

Image	Meal	Description	Price
	Thai Satay Chicken (GF)	Exquisite authentic flavours make this dish another Fresh Meals 2 U favourite. Original Thai classic chicken breast marinated in a rich peanut and coconut cream sauce served with brown rice. (Gluten Free) Ingredients: Chicken, brown rice, peanut butter (peanuts, vegetable oils, sugar, salt), coconut cream, red curry (chilli, lemongrass, salt, shallots, galangal, shrimp paste, kaffir lime, pepper), peanuts, vinegar, sugar.	\$8.95
	Cajun Chicken & Fresh Vegetables (GF)	Bursting with good health! Great mild spiced lean chicken breast with a mix of seasoned sweet potato, zucchini and beans. Gluten Free Ingredients: Chicken Breast, Zucchini, Beans, Sweet Potato, Cajun Spice Mix, Curry Powder, Salt, Pepper, Contains Traces of Nuts.	\$8.95
	Classic Lasagne	Traditional lean beef lasagne with a served with steamed carrot and broccoli. Ingredients: Beef, Wheat Pasta, Carrot, Broccoli, Tomato Paste, Tomato Puree, Herb Paste = (Basil, Parsley, Thyme, Garlic, Canola Oil) Mixed Herbs, Milk, Cheese, Corn Flour, Cheese, Salt, Pepper.	\$8.95
	Super Lean Chicken (GF)	Super Lean Chicken (GF) For the calorie-conscious. Herb-marinated chicken breast served with market fresh broccoli, beans and peas. (Gluten Free) Be sure to check out our super lean package. Meals that are super tasty and very low in calories. Ingredients: Chicken Breast, Beans, Broccoli, Peas, Herb Paste = (Basil, Parsley, Thyme, Garlic, Canola Oil)	\$9.50
	Spaghetti Bolognese	Traditionally good, like Mum used to make. Lean beef mince slow cooked with fresh Italian herbs, carrot, onions, tomato and sea salt, served with spaghetti pasta. Ingredients: Wheat pasta, Beef mince, Herb paste = (Basil, Parsley, Thyme, Garlic, Canola oil, Sea salt, Raw sugar, Italian herbs, Tomato paste, Tomato crush	\$8.95
	Super Lean Grass Fed Fillet of Beef (GF)	After a busy day at work, have this meal waiting for you at home! Herb marinated grass-fed fillet of beef served with market fresh broccoli, beans and peas. Be sure to check out our super lean package. Meals that are super tasty and very low in calories. (Gluten Free) Ingredients: Beef rump fillet, Beans, Broccoli, Peas, Herb Paste = (Basil, Parsley, Thyme, Garlic, Canola Oil)	\$11.95



Super Lean Barramundi (GF)

For the fish-lovers! Steamed barramundi fillet seasoned with lemon zest and salt served with market fresh broccoli, beans and peas. (Gluten Free) Be sure to check out our super lean package. Meals that are super tasty and very low in calories. Ingredients: Fish fillet, Beans, Broccoli, peas, Lemon zest, lemon juice, sea salt

\$9.50



Peanut butter, Goji, Chocolate Protein Buddies 3pk (GF)

3 serves per pack. A great high-protein snack when you're on the run. Packed with whey protein, goji berries and plenty of other tasty healthy goodies. (Gluten Free) Ingredients: Peanut butter, Chocolate, Wholegrain Sorghum, Whey Protein, Almonds, Wholegrain sorghum (96%), golden syrup, salt, vitamins (niacin, thiamin, riboflavin, folate), goji berry, Coconut, Cocoa, Water, Dates, Vanilla, Olive oil,

\$6.95



Oatmeal Super Food

A super-healthy breakfast treat. Our very own Fresh Meals 2 Umix of oatmeal porridge oats, hazelnuts, raisins, goji berries and sunflower seeds. Just add milk, heat and eat. Ingredients: Oats, Sunflower seeds, Hazelnuts, Goji Berries, Chia seeds.

\$3.95



Chocolate Protein Buddies 3pk (GF)

An amazing and healthy snack for between meals. Our protein balls are packed with whey protein, dark chocolate and other superfoods such as chia seed. Be warned - they are addictive! Gluten Free Ingredients: Chocolate (Sugar, cocoa Mags, Cocoa butter, cocoa milkfat, emulsifiers (soy)), whey protein, wholegrain sorghum (vitamins = Niacin, thiamine, riboflavin, folate, iron), almonds, chia seeds, coconut, cocoa, water, dates, vanilla, olive oil. Contains dairy & Nuts.

\$6.95



50 pack Chocolate Protein Balls Cafe Range (GF)

Cafe Range 50 pack An amazing and healthy snack for between meals. Our protein balls are packed with whey protein, dark chocolate and other superfoods such as chia seed. Be warned - they are addictive! Gluten Free Ingredients: Chocolate (Sugar, cocoa Mags, Cocoa butter, cocoa milkfat, emulsifiers (soy)), whey protein, wholegrain sorghum (vitamins = Niacin, thiamine, riboflavin, folate, iron), almonds, chia seeds, coconut, cocoa, water, dates, vanilla, olive oil. Contains dairy & Nuts.

\$80.50



50 pack White Chocolate & Goji Protein Balls Cafe Range (GF)

What a Creamy gourmet white chocolate hand rolled with rice puffs, goji berry's, macadamia, almonds and coconut with a added whey protein kick. The Cafe range of 50 protein balls are a awesome up sell product and are great for the cafe/shop counter or even for the fridge at home. Ingredients: White chocolate = sugar, cocoa

\$80.50

butter, dried skimmed milk, dried whey (from milk), milk fat, emulsifier ( soya lecithin), flavoring. Almond meal, Macadamia nuts, whey protein,puffed rice, goji berries, canola oil, coconut.



Chicken Enchilada

Take a trip to Mexico with our new Chicken enchilada meal. Lean chicken breast strips, beans and jalapenos are wrapped in a wholemeal tortilla and served with guacamole, tasty cheese and tomatoes. Ingredients: Chicken, 4 Bean Mix (Legumes (60%) [Red Kidney Beans (Small Red Variety), Baby Lima Beans, Chick Peas, Butter Beans], Water, Sugar, Salt, Food Acid (Acetic), Firming Agent (509) Tomatoes, Cheese, Wholemeal Wrap (wholemeal, wheat flour, water, salt, vitamins (thiamine, folate) Avocado Pulp, Onion, Jalapenos, Chilli Sauce (Sugar Syrup, Tomato Puree (Water, Tomato Paste), Malt Vinegar, Rehydrated Hot Chilli (5.5%), Vegetables (Rehydrated and Fresh), Salt, Thickener (1422), Spices, Flavor, Vegetable Gum (415) Please note the photo is generic picture and for illustration purposes only. and the real picture will be up loaded shortly.

\$8.95



Tandoori Chicken

Recognise the bright orange glow, the spices, the aromas? Yes, It's Tandoori Chicken! Indian inspired and bursting with flavour. Simply stated: you're going to love it! We start with lean chicken breast, marinated in green yogurt and a blend of spices which give this meal it's distinctive colour. Then slow cooked and served with a nutty pearl couscous. Ingredients: Chicken, cous cous =(wheat flour, water), tandoori past =( Water, Spices (Cumin, Cayenne, Mustard, Ginger, Coriander, Cinnamon, Paprika, Onion Powder, Fenugreek, Celery, Black Pepper, Turmeric), Vegetable Oil, Semolina (Wheat), Salt, Sugar, Acidity Regulators (260, 330), Colour (160c), Ginger Puree, Stabilisers (415, 412).

\$8.95



Rocky Road Protein Buddies 3pk

Ditch the slice, step away from the ice cream...we've found the PERFECT fix! Meet our favourite protein buddies (like protein balls but with a cuter grab-and-go shape!) Rocky road combines cherries, marshmallows, rice puffs, peanuts, all hand rolled in coconut and delivered fresh to you! Relax and indulge, or grab when you're on the run, this little chocolaty doughy bite of happiness is sure to brighten your mood! Ingredients: Chocolate= (Sugar, cocoa Mags, Cocoa butter, cocoa milk, fat, emulsifiers (soy)) Milk chocolate =( Sugar, Vegetable fat, emulsifiers, soy, (492), Milk solids, cocoa flavours, salt), cream (dairy), whey protein, Cherries = ( cherries, sucrose, citric

\$6.95

acid(E330), potassium sorbate (E202), cochineal carmine ( E120) Sulphur dioxide(E220)), Peanuts, puffed rice=Whole white rice (90%), sugar, salt, barley malt extract, vitamins (vitamin C, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide), Coconut, Marshmallows = ( sugar, glucose syrup, dextrose, gelatine, humectant (420), thickener (1401), flavours, colour, (129)Contains nuts and dairy



