2LTR FULL CREAM OR
LITE MILK** 4

**1LTR ALMOND, SOY OR
LACTOSE FREE MILK** 5

2LTR ORANGE JUICE 5

ORDERING

PLEASE CHAT WITH OUR FRIENDLY
TEAM DURING OPENING HOURS OR
EMAIL US TO ORDER. PLEASE NO
SWAPS, CHANGES ETC AT THIS
STAGE. WE WILL BE IN TOUCH TO
CONFIRM PAYMENT DETAILS ETC
AND ADVISE WHEN LEAVING BASE
TO DROP OFF. DROP OFF WILL BE
CONTACTLESS.