

Large Meals



#50 - Creamy Rissoles \$11.40 - 360a

Beef rissoles in a creamy mustard sauce served with mash, green beans, broccoli and carrots







#53 - BBQ Sausages

\$11.40 - 360a

Tasty beef sausages in a bbq sauce served with pan-fried potatoes, baked beans and broccoli









#54 - Spaghetti Meatballs \$11.40 - 370g

Spaghetti with beef meatballs in a deliciously rich tomato sauce topped with cheddar and parmesan cheese







#55 - Chicken Parmigiana

\$11.40 - 350g Chicken schnitzel topped with tomato sauce and cheddar cheese served with roast potatoes, cauliflower, broccoli and carrots









#56 - BBQ Chicken

\$11.40 - 340a

Succulent chicken thigh pieces in a sweet bbq sauce served with roast potato and sweet potato, green beans (488) (HP) (GF) (HF) (488)



#52 - Bangers & Mash

\$11.40 - 380g

A pork banger in a rich caramelised onion gravy served with mash, carrots and peas









#57 - Salmon in Chive Sauce

\$14.30 - 330g

Tasmanian fillet of salmon in a creamy chive sauce, a potato stack, Asian greens, beans and broccoli





#58 - Whiting & Wedges

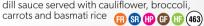
\$11.40 - 350a

Battered fillets of southern blue whiting served with tartare sauce, wedges and diced carrots, corn and peas



#59 - Barramundi Lemon Butter \$11.40 - 360a

Steamed barramundi fillet in a lemon and dill sauce served with cauliflower, broccoli,



Check out our Specials gourmetmeals.com.au/eshop/Specials

Vegetarian / Vegan Meals



#585 - Mushroom Casserole \$9.90 - 350a

A tasty cream of mushroom casserole served with mashed potatoes, spinach and carrots







#581 - Brown Rice Vegi Patties

\$9.90 - **350g** Brown rice and vegi patties in a chunky tomato based sauce with a potato/sweet potato stack & green beans











#588 - Vegetarian Parmi

\$10.90 - 350g A vegetarian parmi with a rich tomato sauce and cheese, potatoes, carrots, cauliflower and broccoli









#586 - Spaghetti Veganaise

\$9.90 - 350g A delicious plant-based alternative to spaghetti bolognaise with leek, zucchini and eggplant











#587 - Coconut Dahl

\$9.90 - 350g A flavoursome red lentil dahl made with coconut milk, basmati rice, spinach and mango chutney









#589 - Creamy Meetballs

\$10.90 - 350g

Plant-based "meet" balls in a creamy mustard sauce served with mash, beans, broccoli and carrots













#225 - Spaghetti Bolognaise

\$8.90 - 280g

Spaghetti with a rich traditional meat sauce topped with cheddar and parmesan cheese







#233 - Beef Casserole

\$8.90 - 300g

Tender beef simmered in a rich gravy served with cauliflower, broccoli, green beans, carrots and mashed potatoes (352) (352)



#236 - Curried Sausages **\$8.90** - 280g

Beef sausages in a tasty sweet curry sauce served with mashed potatoes, carrots, peas OF (R) SR (GF HF) (428)



#235 - Beef Stroganoff **\$9.50** - 300g

Tender strips of lean beef in a creamy mushroom sauce with basmati rice









Regular Meals



#238 - Cottage Pie \$8.90 - 300a

Savoury mince mixed with carrots, peas and zucchini, topped with a creamy mash and (337)



#241 - Slow Cooked Beef

\$9.50 - 280a

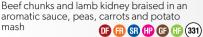
Tender slow cooked beef topped with a rich gravy, served with peas, carrots and mashed potatoes





#251 - Steak & Kidney

\$9.50 - 300a Beef chunks and lamb kidney braised in an





#253 - Beef Rissoles

\$8.90 - 300a

Beef rissoles in a rich tomato sauce served with green beans, carrots, corn and potato bake





#254 - Corned Beef \$9.50 - 280g

Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash (314)



#256 - Mince and Potato Bake \$8.90 - 280g

Hearty mince with kale, zucchini, cauliflower, capsicum, carrots, peas and potato bake topped with grated cheese





#217 - Butter Chicken \$8.90 - 280g

Chicken pieces in a spiced tomato, butter and cream sauce with spinach and basmati rice





#234 - Sweet & Sour Chicken \$8.90 - 300g

Succulent chicken pieces in a sweet and sour sauce, carrots, capsicum, beans and steamed rice (396) (396) (196) (196)



#245 - Roast Chicken Breast \$8.90 - 280a

Succulent roast chicken breast served with a gravy, creamed potatoes, carrots and peas

(F) (SR) (FP) (FF) (262)