50 pack Rocky Road Protein Balls

Cafe Range 50 Pack Rocky Road Protein Balls Our favourite protein balls now available in bulk! Bite into chocolaty doughy goodness when you're out for coffee or when you've just smashed through a workout. These cheeky Rocky Road creations are sure to brighten your mood!Cherries, marshmallows, whey protein, rice puffs & peanuts covered in a mix of chocolate and hand rolled in coconut.Relax and indulge or grab and go, we know you'll love our favourite treat!Ingredients:Chocolate= (Sugar, cocoa Mags, Cocoa butter, cocoa milkfat, emulsifiers (soy)) Milk chocolate =( Sugar, Vegetable fat, emulsifiers, soy, (492), Milk solids, cocoa flavours, salt), cream (dairy), whey protein, Cherries = ( cherries, sucrose, citric acid(E330), potassium sorbate (E202), cochineal carmine ( E120) Sulphur dioxide(E220)), Peanuts, puffed rice=Whole white rice (90%), sugar, salt, barley malt extract, vitamins (vitamin C, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide), Coconut, Marshmallows = ( sugar, glucose syrup, dextrose, gelatine, humectant (420), thickener (1401), flavours, colour, (129)Contains nuts and dairy

\$80.50



Banana Bread

We take banana bread pretty seriously, and we know no one does it better than a local Sunny Coast bakery! So we've teamed up with them to supply you with a fantastic slice of heaven; perfect for an afternoon snack, with a coffee, with a friend, or on the go! The Country Chef Bakery Co.are banana bread experts who have been baking since 1952. They create some ofAustralia's favourite banana breads! By combining their heritage with ingredients like banana's and sunshine, they have mastered a family favourite that will nourish and delight the taste buds.\* Please note that this product has a 4 daysshelf-lifeINGREDIENTSBanana Puree (Banana, Food Acids (330, 300)), Wheat Flour,(Vitamins (Thiamin, Folate)), Sugar, Canola Oil, Sour Cream (Cream, MilkSolids, Culture), Water, Whole Egg Powder, Baking Powder (450, 500) WheatStarch)), Bicarb Soda (500), Natural Vanilla Flavour, Preservative (202), Salt,Ground

\$2.50

Cinnamon.



Super Green Crush

Go green, go clean! Start your day with our Super Green Crush! This cold-pressed-wonder is jam packed with nutrients and a fantastic flavour. This green crush offers many unique benefits from energy & immune support to a boost in antioxidants. It's easy to enjoy, just like all of our products, just let it defrost a little, crush it in the bag to enjoy as a cooling fruit crush or defrost fully to enjoy as a refreshing cold pressed juice. Made from local, fresh ingredients, cold pressed and flash frozen to preserve nutrients. Ingredients: Orange, Water, Apple, Spinach, Banana, Cucumber & Ginger. Please note: This is a frozen product made fresh with local produce. Best kept frozen until ready to drink. Can be refrozen if slightly defrosted on delivery.

\$5.50



Watermelon and Beet Crush

We've got the beet, and so can you! May we introduce you to our refreshing cold pressed Watermelon Beet Crush. Full of nutrients and natural energy, this little goodie was designed as a natural pick-me-up for your day. Just like all of our products, its super easy to enjoy, just allow it to defrost slightly then crush it up in the bag to enjoy as a fruit crush, or let it defrost fully for a refreshing cold pressed juice! Made from local, fresh ingredients, cold pressed and flash frozen to preserve nutrients. Please note: This is a frozen product made fresh with local produce. Best kept frozen until ready to drink. Can be refrozen if slightly defrosted on delivery. Ingredients: Watermelon, orange, coconut water, water, beetroot & raspberry

\$4.95



Super Food Cereal

Don't skip out on the most important meal of the day. Seriously! We've made it easier (and tastier!) than ever to pack in some delicious nutrients first thing in the morning! Our custom blend of oats clusters, chia seeds, dried fruit and goji berries make this a delicious low GI breakfast, and all you need to do is add your favourite milk. Chef Tip: If you want to mix things up, ditch the milk and sprinkle the cereal mix over a bowl of Greek yogurt...strawberry flavour is our fave! Ingredients: Cereal clusters = (Whole Grains 61% (Whole Grain Oats, Puffed Rice [Rice, Emulsifier (471), Salt, Vitamin E], Whole Grain Oat Flour), Fruit (Cranberries 7% [Cranberries, Sugar, Sunflower Oil], Apple 4%), Raw Sugar, Nuts 5% (Almonds, Pecans), Honey, Pepitas, Corn Starch, Sunflower Oil, Cinnamon, Natural Vanilla Flavour, Antioxidant (E307b)+.) - chia seeds,

\$3.99

almonds, goji berries. GI RATING 54 = LOW GI Foods with a low glycaemic index (GI) help control hunger and provide more sustained energy. Serving instructions : Just add you fav milk and enjoy.



Apple & Ginger Crush

Have a sip of our favourite cold pressed creation and instantly be surprised how delicious pure juice can be! Our refreshing cold pressed crush are made from locally sourced fresh apples and ginger cold pressed and snap frozen make this a tasty and refreshing drink for any time of day. No added sugar, no added anything, just pure deliciousness! Well we know a apple a day keeps the doctor away but did you know that ginger is also a great immune booster? Ingredients: Apple, ginger Please note: This is a frozen product made fresh with local produce. Best kept frozen until you are ready to indulge. This product can be refrozen is slightly defrosted upon delivery.

\$4.95



English Scrambled eggs (GF)

Greet the day the nutritious, delicious way! While this meal is warming up in the microwave brew yourself your favourite tea and get ready to feel like a king or queen! "Cheers to your personal chef!" English scrambled eggs meets sherry glazed cherry tomatoes, sauteed mushrooms, complimented with fresh thyme and baby spinach. Gluten Free. Ingredients: Eggs, tomatoes, mushrooms, baby spinach, cream, sherry, thyme, parsley, salt, pepper. May contain traces of nuts. Contains Dairy.

\$6.95



White Chocolate & Goji Protein Buddies 3pk (GF)

Our protein balls were made for those who want to trade up their sweet treats for something a little healthier without sacrificing sweet decadence. Yum! First, we start with gourmet which chocolate & whey protein hand rolled with macadamia, almonds, coconut, goji berry and rice puffs. Bite into this doughy treat and forget you've taken the higher (healthier) road! Ingredients: White chocolate = sugar, cocoa butter, dried skimmed milk, dried whey (from milk), milk fat, emulsifier (soya lecithin), flavoring. Almond meal, Macadamia nuts, whey protein, puffed rice, goji berries, canola oil, coconut.

\$6.95



Teriyaki Chicken (GF)

Skip the take-away! The Fresh Meal chefs have mastered this Japanese classic. This teriyaki chicken recipe came straight from Osaka and found it's way into the capable hands of our head chef. We are so excited to share it with you! #winning Juicy, tender steamed chicken breast with a homemade teriyaki glaze, served with jasmine rice and fresh spring onion. Gluten

\$9.50

Free.Ingredients:Chicken, rice, sauce = ( Mirin sake, water, soy sauce ( glutenfree ), brown sugar, garlic.(May contain traces of nuts)



BBQ Chicken & Greens (GF)

We've added a little zing with this Asian inspired chicken and greens! So fresh and delicious, you'll think it came right off the barbeque and onto your plate. (If plates are your thing #nomoredishes)Tender BBQ marinated chicken thighs served with fresh greens: brocolini,choy sum, and steamed brown rice and our delicious Asian BBQ sauce.Zap this meal in the microwave and you're two minutes away from tasty lunch or dinner!Ingredients:Chicken, brownrice, Brocolini, Choy sum,sauce = ( Sugar, soy sauce, ginger, chili, red wine vinegar,garan masala =( Coriander, cinnamon, cumin, nutmeg, cloves,cardamom, ginger, fennel, black pepper )May contain traces of nuts.

\$9.50



Portuguese Chicken (GF)

We can take a hint, this meal must be a crowd favourite because week after week it continues to be our best seller. You simply have to try it! Juicy, tender, Maryland chicken marinated with a Portuguese spice rub and served with fresh broccoli and creamy smooth mashed potatoes with cheese bacon and spring onion.Gluten Free.Ingredients:Chicken, Mash potato = (potato, bacon, milk, cheese), Broccoli, Portuguese rub= ( Spices, salt, dehydrated vegetables, rice cereal, acid regulator (62),flavour enhancers ( 621, 635), sugar, dextrose, maize starch, food acid (330),natural flavours, canola oil, herbs, spice extract ( 160c), anti-caking agent(551)

\$9.50



Creamy Mushroom and Bacon Carbonara

Carbonara is a rich decadent pasta dish & at Fresh Meals authentic is the only way to go! Getting this recipe just right requires quality ingredients which is why we start with locally made wheat pasta, farm fresh eggs, freshly grated cheese quality bacon. The pasta is simmered to Al dente perfection then tossed in our creamy mushroom sauce (can't forget the garlic onion and herbs) then topped with bacon and grated parmesan.Though our meals are fresh for 8 days, (yes way!) this dish can be pretty hard to resist... might we recommend having it for a sneaky lunch?Ingredients:Wheat pasta, cream, bacon, mushroom, egg, onion, Parmesan cheese ( cow's milk ), thyme, parsley, salt, pepper.

