

Hearty Foods is a family owned and focused business. We understand first hand the demands today's families face. It is not always possible to eat a nutritious meal with life so full and busy these days.

And for those living alone, or those who are not so mobile and need help with preparing meals, Hearty Foods is your solution too. Take advantage of our specials and stock up your freezer for nights when you don't feel like cooking or don't have time. See our current Order in bulk and save on the inside.

Knowing you need to look no further than your freezer for a nutritious Ready Made Meal can take the fuss and stress out of dinner.

Our meals can be heated in either a microwave or oven in their recyclable container. Best of all, there is no washing up! Meal time will be a dream with no effort at all and will give you more time for yourself and what really matters.

Hearty Foods is a convenient solution and healthy alternative to fast food, offering a friendly delivery service to your door. Servicing Morayfields, Caboolture, Bribie Island, the Sunshine Coast, Fraser Coast and Bundaberg regions.

*Family Owned Business
Supporting Aussie Local Produce*



How to Order

ORDER ONLINE

www.heartyfoods.com.au

Our online shop is open 24/7
for your convenience

PHONE ORDER

(07) 5442 7489

Call us weekdays between 9am - 4pm
or leave your order on the answering machine
including your name, address, telephone number
and meals you'd like.

BUY IN STORE

Come in and see us at
4/104 Memorial Drive, Eumundi
Monday - Friday 9am - 2pm

DELIVERY AREAS

CABOOLTURE, MORAYFIELD & SURROUNDS

Thursday mornings fortnightly

BRIBIE ISLAND

Thursday mornings fortnightly

SUNSHINE COAST

Every Tuesday

NOOSA & SURROUNDS

Tuesday mornings fortnightly

GYMPIE

Friday mornings fortnightly

FRASER COAST

Friday mornings fortnightly

BUNDABERG & BARGARA

Friday afternoons fortnightly

PAYMENT METHODS

Cash on Delivery | Credit Card



2019/2020 MENU

Hearty Meals
Delivered to Your door!

07 5442 7489

info@heartyfoods.com.au

heartyfoods.com.au

CHICKEN DISHES

1. Roast Chicken

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

3. Chicken A'la King

Delicious chicken pieces cooked in a white sauce with bacon served with seasoned chat potatoes and green beans.

14. Satay Chicken

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

15. Sweet 'n Sour Chicken

Asian style sweet 'n sour chicken served with steamed rice and green beans.

16. Green Thai Chicken Curry (HOT)

Tender chicken cooked in a green curry sauce served on a bed of rice with 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

Tender chicken breast fillets, topped with creamy mustard sauce, roasted chat potatoes and aussie beans.

20. Butter Chicken

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

37. Chicken Parmis

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.

FISH DISHES

26. Tuna Mornay Pasta

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

28. Atlantic Cod & Prawns (\$2 extra)

Served with Parsley sauce, mashed potato & garden peas.

36. Smoked Salmon Fettuccine

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 and peas.

BEEF DISHES

4. Bangers & Mash

Aussie beef sausages served with a mash potato, gravy and seasonal vegetables.

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.

7. Beef Casserole

Tender beef cooked in rich gravy, served with mash 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.

30. Beef Rissoles

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

31. Beef Stroganoff

Tender strips of beef cooked in a mushroom cream sauce and served with fettuccine and beans.

32. Chilli Con Carne

Classic Chilli Con Carne served with rice and beans.

41. Silverside

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

DIETITIAN APPROVED MEALS

REG from **\$9.50** **LGE** from **\$11.50**

*Now offering 5% Discount for seniors
for under 14 Meals ordered*

7 regular size meals = from **\$66.50 (\$63 Seniors)**

7 large size meals = from **\$80.50 (\$76 Seniors)**

Order in bulk and save

14 regular size meals = from **\$120 (save \$13)**

14 large size meals = from **\$148 (save \$13)**

28 regular size meals = from **\$220 (save \$46)**

28 large size meals = from **\$276 (save \$46)**

Minimum 7 meals for delivery

**Delivery fee will apply for smaller deliveries and out of region areas.
\$2.00 extra applies to lamb dishes & some fish dishes*

LAMB DISHES

(All Lamb dishes \$2 extra)

10. Roast Lamb

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

11. Lamb Casserole

Tender lamb cooked in a rich vegetable gravy served with chat potatoes and vegetables.

24. Massaman Lamb Curry

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

42. Mongolian Lamb

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

PORK DISHES

12. Roast Pork

Roasted pork with gravy, chat potatoes and roast pumpkin.

13. Old English Sausages & Mash

Pork sausages with gravy, served with mash and vegetables.

27. Pasta Carbonara

Pasta cooked in a bacon and mushroom cream sauce.

33. Pickled Pork

Pickled pork topped with creamy mustard sauce served with chat potatoes, green and yellow beans.

48. Curried Sausages & Rice

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

VEGETARIAN / VEGAN DISHES

29. Vegetable Lasagne

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

34. Yellow Thai Broad Bean & Cauliflower Curry

Mild Broad Bean & Cauliflower cooked in a yellow coconut curry sauce served with rice.

43. Vegetarian Noodle Stirfry

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

44. Chickpea & Vegetable Curry

Mild chickpea & vegetable curry served with basmati rice.

45. Creamy Pesto Pasta

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

Desserts \$4.00 EACH

Strawberry Cheesecake

Apple and Rhubarb Crumble

Black Forest Cake

Chocolate & Almond Brownie

Passionfruit Cheesecake

Chocolate Bavarian

Bread & Butter Pudding

Sticky Date Pudding