

2025 MENU

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, Bargara, Burnett Heads, Coral Cove



FORTNIGHTLY

SOUTH BURNETT REGION

Kilkivan, Murgon, Kingaroy, Nanango, Blackbutt, Kilcoy, Beerwah

Coming
March 2025

*Delivery fee of \$6.00 applies to most areas.
Delivery charge may vary depending on location.
Please call for more info.*



ONLINE
ORDER HERE



www.heartyfoods.com.au

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, Cooolool 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 \$1.40 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 BE INCLUDED INTO THE NEXT DAYS DELIVERY



nprint.com.au - 2025



Hearty Foods

Nutritious Convenient Ready Made Meals

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



HOW TO ORDER

PHONE ORDER

07 5437 7943

Call us weekdays between 8.30am - 2pm

ORDER ONLINE

www.heartyfoods.com.au

EMAIL ORDER

info@heartyfoods.com.au

CHICKEN DISHES

1. ROAST CHICKEN Reg \$9.95 | Lge \$13.50

Tender roasted chicken served with gravy, roast chat potatoes, pumpkin and green beans.

3. CHICKEN A LA KING Reg \$10.95 | Lge \$14.50

Delicious chicken pieces cooked in a white sauce with bacon served with chat potatoes, yellow & green beans.

14. SATAY CHICKEN Reg \$9.95 | Lge \$13.50

Tender chicken breast topped with a satay sauce and served with yellow and green beans and rice. *(contains nuts)*

15. SWEET & SOUR CHICKEN Reg \$10.95 | Lge \$14.50

Asian style sweet & sour chicken served with steamed rice & green beans

16. GREEN THAI CHICKEN CURRY Reg \$10.95 | Lge \$14.50

Tender chicken cooked in a green curry sauce served with steamed rice, green beans and capsicums.

17. CHICKEN KORMA CURRY Reg \$10.95 | Lge \$14.50

Juicy tender chicken cooked in an Indian korma sauce topped with mango chutney, steamed rice and green beans.

20. BUTTER CHICKEN Reg \$10.95 | Lge \$14.50

Tender chicken cooked in a mild Indian spiced butter sauce served with steamed rice and green beans.

37. CHICKEN PARMI Reg \$11.95 | Lge \$15.50

Crumbed chicken fillets, Napoli sauce, grated cheese & parmesan, served with chat potatoes & seasonal vegetables.

47. MANGO CHICKEN Reg \$9.95 | Lge \$13.50

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 \$13.50

Penne Pasta with basil pesto cream sauce, chicken fillets, broccoli, baby spinach and topped with cheese. *(contains nuts)*

53. CHICKEN CACCIATORE Reg \$10.95 | Lge \$14.50

Tender chicken cooked with tomatoes, red wine, bacon & olives served with rice & green beans.

PORK DISHES

13. OLD ENGLISH SAUSAGES Reg \$9.95 | Lge \$13.50

Served with mash potato, rich gravy, carrots & peas.

12. ROAST PORK Reg \$10.95 | Lge \$14.50

Roasted pork with gravy, chat potatoes and roast pumpkin.

27. PASTA CARBONARA Reg \$9.95 | Lge \$13.50

Spaghetti cooked in a bacon and mushroom cream sauce.

33. PICKLED PORK Reg \$10.95 | Lge \$13.50

Pickled pork with creamy mustard sauce served with Colcannon mash & seasonal vegetables.

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.

48. CURRIED SAUSAGES Reg \$9.95 | Lge \$13.50

Pork sausages cooked in a mild curry sauce and served with steamed rice & broccoli.

BEEF DISHES

4. BEEF SAUSAGES Reg \$9.95 | Lge \$12.95

Mashed potato, rich gravy, carrots & peas.

5. COTTAGE PIE Reg \$10.95 | Lge \$14.50

Good old traditional style minced beef, topped with potato mash and served with vegetables.

6. ROAST BEEF Reg \$10.95 | Lge \$14.50

Tender roasted beef served with gravy, chat potatoes, sweet potato & 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 & grated cheese.

9. BEEF LASAGNE Reg \$9.95 | Lge \$13.50

Traditional bolognese sauce between layers of pasta, topped with a cheese sauce and served with seasonal vegetables.

21. PEPPERED BEEF Reg \$10.95 | Lge \$14.50

Tender roasted beef, topped with creamy pepper sauce, roasted chat potatoes, carrots & peas.

30. BEEF RISsoles Reg \$10.95 | Lge \$14.50

Beef Rissoles topped with gravy and served with mashed potato, peas and carrots.

31. BEEF STROGANOFF Reg \$10.95 | Lge \$14.50

Tender beef cooked in a mushroom, paprika & mustard sauce served with fettuccine & green beans.

32. CHILLI CON CARNE Reg \$9.95 | Lge \$12.95

Classic chilli con carne served with rice and beans.

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 \$14.50

A family favourite - Corned SilverSide served with a sweet potato mash and vegetables.

FISH DISHES

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.

28. COD & PRAWNS Reg \$14.95 | Lge \$19.95

with parsley sauce, served with mashed potato, broccoli & green peas

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 \$13.50

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.

11. LAMB CASSEROLE Reg \$12.50 | Lge \$15.50

Tender lamb pieces cooked with vegetables & gravy served with roasted chats & Aussie beans.

22. LAMB, HONEY & MINT SAUSAGES Reg \$9.95 | Lge \$13.50

Served with mashed potatoes, Peas & carrots.

24. MASSAMAN LAMB CURRY Reg \$12.50 | Lge \$15.50

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 \$13.50

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.

44. CHICKPEA & PUMPKIN KORMA CURRY Reg \$9.95 | Lge \$12.95

Mild chickpea & vegetable curry served with basmati rice.

45. CREAMY PESTO PASTA Reg \$9.95 | Lge \$13.50

Penne tossed through pesto cream with broccoli & spinach, topped with Parmesan cheese. *(contains nuts)*

52. MUSHROOM STROGANOFF Reg \$10.95 | Lge \$14.50

Mushrooms cooked with paprika, mustard & cream served with roast chat potatoes, peas & carrots.

53. VEGETABLE NUT LOAF Reg \$10.95 | Lge \$14.50

Served with Napoli sauce, roasted chats, pumpkin & green beans.

DESSERTS

Desserts are \$4.65 each

Apple & Rhubarb Crumble & Custard

Bread & Butter Pudding & Custard

Sticky Date Pudding & Caramel Sauce

Rice Pudding with Raisins & Cinnamon

Chocolate Brownie & Chocolate Sauce

Vanilla Ice-cream Cups \$2

Chocolate Bavarian

Passionfruit Cheesecake

Strawberry Cheesecake

Peach Sponge & Custard

Tiramisu

Extra Chocolate .50c

SOUPS

Soups are \$4.65 each

PUMPKIN SOUP

TOMATO SOUP

CARROT, COCONUT & CORIANDER SOUP

CHICKEN & SWEETCORN SOUP

POTATO & LEEK SOUP