\$8.95



Smokey BBQ Pulled Pork

Oh yes! This dish is rich on the taste buds and light the waistline. You just can't beat a good BBQ pork and we think we may have just mastered this recipe!We start with pork cooked low and

\$9.50

slow...REAL slow... smothered in a smoky BBQ Sauce and paired it with market fresh roasted potato, sweet potatoes & pumpkin. This dish is perfect for a sunny afternoon or a cool winter night. With only 358 calories this meal is hard to pass up. Can someone say recurring order? Ingredients: pulled pork = (Pork (93%), Food Acid (325), Salt, Maltodextrin, Mineral Salts (451, 450), Vegetable Gum (407), Natural Flavour, Sugar, Vegetable Powders, Spice Extract, Dextrose, Anti-caking Agent (551), Vegetable Oil, Water). Potato, sweet potato, pumpkin, onions, bbq sauce = ( water, sugar, tomato paste, molasses, vinegar, salt, thickener (1414,415), flavour, acidity regulator (260,330), mustard, colour (150d) preservative ( 202,211), parsley, salt, pepper.



Brown rice 450g (GF)

Busy day? Just got home from the gym? Hangry? Grab an extra side of brown rice. This side dish goes perfectly with any meal and hello, brown rice is basically a superpower of anti-oxidants. Yes, here's a little-known secret: while we usually associate antioxidants with blueberries, strawberries and other fruits and vegetables. Brown rice is actually right up there with the super stars! Pop one of these out of the fridge and into the microwave and you are minutes away from the easiest side dish. Serving is suited for 3 - 4 people with your favourite meal or makes a great side dish for the kids. ingredients: Brown rice

\$4.50



Fresh side mixed veg 400g (GF)

For those days when you really want to pack in the nutrients or days when you need a little extra boost! Grab a side of our market fresh steamed veggies including zucchini, beans, and sweet potato. This portion is great for sharing between 2 - 4 people with a meal or makes a great kid's side dish. You can't go wrong packing a little extra goodness into your day! Ingredients: Zucchini, Beans, Sweet Potato, salt, pepper.

\$7.50



Peri Peri Chicken Tenders with Yellow Fried Rice (GF)

It's time to get spicy! (medium spicy that is...) There's a reason this Portuguese flavour has spread across Australia and the world...it's simply DELICIOUS! If medium sounds too spicy, have no fear! We've paired this dish with the cooling (and anti-inflammatory) powers of our yellow fried rice --thanks, turmeric! Here are the juicy details: chicken tenderloins cooked in a blend of peri peri spice, served with our own yellow fried rice tossed with fresh onion, garlic, capsicum, broccoli & carrot. This quick delicious lunch or dinner packs flavour, stacks perfectly in your fridge and is ready anytime you are! Gluten Free Ingredients: rice mix = (

\$9.50

jasmine rice, capsicum, carrots, broccoli, onions, garlic, turmeric powder) chicken tenderloins, peri peri seasoning =( chilli, lemon pepper Spices, salt, dehydrated vegetables, rice cereal, acid regulator (62), flavour enhancers ( 621, 635), sugar, dextrose, maize starch, food acid (330),natural flavours, canola oil, herds, spice extract ( 160c), anti-caking agent(551) May contain traces of nuts



Banana Choc  
Chip YUM!!

On the lookout for the perfect treat? Look no further! We fell in love with this chocolate chip banana bread made by our friends at The Country Chef Bakery Co. and we know you will too! This soft perfect banana bread is filled with chocolate chips, made lovingly on the SUNshine Coast and delivered fresh by us. Try is with your morning tea, coffee, or as an afternoon snack. We dare you to stop at just one slice.Tip: Transport yourself to your favouritecafe by lightly toasting the slice and adding a little dollop of butter. Choc chip "yummmm!"Ingredients :Banana Puree (Banana, Food Acids (330, 300)), Wheat Flour, (Vitamins (Thiamin, Folate)), Sugar, Canola Oil, Sour Cream (Cream, Milk Solids, Culture), Dark compound chocolate chips ( sugar, palm kernel oil, emulsifiers ( 492, soy, lecithin) antioxidants ( 330)), cocoa powder, whey protein,, ( Water, Whole Egg Powder, Baking Powder (450, 500) Wheat Starch)), Bicarb Soda (500), Natural Vanilla Flavor, Preservative (202), Salt, Ground Cinnamon.

\$3.00



Gourmet  
Hawaiian Pizza  
11"

Fancy and island getaway? While we can't ACTUALLY send you to Hawaii, we can guarantee a fresh, warm delicious gourmet version of this favorite pizza! We start with a half-baked thin base brushed lightly with olive oil and topped with our home made tomato sauce, shaved smoked ham, cheese, fresh cut pineapple and Camembert cheese.Our special packaging allows this creation to stay fresh fresh fresh in your fridge and will be ready in just minutes (Seriously! Faster than you can start dreaming about your next tropical holiday!)Chef Tip: If you're after a crispy golden crust, brush the edges with a little extra olive oil before baking.11" Pizza is a great share meal for 2Cooking Instructions:remove pizza from bag and place on an oven proof tray or pizza tray, Cook in the oven on 180 degrees for 10 min or until your liking (time may vary),nutrition information is based on 2 serves per pizzaIngredients:Pizza base = ( wheat flour, vitamins, ( Thiamin, folic acid), water ,yeast, salt, olive oil, canola oil, sugar, Parmesan cheese = ( milk, tapioca starch cultures, rennet, salt,) cheese ( milk, salt, stater culture,

\$12.95

enzyme, bread crumbs ( wheat flour, sugar, yeast, canola oil) Preservatives ( 282, 202), garlic), sauce = ( crushed tomato, tomato paste, red wine, olive oil, dry oregano, ground ginger, basil, balsamic vinegar, chili, ground pepper, salt) Cheese ( daily), smoked ham (Pork (85%), Curing Premix [Salt, Sucrose, Mineral Salts (450, 451), Dextrose, Antioxidant (316), Preservative (250)], Water, Acidity Regulators (326, 325, 262), Modified Starch (1442), Vegetable Gum (407), Natural Flavour.), pineapple, Camembert cheese (Pasteurized milk, salt, rennet)



Singapore noodles (GF)

Hang up the phone, put your wallet away, say 'goodbye' to take-away! Grab your chopsticks and dive into everyone's favorite aromatic noodles... Singapore Noodles! We can spot you already doing a happy dance, so let's get to it! We start with delicious, thin, rice noodles tossed with tender, thinly sliced chicken, market fresh capsicum, onion, carrot, spring onion & egg. Simmered with our homemade sauce infusing the flavour of soy, garlic, chili & a little curry kick. This colourful treat is sure to be a feast for your eyes and your tastebuds! This meal is delivered fresh & ready whenever you are! No queue, no waiting, and definitely no greasy boxes! Zap it in our specially designed microwave containers, or toss it in a pan, you're just minutes away from a fresh, delicious & flavorful lunch or dinner. **Ingredients:** Chicken, rice noodles, sauce = ( water, soy sauce, sesame oil, curry powder, chilli, garlic ), capsicum, onion, carrot, egg, spring onion, fried shallots, salt, pepper.

\$8.95



Teriyaki Grilled Prawns (GF)

Inspired by our Osaka Teriyaki recipe, South Asia and a little Aussie barbeque flair, say hello to our new Teriyaki Grilled Prawns! This fusion recipe is out of this world! We begin with fresh prawn, grilled to pink perfection & drizzled with our teriyaki inspired sauce, (the real deal, no added sugar or preservatives here!) grilled onions, garlic, spring onion and served with steamed rice. This dish is perfect for an on-the-go lunch or any relaxing occasion with the family! Tip: toss in one of our veggie side dishes & you've created a power packed Asian fashion meal (No, sorry this doesn't automatically make you a Samurai, sorry) **Gluten Free** **Ingredients:** rice, prawns, sauce = ( Mirin sake, water, soy sauce (glutenfree ), onion, spring onion, sesame oil, garlic, salt, pepper.

