

Hearty Foods is a family owned and operated business on the Sunshine Coast. Established over 15 years ago delivering Nutritious ready made meals to the Sunshine Coast, Fraser Coast, Cooloola Shire, Bundaberg, Bribie Island, Caboolture.

If it's a good quality home style cooked meal your looking for then take a look at our extensive menu with the additional choice of regular or large sizes dependant on your appetite and of course a great selection of desserts and soups.

Let Hearty Foods take the fuss and stress out of meal times, whether its lunch or dinner at home or a tasty meal at work, just grab a meal from your freezer and simply heat and eat with peace of mind that your eating a nutritious tasty meal.

Minimum of 7 main meals for delivery

7 Regular sized meals from \$69.65

7 Large sized meals from \$90.65

Meal Sizes

Regular 350g-380g | Large 450g-480g

Do you have a Home Care Package – Great!

You will only need to pay 30%

(from \$3.00 per main meal and \$1.35 for desserts/soups)

Order in bulk and save

order 14 main meals to receive 5% off

**ALL ORDERS MUST BE PLACED BY PHONE OR ONLINE/EMAIL
BY 1PM TO TO INCLUDED INTO THE NEXT DAYS DELIVERY**



DELIVERY AREAS



EVERY TUESDAY

SUNSHINE COAST - SOUTH

Includes and the surrounds of:

Caloundra, Kawana, Mountain Creek, Sippy Downs, Buderim,
Mooloolaba, Maroochydore

EVERY WEDNESDAY

SUNSHINE COAST - NORTH

Includes and the surrounds of:

Bli Bli, Nambour, Palmwoods, Mudjimba, Coolum, Noosa,
Tewantin, Doonan, Cooroy, Eumundi, Yandina

EVERY THURSDAY

MORETON BAY / SUNSHINE COAST HINTERLAND

Includes and the surrounds of:

Bribie Island, Caboolture, Landsborough,
Glasshouse Mountains, Maleny, Mapleton, Flaxton and surrounds

FORTNIGHTLY FRIDAY

GYMPIE / TIN CAN BAY / FRASER COAST

Gympie, Tiaro, Maryborough, Hervey Bay
Tin Can Bay, Cooloola Cove

FORTNIGHTLY MONDAY

HOWARD TO BUNDABERG

Curra, Glenwood, Howard, Childers, Bundaberg, Bargaara,
Burnett Heads, Coral Cove

*Delivery fee of \$5.50 applies to most areas.
Delivery charge may vary depending on location.
Please call for more info.*

pprint.com.au - 2024



**ONLINE
ORDER HERE**



2024 MENU



*Delicious meals delivered to your door
Simply heat and eat*



HOW TO ORDER

PHONE ORDER

NEW

07 5437 7943

Call us weekdays between 8.30am - 2pm

ORDER ONLINE

www.heartyyfoods.com.au

EMAIL ORDER

info@heartyyfoods.com.au

www.heartyyfoods.com.au

CHICKEN DISHES

1. ROAST CHICKEN Reg \$9.95 | Lge \$12.95
Tender roasted chicken served with roast chat potatoes, pumpkin and green beans.

3. CHICKEN A LA KING Reg \$10.95 | Lge \$13.95
Delicious chicken pieces cooked in a white sauce with bacon served with chat potatoes, yellow & green beans.

MILD **14. SATAY CHICKEN** Reg \$9.95 | Lge \$12.95
Tender chicken breast topped with a satay sauce and served with green beans and rice. *(contains nuts)*

15. SWEET & SOUR CHICKEN  Reg \$10.95 | Lge \$13.95
Asian style sweet & sour chicken served with steamed rice & green beans

HOT **16. GREEN THAI CHICKEN CURRY** Reg \$10.95 | Lge \$13.95
Tender chicken cooked in a green curry sauce served with steamed rice, green beans and capsicums.

MILD **17. CHICKEN KORMA CURRY** Reg \$10.95 | Lge \$13.95
Juicy tender chicken cooked in an Indian korma sauce topped with mango chutney, steamed rice and green beans.

19. MUSTARD CHICKEN Reg \$9.95 | Lge \$12.95
Chicken Tenderloins coated in a creamy mustard sauce, bacon & onion mash with peas.

MILD **20. BUTTER CHICKEN** Reg \$9.95 | Lge \$12.95
Tender chicken cooked in a mild Indian spiced butter sauce served with steamed rice and green beans.

37. CHICKEN PARMI Reg \$11.95 | Lge \$14.95
Crumbed chicken fillets, Napoli sauce, grated cheese & parmesan, served with chat potatoes & seasonal vegetables.

47. MANGO CHICKEN Reg \$9.95 | Lge \$12.95
Seasoned tender chicken with a mouth watering mango sauce, served with steamed aussie beans and chat potatoes.

49. CREAMY PESTO CHICKEN PASTA Reg \$9.95 | Lge \$12.95
Penne Pasta with basil pesto cream sauce, chicken fillets, broccoli, baby spinach and topped with cheese. *(contains nuts)*

PORK DISHES

13. OLD ENGLISH SAUSAGES Reg \$9.95 | Lge \$12.95
Served with mash potato, rich gravy, carrots & peas.

12. ROAST PORK Reg \$9.95 | Lge \$12.95
Roasted pork with gravy, chat potatoes and roast pumpkin.

27. PASTA CARBONARA Reg \$9.95 | Lge \$12.95
Spaghetti cooked in a bacon and mushroom cream sauce.

33. PICKLED PORK Reg \$9.95 | Lge \$12.95
Pickled Pork with creamy mustard sauce served with Colcannon mash & seasonal vegetables.

