

Hearty Foods is a family owned and operated business on the Sunshine Coast. Established over 10 years ago delivering Nutritious ready made meals to the Sunshine Coast, Fraser Coast, Coooloolo Shire, Bundaberg, Bribie Island, Caboolture.

If it's a good quality home style cooked meal you're looking for then take a look at our extensive menu with the additional choice of regular or large sizes depending 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 it's 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 you're eating a nutritious tasty meal.

## MAIN MEALS

Regular \$9.95 Large \$12.50

\*Please note price varies on some dishes

Minimum of 7 main meals for delivery

7 Regular sized meals from \$69.65

7 Large sized meals from \$87.50

### Meal Sizes

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

Do you have a  
Home Care Package – Great!  
**You will only need to pay 30%**

### Order in bulk and save

14 main meals receive 5% off

28 main meals receive 10% off

ALL ORDERS MUST BE PLACED BY 2PM  
FOR THE NEXT DAYS DELIVERY



## DELIVERY AREAS

### EVERY TUESDAY

#### SUNSHINE COAST

Includes and the surrounds of:

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

### EVERY WEDNESDAY

#### SUNSHINE COAST

Includes and the surrounds of:

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

### EVERY THURSDAY

#### MORTEN BAY / SUNSHINE COAST HINTERLAND

Includes and the surrounds of:

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

### FORTNIGHTLY FRIDAY

#### GYMPIE / TIN CAN BAY / FRASER COAST

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

### FORTNIGHTLY FRIDAY

#### HOWARD TO BUNDABERG

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.

nprint.com.au - 2023



## 2023 MENU

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



## HOW TO ORDER

PHONE ORDER

**07 5442 7489**

Call us weekdays between 9am – 2pm

ORDER ONLINE

**www.heartyfoods.com.au**

EMAIL ORDER

**info@heartyfoods.com.au**

**WWW.HEARTYFOODS.COM.AU**

## CHICKEN DISHES

### 1. ROAST CHICKEN

Tender roasted chicken served with roast chat potatoes, pumpkin and steamed broccoli.

### 3. CHICKEN A LA KING

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

### 14. SATAY CHICKEN

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

### 16. GREEN THAI CHICKEN CURRY (HOT)

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

### 17. CHICKEN KORMA CURRY

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

### 19. MUSTARD CHICKEN

Chicken Tenderloins coated in a creamy mustard sauce, bacon & onion mash with peas.



### 20. BUTTER CHICKEN

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

### 37. CHICKEN PARMI

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

### 47. MANGO CHICKEN

Seasoned tender chicken with a mouth watering mango sauce, served with steamed aussie beans and chat potatoes.

### 49. CREAMY PESTO CHICKEN PASTA

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

## PORK DISHES

### 13. OLD ENGLISH SAUSAGES

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

### 12. ROAST PORK

Roasted pork with gravy, chat potatoes and roast pumpkin.

### 27. PASTA CARBONARA

Spaghetti cooked in a bacon and mushroom cream sauce.

### 33. PICKLED PORK

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

### 39. THAI RED PORK & PINEAPPLE CURRY (Reg \$11.95 | Lge \$14.50)

Tender pork pieces cooked with pineapple in a Thai red curry sauce with rice & green beans.



### 48. CURRIED SAUSAGES

Pork sausages cooked in a mild curry sauce and served with mashed potato & peas.

## BEEF DISHES

### 4. BEEF SAUSAGES

Mashed potato, rich gravy, carrots & peas

### 5. COTTAGE PIE

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

### 6. ROAST BEEF

Tender roasted beef served with gravy, chat potatoes, sweet potato and peas.

### 8. SPAGHETTI BOLOGNESE

Everyone's favourite pasta topped with a beef bolognese and grated cheese.

### 9. BEEF LASAGNE

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

### 21. PEPPERED BEEF

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



### 30. BEEF RISsoles

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

### 32. CHILLI CON CARNE (MILD)

Classic Chilli Con Carne served with rice and beans.

### 35. BEEF MADRAS CURRY (MEDIUM) (Reg \$11.95 | Lge \$14.50)

A delicious Indian beef madras curry cooked with potatoes, served with rice and green beans.

### 41. SILVERSIDE

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

### 51. BEEF GOULASH (Reg \$11.95 | Lge \$14.50)

Hungarian style beef strips cooked with paprika, tomatoes & mushrooms, served with pasta fettuccine & green beans.



## FISH DISHES

### 18. THAI YELLOW PRAWN CURRY (MILD) (Reg \$11.95 | Lge \$14.50)

Prawns & Broccoli cooked in a mild creamy Thai yellow curry sauce & served with steamed rice.

### 25. ATLANTIC SALMON (Reg \$14.95 | Lge \$19.50)

Served with creamy dill sauce, seasoned chat potatoes, broccoli, yellow & green beans.

### 26. TUNA MORNAY PASTA

Tuna Pasta tossed in a mornay sauce served with sweetcorn, peas and sweet potato.

### 36. SMOKED SALMON FETTUCCINE (Reg \$11.95 | Lge \$14.50)

Fettuccine topped with smoked salmon, baby spinach in a creamy sauce served with broccoli.

### 46. BAKED FISH

Wild caught New Zealand Hoki with a cream sauce, served with sweet potato, peas & broccoli.

## LAMB DISHES

### 10. ROAST LAMB (Reg \$11.95 | Lge \$14.50)

Succulent tender lamb with mint infused gravy and served with chat potatoes, peas and carrots.

### 11. LAMB CASSEROLE (Reg \$11.95 | Lge \$14.50)

Tender lamb pieces cooked with vegetables & rich gravy, served with mashed potatoes & peas.

### 22. LAMB, HONEY & MINT SAUSAGES

Served with Mashed potatoes, Peas & carrots.

### 24. MASSAMAN LAMB CURRY (Reg \$11.95 | Lge \$14.50)

Lamb cooked in a thai style massaman sauce, served with rice and green beans.

### 42. MONGOLIAN LAMB (Reg \$11.95 | Lge \$14.50)

Asian style Mongolian lamb cooked with steamed asian vegetables and noodles.

## VEGETARIAN / VEGAN DISHES

### 29. VEGETABLE LASAGNE

Marinated roast vegetables between layers of pasta, topped with three cheeses.

### 34. THAI YELLOW BROAD BEAN & CAULIFLOWER CURRY

Served with rice & green beans.



### 38. VEGETABLE COTTAGE PIE

Vegetables & Tofu cooked with tomatoes & topped with mashed potato, served with side of vegetables.

### 43. VEGETARIAN NOODLE STIRFRY

Stir-fried vegetables and rice noodles with sweet lime and chilli sauce topped with chopped peanuts.

### 44. CHICKPEA & PUMPKIN KORMA CURRY

Mild chickpea & vegetable curry served with basmati rice.

## 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
Chocolate & Almond Brownie & Choc Sauce	Vanilla Ice-cream Cups \$2

## SOUPS

Soups are \$4.50 each

PUMPKIN SOUP  
POTATO & LEEK SOUP

CHICKEN & SWEETCORN SOUP  
TOMATO SOUP

MAIN MEALS: Regular \$9.95 | Large \$12.50

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