\$9.95

Family Meal: Tandoori

Recognise the bright orange glow? The spice? The Aromas? Yes, it's Tandoori Chicken! Gather your

\$28.00



Chicken

friends, gather your loved ones, get ready to enjoy this family-sized Indian cuisine with your choice of sides. We start with lean chicken breast, marinated in Greek yogurt and a blend of spices which gives this classic meal its distinctive colour. Then slow cooked and served with your selection of side dishes, portioned perfectly for sharing. Tandoori Chicken mix = 500g  
 Ingredients: Chicken, tandoori past =(Water, Spices (Cumin, Cayenne, Mustard, Ginger, Coriander, Cinnamon, Paprika, Onion Powder, Fenugreek, Celery, Black Pepper, Turmeric), Vegetable Oil, Semolina (Wheat), Salt, Sugar, Acidity Regulators (260, 330), Colour (160c), Ginger Puree, Stabilisers (415, 412).  
 Nutrition panel for tandoori chicken only  
 Choose Your Sides:  
 Stir-fry Veggies: Market Fresh beans, capsicum, carrot, and broccoli, lightly seasoned and tossed in the wok. A healthy delicious match Tandoori Chicken.  
 Brown Rice: The secret to quieting those hangry family members, make a bed of brown rice to enjoy your Tandoori chicken and reap the healthy benefits of brown rice goodness.  
 Jasmine Rice: Classics are classics for a reason! Keep this dish authentic and select jasmine rice as one of your sides.  
 Couscous: The nutty flavour and delightful texture marries well with the flavours of the Tandoori chicken, we chose couscous as the side for our original version it's simply delicious.  
 Papadams: Warm up these crispy discs in a pan or in the microwave and watch the kids eyes light up as this bubble and transform! These salty snacks balance out the rich spices of the Tandoori Chicken.  
 Naan Bread: Soft oven baked Naan, perfect for tearing and scooping chicken and rice. This fresh bread is a delicious classic the whole family will enjoy.



Family Meal:  
 Teriyaki Chicken  
 (GF)

This teriyaki chicken recipe came straight from Osaka and found its way into the capable hands of our head chef. We are so excited to share it with you! #winning Juicy, tender steamed chicken breast with a homemade teriyaki glaze, served with jasmine rice and fresh spring onion. Get ready to add this one to the weekly menu because this family dish is sure to be enjoyed by all! ready to mix and match with your choice of side dishes. 500g - serves 3 -4 people -  
 Ingredients: Chicken, rice, sauce = ( Mirin sake, water, soy sauce ( glutenfree ), brown sugar, garlic. (May contain traces of nuts)  
 Nutrition table is for Teriyaki chicken only  
 Sides: Creamy Mashed Potatoes: A Fresh Meals favourite, it might be too good to share this family sized serving of creamy mashed potatoes, but we believe in you!  
 Green Veggies: Our classic super green mix!  
 Stir Fry Veggies: Keep the Asian-fusion theme going with this family portion of stir fry

\$29.95

veggies. Market fresh beans, capsicum, carrot and broccoli, lightly seasoned and toasted in the wok, ready to serve in less than 2 minutes! Garlic Chat Potatoes: Warm these up in the microwave or pop them on a tray in the oven to enjoy them in their crispy glory! Roasted Sweet Potatoes: Same rules apply! Enjoy these in two minutes for instant delicious gratification, or oven roast for a few minutes to enjoy them for all they are worth (which is GOLD!) Roast Veggie Mix: Like Sunday dinner at Mum; we combine fresh potato, sweet potato, pumpkin, and onions into a delicious roasted mix that's ready in a quick zap in the microwave. Brown Rice: Perfect for filling hangry family members with the healthier rice option. Bonus: brown rice is filled with antioxidants! Jasmine Rice: Mix your meal with a family sized serving of everyone's favourite aromatic rice! Yellow Fried Rice: Turmeric gives this delicious dish its beautiful colour and it's cooling, anti-inflammatory superpower! A classic fried rice tossed with fresh capsicum, carrots, onion, broccoli & garlic.



Parmesan Spring Chicken (GF)

Bursting with colour and flavour, this meal is sure to put a little extra spring in your step! And while we can't promise any improvements on your dance movies, we can promise you'll just LOVE this dish! Tender oven-grilled chicken with a toasty Parmesan crust, served with a fresh spring vegetable salad with spinach, roasted potato, bacon, peas, salt and pepper and a little drizzle of olive oil. Celebrate the warmer weather and the season of FRESH with this delightful chef creation. Enjoy as a grab-and-go salad straight from the fridge, or warm it up to your liking, either way you're in for a fantastic lunch or dinner! Gluten Free Ingredients: Chicken, salad = (potato, peas, bacon, spinach, pepper, salt, olive oil,) Parmesan cheese.

\$9.50



Beef with Grilled Asparagus (GF)

The best of the best! We were so inspired by the mouth-watering goodness of traditional Brazilian Barbecue that we've decided to add some premium barbecue to our menu! Go ahead, light a candle, grab those linen napkins, we didn't hold back with this dish and neither should you! We start with gorgeous grade 4+ marbled rump cap beef, cooked to medium perfection served with a drizzle of our homemade red wine sauce, our famous creamy mashed potatoes, and fresh grilled asparagus. When you're ready, simply zap it in the microwave for the recommended time, and you're ready to enjoy a gourmet meal wherever you are! Please note the Beef is cooked rare, and is very tender.

\$9.95

You can microwave for a longer time to achieve your desired likeness. Gluten Free Ingredients: Beef (rump), Mash potato = ( potato, cream, milk, butter, salt, pepper), asparagus, red wine jus = ( Sauce = (water, gravy, thyme, powder = (Salt, Sugar, Maize Starch, Beef Fat 5.6% [Beef Fat, Antioxidant (306), Food Acid (330) (Contains Soy)], Yeast Extract (contains Colour 150d), Soy Sauce Powder [(Contains Food Acid 260) (Contains Soy and Wheat)], Flavours (Contain Wheat & Soy), Hydrolysed Vegetable Protein (Contains Wheat, Corn and Soy), Colour (150c), Flavour, Onion Powder, Flavour Enhancer (635), Spice, Food Acid (330), Herbs) red wine, white wine, onion, thyme, pepper, cinnamon, cloves.), salt, pepper.



Slow Braised Lamb & Potato Bake (GF)

Craving a dinner at Mum's or maybe you're just feeling fancy? Either way, our slow braised lamb couldn't get any easier. This fresh grab-and-go meal is perfect for turning any time into "me time." We start with spice rubbed braised lamb leg, slow cooked until its fall-apart juicy and tender, served with creamy cheesy potato gratin and our classic minted pea puree. This meal combines Aussie faves with the French culinary techniques of the potato gratin and topped with a refreshing minted pea puree. Fresh and delicious, it's a premium meal you'll want to see in your fridge over and over again! Gluten Free Ingredients: Potato bake = (potato, cream, thyme, garlic powder, onion powder,) Lamb, pea pure = ( peas, dried onion, garlic, white wine, thyme, mint, salt), Sauce = (water, gravy powder, powder = (Salt, Sugar, Maize Starch, Beef Fat 5.6% [Beef Fat, Antioxidant (306), Food Acid (330) (Contains Soy)], Yeast Extract (contains Colour 150d), Soy Sauce Powder [(Contains Food Acid 260) (Contains Soy and Wheat)], Flavours (Contain Wheat & Soy), Hydrolysed Vegetable Protein (Contains Wheat, Corn and Soy), Colour (150c), Flavour, Onion Powder, Flavour Enhancer (635), Spice, Food Acid (330), Herbs) red wine, white wine, onion, thyme, pepper, cinnamon, cloves, thyme.) rosemary.

\$9.95



Korean Bowl (GF)

Shake your chopsticks, Korean BBQ flavours with fresh veggies, steamed rice and in a happily packed in the fridge and ready to go? At last, you CAN have it all! Tender beef mince made with crushed garlic, ginger, green onion, sesame, honey & lime, this dish may look simple, but it packs some wonderful "can't get enough" flavours! We dish it up with steamed jasmine rice, fresh stir-fry choy sum with garlic and fresh roasted zucchini. Served with thinly sliced chili and white sesame seeds. Stir

\$9.50

it, shake it, twirl it, just a few minutes in the microwave and this fresh bowl is ready to go! Enjoy! Gluten Free Ingredients: Jasmine rice, beef mix = (beef mince, soy sauce, lime juice, honey, water, sesame seed oil, brown sugar, onions, garlic, shallots,) choy sum, zucchini, chilli, salt, pepper.



Coconut Grilled Barramundi (GF)

Sweet coconut, tangy lime, and freshly grilled barramundi, we've got three perfect ingredients to feel like you're on an island holiday! Except this holiday happens to be anywhere you are with our delicious, easy grab-and-go meals. We start with fresh grilled barramundi with a toasty coconut crust, served with steamed brown rice and our chef created magic lime sauce: think creamy coconut, tangy lime and a whole lot of paradise to bring together all the flavours of this dish. Gluten Free Ingredients: Fish (Barramundi), rice = (brown rice, butter, parsley, olive oil, salt, pepper), sauce = (coconut milk, lime juice, lemon juice, orange juice, spring onion, garlic, olive oil) coconut.