MEDIUM **39. THAI RED PORK & PINEAPPLE CURRY** Reg \$11.95 | Lge \$14.95
Tender pork pieces cooked with pineapple in a Thai red curry sauce with rice & green beans.

MILD **48. CURRIED SAUSAGES** Reg \$9.95 | Lge \$12.95
Pork sausages cooked in a mild curry sauce and served with mashed potato & peas.

BEEF DISHES

4. BEEF SAUSAGES Reg \$9.95 | Lge \$12.95
Mashed potato, rich gravy, carrots & peas

5. COTTAGE PIE Reg \$9.95 | Lge \$12.95
Good old traditional style minced beef, topped with potato mash and served with vegetables.

6. ROAST BEEF Reg \$10.95 | Lge \$13.95
Tender roasted beef served with gravy, chat potatoes, sweet potato and peas.

7. BEEF CASSEROLE  Reg \$11.95 | Lge \$14.95
Tender beef cooked in rich gravy, served with mash and peas

8. SPAGHETTI BOLOGNESE Reg \$9.95 | Lge \$12.95
Everyone's favourite pasta topped with a beef bolognese and grated cheese.

9. BEEF LASAGNE Reg \$9.95 | Lge \$12.95
Traditional bolognese sauce between layers of pasta, topped with a cheese sauce and served with seasonal vegetables.

21. PEPPERED BEEF Reg \$10.95 | Lge \$13.95
Tender roasted beef, topped with creamy pepper sauce, roasted chat potatoes, carrots & peas.

30. BEEF RISsoles Reg \$10.95 | Lge \$13.95
Beef Rissoles topped with gravy and served with mashed potato, peas and carrots.

MILD **32. CHILLI CON CARNE** Reg \$9.95 | Lge \$12.95
Classic Chilli Con Carne served with rice and beans.

MEDIUM **35. BEEF MADRAS CURRY** Reg \$11.95 | Lge \$14.95
A delicious Indian beef madras curry cooked with potatoes, served with rice and green beans.

41. SILVERSIDE Reg \$10.95 | Lge \$13.95
A family favourite - Corned Silver-side served with a sweet potato mash and vegetables.

FISH DISHES

MILD **18. THAI YELLOW PRAWN CURRY** Reg \$12.50 | Lge \$15.50
Prawns & Broccoli cooked in a mild creamy Thai yellow curry sauce & served with steamed rice.

25. ATLANTIC SALMON Reg \$14.95 | Lge \$19.95
Served with creamy dill sauce, seasoned chat potatoes, broccoli, yellow & green beans.

26. TUNA MORNAY PASTA Reg \$9.95 | Lge \$12.95
Tuna Pasta tossed in a mornay sauce served with sweetcorn, peas and sweet potato.

36. SMOKED SALMON FETTUCCINE Reg \$12.50 | Lge \$15.50
Fettuccine topped with smoked salmon, baby spinach in a creamy sauce served with broccoli.

46. BAKED FISH Reg \$9.95 | Lge \$12.95
Wild caught New Zealand Hoki with a cream sauce, served with sweet potato, peas & broccoli.

LAMB DISHES

10. ROAST LAMB Reg \$11.95 | Lge \$14.95
Succulent tender lamb with mint infused gravy and served with chat potatoes, peas and carrots.

22. LAMB, HONEY & MINT SAUSAGES Reg \$9.95 | Lge \$12.95
Served with Mashed potatoes, Peas & carrots.

MILD **24. MASSAMAN LAMB CURRY** Reg \$11.95 | Lge \$14.95
Lamb cooked in a thai style massaman sauce, served with rice and green beans.

42. MONGOLIAN LAMB Reg \$12.50 | Lge \$15.50
Asian style Mongolian lamb cooked with steamed asian vegetables and noodles.

VEGETARIAN / VEGAN DISHES

29. VEGETABLE LASAGNE Reg \$9.95 | Lge \$12.95
Marinated roast vegetables between layers of pasta, topped with three cheeses.

38. VEGETABLE COTTAGE PIE Reg \$9.95 | Lge \$12.95
Vegetables & tofu cooked with tomatoes & topped with mashed potato, served with side of vegetables.

43. VEGETARIAN NOODLE STIRFRY Reg \$9.95 | Lge \$12.95
Stir-fried vegetables and rice noodles with sweet lime and chilli sauce topped with chopped peanuts.

MILD **44. CHICKPEA & PUMPKIN KORMA CURRY** Reg \$9.95 | Lge \$12.95
Mild chickpea & vegetable curry served with basmati rice.

50. TOFU & VEGETABLE BOLOGNESE Reg \$9.95 | Lge \$12.95
Tofu & vegetable cooked with tomatoes, served with spaghetti & parmesan cheese. 

52. MUSHROOM STROGANOFF  Reg \$10.95 | Lge \$13.95
Mushrooms cooked with paprika, mustard & cream served with roast chat potatoes, peas & carrots.

DESSERTS

Desserts are 4.50 each

Apple & Rhubarb Crumble & Custard	Chocolate Bavarian
Bread & Butter Pudding & Custard	Passionfruit Cheesecake
Sticky Date Pudding & Caramel Sauce	Strawberry Cheesecake
Rice Pudding with Raisins & Cinnamon	Peach Sponge & Custard
Choc & Almond Brownie & Choc Sauce	Vanilla Ice-cream Cups \$2

SOUPS

Soups are \$4.50 each

PUMPKIN SOUP	CHICKEN & SWEETCORN SOUP
TOMATO SOUP	POTATO & LEEK SOUP