



1 FREE MEAL
Ask about our introductory offer*
*minimum order applies. Not to be used in conjunction with other offers

AUGUST 2024



Healthy Eating Made Easy



1300 112 112 or gourmetmeals.com.au

Large Meals



BEEF

#50 - Creamy Rissoles

\$11.40 - 360g

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

FR SR GF HF 498



BEEF

#54 - Spaghetti Meatballs

\$11.40 - 370g

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

FR SR HP G HF 551



CHICKEN

#56 - BBQ Chicken

\$11.40 - 340g

Succulent chicken thigh pieces in a sweet bbq sauce served with roast potato and sweet potato, green beans

DF FR SR HP GF HF 488



SEAFOOD

#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

FR SR HP GF HF 368



SEAFOOD

#59 - Barramundi Lemon Butter

\$11.40 - 360g

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

FR SR HP GF HF 463

Vegetarian / Vegan Meals



VEGETARIAN

#585 - Mushroom Casserole

\$9.90 - 350g

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

FR SR GF HF V 357



VEGETARIAN

#588 - Vegetarian Parm

\$10.90 - 350g

A vegetarian parmi with a rich tomato sauce and cheese, potatoes, carrots, cauliflower and broccoli

FR HP HF G V 492



VEGAN

#587 - Coconut Dahl

\$9.90 - 350g

A flavoursome red lentil dahl made with coconut milk, basmati rice, spinach and mango chutney

DF FR SR GF HF Ve 561

Regular Meals



BEEF

#225 - Spaghetti Bolognese

\$8.90 - 280g

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

LF SR G HF 319



BEEF

#235 - Beef Stroganoff

\$9.50 - 300g

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

FR SR HP GF HF 373



BEEF

#53 - BBQ Sausages

\$11.40 - 360g

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

DF FR HP GF HF 587



CHICKEN

#55 - Chicken Parmigiana

\$11.40 - 350g

Chicken schnitzel topped with tomato sauce and cheddar cheese served with roast potatoes, cauliflower, broccoli and carrots

FR SR HP HF G 483



PORK

#52 - Bangers & Mash

\$11.40 - 380g

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

DF FR SR HP GF HF 459



SEAFOOD

#58 - Whiting & Wedges

\$11.40 - 350g

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

FR SR HP G HF 490



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



VEGAN

#581 - Brown Rice Veggie Patties

\$9.90 - 350g

Brown rice and veggie patties in a chunky tomato based sauce with a potato/sweet potato stack & green beans

DF LF SR GF HF Ve 335



VEGAN

#586 - Spaghetti Veganise

\$9.90 - 350g

A delicious plant-based alternative to spaghetti bolognese with leek, zucchini and eggplant

DF FR SR G HF Ve 420



VEGAN

#589 - Creamy Meatballs

\$10.90 - 350g

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

DF FR SR G HF Ve 474



BEEF

#233 - Beef Casserole

\$8.90 - 300g

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

DF FR SR GF HF 352



BEEF

#236 - Curried Sausages

\$8.90 - 280g

Beef sausages in a tasty sweet curry sauce served with mashed potatoes, carrots, peas and corn