\$9.95



Grilled Chorizo Crusted Barramundi

Celebrate the flavours of the season; the sun's out, the grill is heating up, and so are our meals. You might find this dish cooking on a beach somewhere in South America, or delivered right to your door! Super lean, freshly grilled barramundi with a unique chorizo crust, a little zesty flavour goes a long way, paired with our spiced five bean mix made with paprika, cumin, onion, garlic, capsicum and lemon. This savoury, zesty, warm meal will remind you of endless summers while also giving you more time to enjoy the sunshine, this meal is ready in just 2-3 minutes wherever you may be! Ingredients: Fish = (Barramundi, bread crumbs, chorizo (Pork(92%), Salt, Edible Casing, Spices, Lactose(Milk), Dehydrated Vegetables, Dextrose, Maltodextrin, Antioxidant(316), Herb, Sugar, Spice Extract, Natural Colour (160c), Preservative(250), Culture, Natural Wood Smoke, Curry Powder, GF Soy Sauce, Curry Paste, parsley, rosemary,) parsley, almonds, lemon zest), bean mix = (Legumes(60%) [Red Kidney Beans (Small Red Variety), Baby Lima Beans, Chick Peas, Butter Beans], Water, Sugar, Salt, Food Acid (Acetic), Firming Agent (509)), onions, capsicum, tomato sauce, tomato paste, lemon juice, garlic, cumin, sugar, salt, pepper.

\$9.95



Super Green Salad (Veg) (GF)

If there were ever a pure fresh veggie salad that's hearty and full of flavour this is it! We've packed as much fresh goodness as we possibly could into one meal and the texture and flavours are astounding! Fresh kale is tossed with a drizzle of

\$9.50

olive oil to reduce any bitterness, with beetroot, roasted pumpkin, charred corn cobs, broccolini, roasted almonds, sunflower seeds, lemon, salt and pepper. This fresh meal has super powers you won't soon forget! Simply grab it from the fridge, give it a little shake, open, and you're ready to enjoy! Gluten Free  
 Ingredients: Beet root, pumpkin, kale, broccolini, roasted almonds, sunflower seeds, lemon juice, salt, pepper.



Family Meal:  
 Chicken Satay

We've taken this classic Indonesian street food, spun it into a curry style the whole family can share, and now we're delivering it fresh to you! Dive into a warm bowl of this mild, tangy, peanut and coconut curry with tender slow cooked chicken. All that's left for you to do is mix and match with your favourite side dishes and wait for the easiest family dinner of your life! Serves - 3 to 4 people  
 Ingredients: Chicken, Sauce= (peanut butter (peanuts, vegetable oils, sugar, salt), coconut cream, red curry (chilli, lemongrass, salt, shallots, galangal, shrimp paste, kaffir lime, pepper), peanuts, vinegar, sugar.) Nutrition table is for satay only  
 500g Sides: Asian Green Veggies Stir Fry Veggies: Market fresh beans, capsicum, carrot and broccoli, lightly seasoned and tossed in the wok. A healthy flavourful side to chicken satay makes this Asian-fusion dish a hit!  
 Brown Rice: The secret to quieting those hungry family members. Serve your chicken satay over a bed of brown rice and turn this dish into a healthy, hearty delicious meal for all!  
 Jasmine Rice: Classics are classics for a reason, keep this dish authentic with a bowl of aromatic jasmine rice.  
 Couscous: The nutty flavour and delightful texture mixes perfectly with the creamy chicken satay and will have you reaching for more!

\$27.50



Family Meal:  
 Meat Pie

Gather around and indulge in this delicious family-sized Aussie icon! Enjoy the tastes of Australia with baker made short crust pastry filled with beef mince and a rich gravy topped with flaky puff pastry and ready for each family member to top with their own favourite sauce! Family Pie serves 3 - 4 people  
 Oven Reheat This meal comes with your choice of side dishes from our options below, mix and match to create the perfect taste for your home!  
 Ingredients: Filling - (100% MINCED BEEF, FLOUR, VEGETABLE SHORTENING, SOYA FLOUR, MODIFIED STARCH, ONION, SALT, SPICES HYDROLYSED YEAST, VEGETABLE PROTEIN, CARAMEL, WATER ADDED), pastry = (Wheat flour, water, margarine [vegetable oil, water, salt, emulsifiers (471, soylécithin), food acid (330), antioxidant (306), colour (160a)], salt, food

\$30.00

acids (300, 330). Nutrition panel is based on pie only  
**Sides**  
**Mashed Potato:** A match made in Aussie heaven and a FM2U favourite, our creamy restaurant style mashed potatoes can turn any meal into a feel-good comfort food experience!  
**Green Veggies:** Create a healthy balance with this super green mix of fresh broccoli, beans & peas. Delivered fresh and re-steamed in the microwave using our special packaging.  
**Stir Fry Veggies:** A healthy sensational mix of flavours. Market fresh broccoli, capsicum, onion & carrot lightly seasoned and tossed in the wok and ready for you in a zap!  
**Garlic Chat Potatoes:** Earn a bit of style points with your loved ones, everyone enjoys these flavourful, crispy, oven roasted garlic chat potatoes!  
**Roast Sweet Potatoes:** Salty, sweet and crispy these roasted sweet potatoes turn any meal into a real treat! Fresh cut sweet potato drizzled in olive oil and roasted to crispy perfection and ready with a quick zap in the microwave.  
**Roast Veggie Mix:** Let's take you back to dinner at mum's, but this time the home-cooking is delivered right to your door! Roasted sweet potato, onion, pumpkin & potatoes make up this delicious side dish!  
**Garlic Bread:** Toasty, warm, savoury garlic bread make the perfect side for a family-sized appetite! Delicious french bread sliced and topped with a garlic butter spread and warmed in the oven.



**Family Meal:**  
**Quiche**

We're serving up a fabulous, savoury quiche lorriane that's sure to please the whole family. The secret to a perfect family meal is simplicity. Simply choose quiche as your main with your selection of your favourite sides and you can sit back and enjoy a breezy family meal without any of the prep! We start with shortcrust pastry, filled with eggs, fresh cream, brown onion, bacon and cheese, ready to warm and serve with your choice of our delicious side dishes!  
**Serves 3 -4 people**  
**1.2 kg ( Large Family quiche )**  
**Nutrition panel of for the Quiche only**  
**Ingredients:** Pastry ( Wheat flour, margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, 471), flavour, food acids (270, 330), antioxidant (320), colour (160a)), water, salt, food acid (330). filling (Egg pulp, Full cream milk, Fresh Cream, ham, tasty cheese, seasonings.),  
**Sides:** **Mashed Potato:** Turn any meal into feel-good comfort food experience with our ultra creamy restaurant style mashed potatoes.  
**Sweet Potato Mash:** Our new sweet potato mash has it all! Just like our original mash, this version is as creamy as can be, but with a little extra nutrients so you can top up those vitamins A, E & C!  
**Stir Fry Veggies:** Take a "WOK" on the wild side by adding a sensational mix of fresh flavours

**\$33.95**

with stir fry veggies! Fresh broccoli, capsicum, onion & carrot lightly seasoned and tossed in the wok and ready for you in a zap! Garlic Chat Potatoes: Earn style points with these flavourful crispy oven roasted garlic chat potatoes. Roast Sweet Potatoes: Salty, sweet and crispy these roasted sweet potatoes turn any meal into a real treat! Fresh cut sweet potato, drizzled in olive oil and roasted to crispy perfection and ready with a quick zap in the microwave. Roast Veggies Mix: Let's take you back to dinner at Mum's, but this time the home cooking is coming right to your door! Roasted sweet potato, onion, pumpkin & potatoes make up this delicious side dish. Garlic Bread: Toasty, warm, savoury garlic bread makes the perfect side for a family sized appetite! Delicious french bread sliced and topped with a garlic butter spread and warmed in the oven.



Roasted Veggie Mix 450g

Craving a Sunday dinner at mum's but with instant gratification? We combine roasted potato, sweet potato, pumpkin, and onions into a delicious roasted mix that's ready in a snap! (a few minutes in the microwave!) Serves 3 - 4 Ingredients: Potato, Sweet Potato, pumpkin, onion, vegetable oil, salt, pepper

\$6.50



Papadums!

Spruce up any Asian fusion dish with a side of papadums! Warm up these crispy discs in a pan or in the microwave and watch as they bubble and transform! These salt snacks balance out the some of our spicier meals. Ingredients: Urid Flour, Vegetable Oil, Rice Flour, Spices, Salt, Raising Agent (Calcium Oxide).