#260 - Honey Soy Chicken

\$8.90 - 260g

Sweet oven roasted honey soy chicken chunks on a bed of tasty stir fried rice





#240 - Farmer's Pie

\$8.90 - 280g Small pieces of pork sausage and chicken mince slow cooked in a mushroom sauce mixed with carrots, peas and corn, topped with mash & cheese





#243 - Pork Roast

\$9.50 - 280g

Pork roast in a rich apple gravy, pumpkin mash, roast potatoes, sweet potato and mixed seasonal vegetables SR GF (112)



#107 - Fried Rice \$4.60 - 160a

Fried rice with bacon, vegetables and a touch of soy







#220 - Barramundi Fillet

\$9.50 - 300a

Steamed barramundi fillet topped with a lemon butter sauce, garden vegetables and boiled potatoes (F) (SR) (F) (GF) (HF) (279)



#231 - Lamb Casserole

\$9.50 - 300g

Succulent pieces of lamb cooked in a thyme jus, garden vegetables and mashed



#266 - Curry Prawns

\$9.50 - 280g

Succulent prawns in a mild curry sauce with a medley of Asian greens and basmati rice









#242 - Lamb Roast

\$9.50 - 280g

Lamb roast with mint gravy, mixed vegetables, pumpkin and roasted chats potatoes (F) (F) (SR) (F) (F) (233)



#227 - Vegetable Bake

\$8.90 - 300g

Mixed garden vegetables baked with egg, milk and cheese



























Gluten

G Contains

GF









Low Fat

Fat Reduced

Low Salt Salt Reduced

Protein

High

Gluten Free

High

Vegetarian Calories Vegan

Soups



#91 - Pumpkin Soup \$3.70 - 180g

A delicious rich cream of pumpkin soup







#93 - Ham & Pea Soup

\$3.70 - 180g

Thick pea soup flavoured with ham









#92 - Vegetable Soup \$3.70 - 180a

A creamy vegetable soup







#94 - Potato & Leek Soup

\$3.70 - 180a

A creamy potato and leek soup









#170 - Bread & Butter Pudding \$4.60 - 170g

A traditional bread & butter pudding baked with a delicious custard, topped with toasted almond flakes





#173 - Apple Crumble **\$4.60** - 180g

Juicy stewed apples with sultanas topped with golden baked butter crumble









#171 - Strawberry Cheesecake \$4.60 - 140g

Delicious strawberry cheesecake with a fresh strawberry coulis





#181 - Sticky Date & Custard \$4.60 - 160g

A moist sponge cake, made with finely chopped dates, topped with a sticky caramel sauce and custard







#172 - Tiramisu \$4.60 - 140g

Chocolate sponge soaked in espresso syrup layered with orange flavoured cream cheese





#186 - Fruit Pavlova \$4.60 - 130g

A pavlova served with mango, strawberries, kiwifruit and cream, topped with a passionfruit coulis





Gourmet Meals are sold in selected independent stores. go online to check store locations gourmetmeals.com.au/stockists-map

Ordering

Online at gourmetmeals.com.au Call 1300 112 112 or 5529 3000

Monday to Friday 9:00am - 4:00pm All orders will need to be submitted by 4:00pm two business days prior to your delivery day.

All our Meals are Snap Frozen in our Blast Freezer

A natural way of preserving nutrients and flavours.

No Contracts or Plans

lust order what you want, when you want*

Pick up

46/215 Brisbane Road, Biggera Waters QLD 4216. Monday to Friday 9:00am – 4:00pm. No minimum order required.

Offers

For orders over \$120* - one FREE DESSERT For orders over \$180* – two **FREE DESSERTS** For orders over \$300 – two FREE DESSERTS & FREE DELIVERY

*order values are excluding the \$8.90 delivery fee

Delivery Areas

For Brisbane and selected outer suburbs, Caboolture, Ipswich, the Gold and Tweed Coast – a minimum order of \$59 is required and a delivery fee of \$8.90 applies per delivery. For Sunshine Coast, Canungra and the NSW Northern Rivers areas down to Ballina, different minimum order requirements and delivery fees apply. Same day delivery not available. Prices include 10% GST & may be subject to change without notice. Delivery day depends on the suburb the customer resides in. For more details on delivery days, please give us a call or visit the website.





We cater for those customers who are on Home Care Packages and NDIS plans where we offer the option of a split payment method. Please ask for special pricing for Aged Care Packages and NDIS plans. Check out our NDIS page gourmetmeals.com.au/ndis



PH: 07 5529 3000 FX: 07 5529 0649 sales@gourmetmeals.com.au gourmetmeals.com.au PO BOX 12, Arundel QLD 4214 FOLLOW US 😝 🌀