DF FR SR GF HF 428

Regular Meals

BEEF		<p>#238 - Cottage Pie \$8.90 - 300g</p> <p>Savoury mince mixed with carrots, peas and zucchini, topped with a creamy mash and cheese</p> <p>FR SR GF HF 337</p>	BEEF		<p>#241 - Slow Cooked Beef \$9.50 - 280g</p> <p>Tender slow cooked beef topped with a rich gravy, served with peas, carrots and mashed potatoes</p> <p>DF LF SR GF HF 254</p>
BEEF		<p>#251 - Steak & Kidney \$9.50 - 300g</p> <p>Beef chunks and lamb kidney braised in an aromatic sauce, peas, carrots and potato mash</p> <p>DF FR SR HP GF HF 331</p>	BEEF		<p>#253 - Beef Rissoles \$8.90 - 300g</p> <p>Beef rissoles in a rich tomato sauce served with green beans, carrots, corn and potato bake</p> <p>FR SR GF HF 334</p>
BEEF		<p>#254 - Corned Beef \$9.50 - 280g</p> <p>Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash</p> <p>FR HP GF HF 314</p>	BEEF		<p>#256 - Mince and Potato Bake \$8.90 - 280g</p> <p>Hearty mince with kale, zucchini, cauliflower, capsicum, carrots, peas and potato bake topped with grated cheese</p> <p>FR SR GF HF 292</p>
CHICKEN		<p>#217 - Butter Chicken \$8.90 - 280g</p> <p>Chicken pieces in a spiced tomato, butter and cream sauce with spinach and basmati rice</p> <p>FR SR HP GF HF 443</p>	CHICKEN		<p>#234 - Sweet & Sour Chicken \$8.90 - 300g</p> <p>Succulent chicken pieces in a sweet and sour sauce, carrots, capsicum, beans and steamed rice</p> <p>DF LF SR HP GF 396</p>
CHICKEN		<p>#245 - Roast Chicken Breast \$8.90 - 280g</p> <p>Succulent roast chicken breast served with a gravy, creamed potatoes, carrots and peas</p> <p>LF SR HP GF HF 262</p>	CHICKEN		<p>#260 - Honey Soy Chicken \$8.90 - 260g</p> <p>Sweet oven roasted honey soy chicken chunks on a bed of tasty stir fried rice</p> <p>DF FR SR HP GF 367</p>
PORK		<p>#243 - Pork Roast \$9.50 - 280g</p> <p>Pork roast in a rich apple gravy, pumpkin mash, roast potatoes, sweet potato and mixed seasonal vegetables</p> <p>LF SR GF HF 221</p>	SEAFOOD		<p>#250 - Garlic Prawns \$9.50 - 280g</p> <p>Prawns in a creamy garlic sauce served with rice, broccoli, cauliflower, and carrots</p> <p>SR HF LF GF 256</p>
SIDE DISH		<p>#107 - Fried Rice \$4.60 - 160g</p> <p>Fried rice with bacon, vegetables and a touch of soy</p> <p>LF SR GF HF 242</p>	SEAFOOD		<p>#220 - Barramundi Fillet \$9.50 - 280g</p> <p>Steamed barramundi fillet topped with a lemon butter sauce, garden vegetables and boiled potatoes</p> <p>FR SR HP GF HF 271</p>
LAMB		<p>#231 - Lamb Casserole \$9.50 - 300g</p> <p>Succulent pieces of lamb cooked in a thyme jus, garden vegetables and mashed potatoes</p> <p>DF FR SR GF HF 294</p>	SEAFOOD		<p>#266 - Curry Prawns \$9.50 - 280g</p> <p>Succulent prawns in a mild curry sauce with a medley of Asian greens and basmati rice</p> <p>FR SR GF HF 344</p>
LAMB		<p>#242 - Lamb Roast \$9.50 - 280g</p> <p>Lamb roast with mint gravy, mixed vegetables, pumpkin and roasted chats potatoes</p> <p>DF LF SR GF HF 233</p>	VEGETARIAN		<p>#227 - Vegetable Bake \$8.90 - 300g</p> <p>Mixed garden vegetables baked with egg, milk and cheese</p> <p>FR SR GF HF V 400</p>

Reference Symbols

DF Dairy Free	LF Low Fat	FR Fat Reduced	LS Low Salt	SR Salt Reduced	HP High Protein	G Contains Gluten	GF Gluten Free	HF High Fibre	Ve Vegan	V Vegetarian	466 Calories
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Soups



#91 - Pumpkin Soup

\$3.70 - 180g

A delicious rich cream of pumpkin soup

LF LS GF 60



#93 - Ham & Pea Soup

\$3.70 - 180g

Thick pea soup flavoured with ham

DF LF SR GF HF 108



#92 - Vegetable Soup

\$3.70 - 180g

A creamy vegetable soup

LF SR GF HF 84



#94 - Potato & Leek Soup

\$3.70 - 180g

A creamy potato and leek soup

LF SR GF HF 108

Desserts



#170 - Bread & Butter Pudding

\$4.60 - 170g

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

LS GF 443



#173 - Apple Crumble

\$4.60 - 180g

Juicy stewed apples with sultanas topped with golden baked butter crumble

FR LS GF HF 351



#171 - Strawberry Cheesecake

\$4.60 - 140g

Delicious strawberry cheesecake with a fresh strawberry coulis

LS GF 461



#181 - Sticky Date & Custard

\$4.60 - 160g

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

SR GF FR 341



#172 - Tiramisu

\$4.60 - 140g

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

SR GF 425



#186 - Fruit Pavlova

\$4.60 - 130g

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

LS GF 281

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.

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.

No Contracts or Plans

Just 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



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



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