\$2.50



Garlic Chat Potatoes

Gather around and enjoy these flavourful oven roasted garlic chat potatoes. Toss them in the microwave or reunite with your oven by spreading them on a baking sheet and pop them in the oven on low to make them extra crispy. A side of garlic chat potatoes pairs well with just about anything! Serves 3 -4 people Ingredients: Potato, butter, garlic, thyme, salt, pepper

\$5.50



Asian Green Veggies 200g

Add a side of fresh lively Asian greens to accompany any meal and add a little healthy hot-off-the-wok goodness! Fresh broccolini and choy sum lightly seasoned and tossed in a wok, sealed, delivered and ready for your enjoyment. 200g serves = 3 - 4 persons Ingredients: Broccolini, Choy sum, canola oil, salt, pepper

\$7.00

Naan Bread

Soft oven baked Naan, perfect for tearing and scoping up your favourite Fresh Meals curry. Try it

\$4.50



with our tandoori chicken for a true Indian inspired experience!  
4 per pack  
Ingredients:Wheat flour (57%), thiamine, folic acid, water, vegetable oil, (antioxidant (320), sugar, yeats, baking powder, (mineral salts ( 500, 450, 341), iodised salt, food acid ( 297), preservative ( 282), mineral salt ( 500)



Stir Fry Veggies  
400g

Take a WOK on the wild side, because this side dish is fresh, light, and full of flavour! A fresh mix of chopped onions, capsicum, broccolu and carrot, lightly seasoned and tossed in a wok. Just pop it in the microwave and enjoy with along side any of our easy meals.Serves 3 - 4 people  
Ingredients:Carrot, Broccoli, Onion, Capsicum, Beans, canola oil, salt, pepper.

\$8.00



Yellow Fried Rice 450g

A hint of tasty turmeric gives this yellow fried rice it's beautiful yellow colour and it's anti-inflammatory super powers! A classic fried rice tossed with fresh finely chopped capsicum, carrots, onion, broccoli and garlic. Meet me at the fridge? This side dish is ready in a snap!Serves 3 -4 people  
Ingredients:jasmine rice, capsicum, carrots, broccoli, onions, garlic, turmeric powder

\$6.00



Creamy Mashed Potatoes 450g (GF)

Want and change of pace with your meals? Turn any meal into a hearty, delicious, lick-the-plate-clean dish with our "mmm" creamy mashed potatoes! Heat it up in the microwave and share with someone over your favourite meals. These restaurant style, warm, smooth mashed potatoes are one of our best sellers!Serves 3 - 4 people  
Ingredients:Potato, cream, milk, butter, salt, pepper.

\$5.50



Smooth Mashed Potatoes with Cheese, Bacon & Spring Onion 450g (GF)

We've taken our classic creamy mashed potatoes and up'd their game a bit. Introducing these cheesy, bacon and spring onion infused mashed potatoes. Pair them with your favourite meal or enjoy these as a late afternoon snack.Serves - 3 to 4 people  
Ingredients:potato, bacon, milk, cheese, spring onion, salt, pepper

\$6.00



Family Meal: Lamb Shanks (GF)

Your family will be saying "Shank you very much!" With these tender, fall-off-the-bone Aussie lamb shanks! Slow cooked shanks, delivered to your door with your choice of sides and ready in a flash!This product has been cooked Sous Vide, Making it super tender and deliciousBest reheating -Microwave - Stand up right in a microwave container andpiece the plastic bag several times in the top to allow the steam to escape. Microwave on high for 3 minuets or until steaming hot( time may vary ),Oven - Pre heat oven to 160°, empty lamb

\$34.95

shanks and sauce from plastic into a oven proof dish and cover. reheat for 30 min in oven or until hot. Ingredients: 1kg Lamb shank, tomato pulp, salt ( Nutrition panel is for the lamb shank and sauce only ) Sides Mashed Potatoes: Our most popular side dish! Warm creamy restaurant style mashed potatoes will turn these lamb shanks into a real Aussie classic! Sweet Potato Mash: A little sweet, a little savoury a little smooth, add a little healthy to any meal with our smooth sweet potato mash. Green Veggies: A family sized super green mix of fresh beans, broccoli and peas to add fresh nutrients to your family meal. Garlic Chat Potatoes: Gather around and enjoy these crispy, flavourful oven roasted garlic chat potatoes. Fresh cut chat potatoes, drizzled with olive oil, topped with fresh garlic and herbs and oven roasted to crispy perfection. Roasted Sweet Potatoes: Just plain and simple, warm, roasted, and just make you feel good! Fresh cut sweet potatoes, drizzled with olive oil and oven roasted. Roasted Veggie Mix: A comforting mix of oven roasted veggies: sweet potato, onion, pumpkin and potatoes make up this delicious side! Garlic Bread: Toasty french bread sliced and topped with a garlic butter spread and warmed in the oven. Toasty, warm and savoury, this is the perfect side dish for a family sized appetite.



Chocolate Haze Protein Buddies (GF) 3 pack

Looking to trade up those certain sweet treats for something a bit healthier? Well friends THIS IS IT! Our best protein buddies yet...Chocolate Haze! These doughy balls taste like just those cheeky Ferrero Rochers but are packed with protein and delivered right to your door! Decadent chocolate, whey protein and LOTS of crushed hazelnuts hand rolled into these dreamy little treats. Hello Chocolate Haze! One bite into these buddies and you'll forget you've taken the higher (healthier) road. Enjoy! Ingredients: Chocolate (Sugar, cocoa Mags, Cocoa butter, cocoa milk fat, emulsifiers (soy)), Hazelnut, whey protein, Dates, Puffed rice, canola oil, wholegrain sorghum (vitamins = Niacin, thiamine, riboflavin, folate, iron), cocoa powder, vanilla essence. Gluten free

\$6.95



Potato Bake 450g

Thinly sliced potatoes, layered in creamy, cheesy goodness and baked to golden perfect! Add a side of potato bake to any of our fresh meals and you're adding a side of french homemade comfort! Serves 3 - 4 people Ingredients: Potato, cream, thyme, garlic powder, onion powder,

\$6.00

Family Meal:

Shake your chopsticks! We've made it easier than

\$29.95



**Korean Bowl**

ever to create your own perfect version of our Korean Bowl with your choice of rice, veggies and side dishes, all perfectly packaged and delivered right to your door! We start with tender beef mince made with crushed garlic, ginger, green onion, sesame, honey & lime! This dish pack some wonderful "can't get enough" flavours! A delicious sweet flavored mince that even the kids will love. Choose your rice, veggies and sides from the drop down menus & get ready to enjoy a delicious, unique meal with the ones you love! 500g Serves 3 - 4 People. Ingredients: beef mix = (beef mince, soy sauce, lime juice, honey, water, sesame seed oil, brown sugar, onions, garlic, shallots,)



**Garlic Bread**

Toasty, warm, savory garlic bread make the perfect side for your favourite fresh meal! Delicious french bread sliced and topped with a garlic butter spread and warmed in the oven to toasty perfection! 2 x 9 inch garlic breads per pack. Oven reheat. Ingredients: Wheat Flour, water, yeast, salt, sugar, vegetable oil, gluten, emulsifiers (481, 471, 472,) soya flour, preservatives (282), enzyme, vitamin (thiamin), Margarine, vegetable oils, water, salt total milk solids, non fat emulsifiers (322, 471), soyabean lecithin flavour, antioxidant (320 (0.008%), colour 160(a)), garlic, water, citric acid, parsley. May contain sesame seeds

\$3.50



**Family Meal: Spaghetti Bolognese**

We couldn't create a family menu without adding our little take on this simple, delicious family classic! Just like mum used to make: lean beef mince is slow cooked with fresh Italian herbs like basil, parsley and thyme, carrots, onion and crushed tomatoes. Served with your choice of super green pasta, or traditional wheat spaghetti, both sourced from a local family-owned pasta maker. With your choice of garlic bread or bread rolls. We have teamed up with Angelo's Pasta, as they have been producing Queensland's finest pasta that has earned Angelo's a reputation as the preferred brand of pasta among chefs and consumers alike. Recognizing the quality and consistency of its pasta products, Angelo's has won numerous prestigious food awards since 1999 including the Sydney Royal Fine Food Show Awards and the Royal Melbourne Fine Food Awards. Angelo's pasta come dry in a pack ready for cooking. Simple boil the water and place pasta in and cook until soft. Reheat the delicious mince in the microwave and pop the garlic bread in the oven. Simple and easy gourmet spag bol in under 20min, with no prepping of ingredients. Bolognese mince = 500g Serves - 3 - 4 people. Ingredients : Beef

\$25.00

mince, Herb paste =( Basil, Parsley, Thyme, Garlic, Canola oil, Sea salt, Raw sugar, Italian herbs, Tomato paste, Tomato crush)



Amatriciana Pulled Beef Pizza

Our newest addition to the fresh gourmet pizza family! Amatriciana combines fresh, half baked foccacia, drizzled with homemade tomato sauce, pulled beef, fresh capsicum, red Spanish onions, Spanish olives, cheese and oregano.No need for greasy take-away! Keep a little gourmet on hand, our special packaging allows these pizzas to stay fresh fresh fresh in your fridge, and are ready as quick as you can start dreaming up your next roman holiday!Ingredeiants:Pizza base = ( wheat flour, vitamins, ( Thiamin, folic acid), water ,yeast, salt, olive oil, canola oil, sugar, Parmesan cheese = ( milk, tapioca starch cultures, rennet, salt,) cheese ( milk, salt, stater culture, enzyme, bread crumbs ( wheat flour, sugar, yeast, canola oil) Preservatives ( 282, 202), garlic),sauce = ( crushed tomato, tomato paste, red wine, olive oil, dry oregano, ground ginger,basil, balsamic vinegar, chili, ground pepper, salt), cheese ( dairy), pulled beef, olives, capsicum, onion, oregano.

\$13.50



Family Pizza Meal

Skip the greasy take-away, create the perfect family pizza night with two of our fresh gourmet hand made pizzas and a side of garlic bread! Made to order, delivered fresh and ready whenever you are, these pizza's are a breeze!Mix or Match Two Pizzas:Pulled Beef Pizza 11" Fresh, half baked foccacia base brushed with olive oil and topped with our homemade tomato sauce, pulled beef, capsicum, Spanish onion, Spanish olives and cheese.Gourmet Hawaiian Pizza 11" Fresh half baked foccacia base, lightly brushed with olive oil and topped with our homemade tomato sauce shaved smoked ham, cheese, fresh cut pineapple and Camembert cheese.Served with a side of Garlic Bread.Our unique packaging allows these pizzas to stay fresh fresh fresh in your fridge and will be ready in just minutes! Cooking Instructions:Remove pizza from bag and place on baking sheet or oven proof pizza tray. Cook at 180 degrees for 10 minutes, or until your liking. Time may vary.

\$27.50



Sweet Potato Mash 450g (GF)

It's no secret our traditional creamy mashed potatoes are one of our best sellers, we think these MIGHT just have them beat. Sweet potato mash is our oh-so-delicious twist on traditional mashed potatoes. We start with fresh cut sweet potatoes mashed with cumin and a drizzle of honey. Treat yourself to this sweet side and treat yourself to vitamins A, E & C! Add this creamy versatile

\$6.50

decadence to any brighten any meal!Serves 4  
Ingredients sweet potato pure = (sweet potato, Honey, cumin ground, butter),salt, pepper.



Lamb Shank  
Couscous &  
sweet potato  
mash

Simple, delicious with a bit of a nutty Moroccan twist, these are the easiest lamb shanks you'll ever enjoy! Shank you very much!Juicy, lamb shanks cooked low and slow until they've reached that fall-off-the-bone perfection served with a nutty Moroccan couscous to enhance texture and flavour, plus a sweet potato mash to die for.Grab this meal when you're on your way out the door, or sit and enjoy as a relaxing no-fuss dinner.Ingredients lamb shanks sauce = ( Tomato pulp, salt), cous cous (wheat), sweetpotato pure = (sweet potato, Honey, cumin ground, butter), salt, pepper.

\$9.95



BBQ Pack:  
Italian Marinated  
Rissoles (GF)

Maybe you've got a BBQ this weekend? Maybe you want to mix up your weeknight dinner routine? Our NEW BBQ packs will have your tastebuds tingling, the family cheering, and the high=fives going 'round faster than you can light up the grill! Order one of our BBQ packs with your choice of protein and flavours and get ready to get sizzling anytime you please! This pack is vac-sealed and delivered fresh to your door. All you have to do is get cooking, no prep required.Pair this BBQ pack with any of our fresh, delicious, ready to eat sides and you're ready for an effortless party!This pack includes:6 x Italian Marinated Rissoles plus the 2 sides you select create a meal that your family will enjoy.Please note:the Rissoles are raw and require cooking on the BBQ or frying pan. All side portions are pre cooked and ready to reheat in the microwaveIngredients Beef, Lamb, marinade = (Water, sugar, tomatopaste, olives, thickeners ( 142, 415, 412) Acidity regulators (330, 260),dehydrated vegetables ( onion, garlic,) Herbs, salts, spices, colours ( 160c,150d, 124), Preservatives ( 202,211).Tip: pair it with our oven roasted garlic chat potatoes for the full savory experience!

\$32.00



BBQ Pack: Beef  
Petite  
Tenderloin (GF)

Maybe you've got a BBQ this weekend? Maybe you want to mix up your weeknight dinner routine? Our NEW BBQ packs will have your taste buds tingling, the family cheering, and the high=fives going 'round faster than you can light up the grill! Order one of our BBQ packs with your choice of protein and flavours and get ready to get sizzling anytime you please! This pack is vac-sealed and delivered fresh to your door. All you have to do is get cooking, no prep required.Pair this BBQ pack with any of our fresh, delicious, ready to eat sides and

\$35.00

you're ready for an effortless party! Please note: Beef is raw and require cooking on the BBQ or frying pan. All side portions are pre cooked and ready to reheat in the microwave This pack includes: Beef Petite Tenderloin Ingredients: Beef Tip: pair it with our creamy mashed potatoes, our smooth mashed potatoes with cheese, bacon and spring onions or our roast veggie mix to compliment the southern flavours!



Beef Petite Tenderloin & cauliflower veloute (GF)

This show stopping roast makes any afternoon feel like Christmas! Think warm, melt in your mouth tenderloin, drizzled with red wine jus and served with chef-crafted creamy cauliflower veloute and fresh steamed broccoli and carrots. Mmm! Enjoy the flavours of the season when this fresh meal arrives at your doorstep! This easy lunch or dinner has all the perks of premium meat, but without the prep or the restaurant price tag, it's a delightful dish you'll want to see in your fridge over and over again! Ingredients Beef, Broccolini, cauliflower mash (Cauliflower, cream, butter, salt, pepper), red wine jus = (red wine jus = (Sauce = (water, gravy, thyme, powder = (modified starch (1420), maltodextrin (from corn), iodised salt, sugar, beverage whitener, (mineral slats,) (340,451), emulsifiers ( 471, 481) anti caking agent (551), antioxidant ( 307b), contains milk and salt) Yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancers ( 635), spice) red wine, white wine, onion, thyme, pepper, cinnamon, cloves.), salt, pepper.

\$9.95



Chicken Sukiyaki Bowl (GF)

Say hello to this one-pot-wonder and you're saying hello to savoury fresh veggies and juicy tender chicken all spun in a savoury sauce we just can't get enough of! We start with fresh chicken maryland, thinly sliced and cooked to juicy perfection, tossed with market fresh broccoli, carrots, red cabbage, onions, mushrooms and capsicum with our sweet and savoury Sukiyaki sauce and served over steamed brown rice. An easy, delicious, grab-and-go bowl without the wait, this meal is delivered fresh and ready anytime! Ingredients Brown Rice, Chicken, carrots, red cabbage, red capsicum, onions, mushrooms, sauce = (Sauce = sesame oil, soy sauce, water, chilli flakes, Teriyaki sauce = soya sauce, rice flour, water, salt) sugar, water, salt, ginger, vinegar, spices, food acids (260, 270), caramel (150D).

\$9.50

Chorizo Chicken Tenders, Quinoa

Become a chicken tender connoisseur and ditch the drive-thru for good! This meal is bursting with fresh

\$9.95



Spring Salad & Garlic Aioli (GF)

flavours, ingredients and textures you wont find just anywhere. Savoury chorizo, juicy chicken tenders, Mediterranean inspired quinoa spring salad and crunchy flaked almonds. Served with a side of garlic aioli. We start with juicy chicken tenders lightly breaded in our special chorizo crust and grilled to savoury perfection. Served with quinoa spring salad with onions, capsicum, olives, parsley and mint, with flaked almonds for a little extra crunch! Give yourself more time to enjoy the sunshine, warm this dish up or take it to the park! These fresh flavours are ready anytime! Ingredients Chicken, Quinoa salad =(crushed garlic, quinoa, onions, flaked almonds, red capsicum, olives, parsley, mint,) chorizo crumbs: chorizo = (chorizo (Pork (92%), Salt, Edible Casing, Spices, Lactose (Milk), Dehydrated Vegetables, Dextrose, Maltodextrin, Antioxidant (316), Herb, Sugar, Spice Extract, Natural Colour (160c), Preservative (250), Culture, Natural Wood Smoke, Curry Powder, GF Soy Sauce, Curry Paste,) parsley, rosemary,) parsley, almonds, lemon zest)), panko crumbs (Wheat) garlic aioli = (Canola oil, Egg, Garlic (2%), Water, Balsamic Vinegar, Dijon Mustard (Vinegar, Salt, Preservative (514), Lemon Juice, White Pepper, Acidity Regulator (270),)



Fusilli Salmon Bowl

Your lunchtime just got a makeover because our Fusilli Salmon Bowl can turn anytime into picnic time! Take this meal straight from the fridge and hit your favourite sunny spot, this savoury dish can be enjoyed hot or cold and anytime you like! It begins with fresh poached Tasmanian salmon, cooked with lemon and Spanish leaves, tossed with fresh julienne carrots, diced onions, charred corn, and Fusilli pasta, mixed with our homemade garlic aoli and sprinkled with a pinch of salt and pepper. No need for a picnic basket, this dish is delivered fresh, packed and ready anytime you are! Get out there and enjoy your day already! This meal is best served cold. Ingredients spiral pasta (wheat) , salmon, carrots, garlic aioli = (Canola oil, Egg, Garlic (2%), Water, Balsamic Vinegar, Dijon Mustard (Vinegar, Salt, Preservative (514), Lemon Juice, White Pepper, Acidity Regulator (270), corn, red onion, Lemon juice, Salt, pepper,

\$9.50



Chicken Satay Skewers with Thai Noodle Salad (GF)

We taking you straight to the streets of Thailand with our Chicken Satay Skewers with Thai Noodle Salad. Our chefs are bringing out all of our favourite fresh herbs to give this dish a fill fusion of fresh flavours! (Say that 5 times fast!) We start with fresh chicken skewers grilled with our chef's spice

\$9.95

run including garlic, turmeric, and ground coriander. Served on a bed of fresh Thai salad with rice noodles, julienne carrots, Spanish onions, coriander, mint, cucumber, and parsley. Drizzle it with our fresh homemade Thai dressing to bring all of the wonderful flavours together! Ingredients chicken skewers = Cajun spice, confit garlic, ground turmeric, oil, noodle salad = (rice noodles, carrots, red onions, coriander leaves, mint leaves, cucumber,) Thai dressing: (soy sauce, fish sauce, lime juice) Satay sauce = (peanut butter (peanuts, vegetable oils, sugar, salt), coconut cream, red curry (chilli, lemongrass, salt, shallots, galangal, shrimp paste, kaffir lime, pepper), peanuts, vinegar, sugar.)



Barrero Pork Loin with Rustic Spanish Rice (GF)

Savour the flavours, savour some good company, maybe even savour a good drink with this Spanish inspired meal! We combine juicy, tender pork loin rubbed in a warm barrero seasoning and cooked low and slow until it's fall-apart juicy and tender. Then serve it with our chef created rustic Spanish rice with chorizo, corn, parsley and onions. served with a side of aioli Our Barrero Pork Loin with Rustic Spanish rice was made for enjoying slowly, savouring every. last. bite. There... now you're a true Spaniard! If you're ever on the go, no worries! Our easy grab-and-go packaging makes this meal easy to enjoy anywhere at any time of day! Ingredients Pork loin = ( Portuguese rub= ( Spices, salt, dehydrated vegetables, rice cereal, acid regulator (62), flavour enhancers ( 621, 635), sugar, dextrose, maize starch, food acid (330), natural flavours, canola oil, herbs, spice extract ( 160c), anti-caking agent (551), rice mix = ( rice, Chorizo ( chorizo (Pork (92%), Salt, Edible Casing, Spices, Lactose (Milk), Dehydrated Vegetables, Dextrose, Maltodextrin, Antioxidant (316), Herb, Sugar, Spice Extract, Natural Colour (160c), Preservative (250), Culture, Natural Wood Smoke, Curry Powder, GF Soy Sauce, Curry Paste,) parsley, rosemary,) parsley, almonds, lemon zest), Corn, Parsley, Onions, Salt, Pepper, Smokey garlic aioli = ( garlic aioli = ( Canola oil, Egg, Garlic (2%), Water, Balsamic Vinegar, Dijon Mustard (Vinegar, Salt, Preservative (514), Lemon Juice, White Pepper, Acidity Regulator (270),).

\$9.95



Fresh Corn on the Cob (GF)

Crispy, sweet, savoury, steamed and ready to turn any meal into a big hit! Fresh corn on the cob heated in a zap and ready for you to drizzle with butter, dollop with sour cream, sprinkle with a dash of salt, or whatever you please! Pair this side dish with one of our BBQ packs and you're ready for an

\$6.00

instant party! Serves 4 Ingredients Corn, Butter



Cheesy Bacon Mac

Introducing our Cheesy Bacon Mac, as you can guess from its name this side dish is pure cheesy goodness! Macaroni bathed in a creamy cheese sauce and mixed with thinly sliced bacon. Share it at your next BBQ or enjoy it as a side to your favourite fresh meal! Or even enjoy it as its own meal! There's no rules here, just fresh delicious chef creations delivered right to your door! Serves 4 Ingredients macaroni pasta (wheat), Liquid cheese, bacon, tasty cheese, parmesan cheese

\$6.50



Cheesy Bacon Mac with Italian Rissolo

Enjoy forkful after forkful of our mega creamy Cheesy Bacon Mac: macaroni bathed in creamy cheesy goodness mixed with thinly sliced bacon and served with a juicy, tender Italian rissolo. No imitations here, just pure cheesy goodness made fresh, delivered and ready in just 2 minutes! Ingredients rissoles, beef, lamb, marinade = ((Water, sugar, tomato paste, olives, thickeners ( 142, 415, 412) Acidity regulators (330, 260), dehydrated vegetables ( onion, garlic,) Herbs, salts, spices, colours ( 160c, 150d, 124), Preservatives ( 202, 211).), macaroni pasta (wheat), Liquid cheese, bacon, tasty cheese, parmesan cheese

\$9.95



Donate a meal to a family in need

Donate with FM2U and help families through tough times Who are Friends With Dignity? Friends with Dignity is a national non-for-profit organisation providing assistance to women, men and children who have been displaced by domestic violence. Founded by former Director of Assist A Sista, Manuela Whitford. Friends with Dignity have a dedicated team of volunteers who work with registered referral agencies to turn houses into welcoming sanctuaries for people escaping domestic violence. Together they give people the dignity of a home to call their own. Friends with Dignity can only operate with the support of us. All donations go directly to supporting survivors of domestic violence to rebuild and reclaim their lives. Fresh Meals 2 U wishes to support this cause and will match every meal donation, to help families that are going through tough times, as no family should go without food in this day and age. By helping families in need with our emergency meal boxes, they can focus on getting their life on track. Fresh Meals 2 U will donate 1 meal for every meal purchased through this special offer available online. Alternatively you can go to the Friends with Dignity to see other ways to donate and help families in need. <https://www.friendswithdignity.org.au> We will

\$9.95

give updates on donations via email and social media.facebook - <https://www.facebook.com/FreshMeals2U/Instagram> - freshmeals\_2u



10 Pack Rocky Road Protein Buddies

Our favourite protein buddies! Bite into chocolaty doughy goodness when you're out for coffee or when you've just smashed through a workout. These cheeky Rocky Road creations are sure to brighten your mood!Cherries, marshmallows, whey protein, rice puffs & peanuts covered in a mix of chocolate and hand rolled in coconut.Relax and indulge or grab-and-go, we know you'll love our favourite treat!Ingredients:Chocolate= (Sugar, cocoa Mags, Cocoa butter, cocoa milkfat, emulsifiers (soy)) Milk chocolate =( Sugar, Vegetable fat, emulsifiers, soy, (492), Milk solids, cocoa flavours, salt), cream (dairy), whey protein, Cherries = ( cherries, sucrose, citric acid(E330), potassium sorbate (E202), cochineal carmine ( E120) Sulphur dioxide(E220)), Peanuts, puffed rice=Whole white rice (90%), sugar, salt, barley malt extract, vitamins (vitamin C, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide), Coconut, Marshmallows = ( sugar, glucose syrup, dextrose, gelatine, humectant (420), thickener (1401), flavours, colour, (129)Contains nuts and dairy

\$12.00



10 Pack White Chocolate & Goji Protein Buddies (GF)

Our protein balls were made for those who want to trade up their sweet treats for something a little healthier without sacrificing sweet decadence. Yum!First, we start with gourmet white chocolate & whey protein hand rolled with macadamia, almonds, coconut, goji berry and rice puffs.Bite into this doughy treat and forget you've taken the higher (healthier) road! Ingredients:White chocolate = sugar, cocoa butter, dried skimmed milk, dried whey (from milk), milk fat, emulsifier (soya lecithin), flavoring. Almond meal, Macadamia nuts, whey protein,puffed rice, goji berries, canola oil, coconut.

\$12.00



10 Pack Peanut Butter, Goji, & Chocolate Protein Buddies (GF)

Peanut butter's favourite partner in crime? Chocolate, and now Goji berries too. We've used this unique mix of flavours to create a super(food) sweet surprise! A great doughy, delicious, high-protein treat when you're on the run. Packed with whey protein, goji berriesand plenty of other tasty healthy goodies.(Gluten Free)Ingredients:Peanut butter, Chocolate,Wholegrain Sorghum,Whey Protein, Almonds,Wholegrain sorghum (96%), golden syrup, salt,vitamins (niacin, thiamin, riboflavin, folate) goji berry, Coconut, Cocoa, Water,

\$12.00

Dates, Vanilla, Olive oil,



10 Pack  
Chocolate  
Protein Buddies  
(GF)

An amazing and healthy snack for between meals. Our protein balls are packed with whey protein, dark chocolate and other superfoods such as chia seed. Be warned - they are addictive! (Gluten Free)  
Ingredients: Chocolate (Sugar, cocoa Mags, Cocoa butter, cocoa milkfat, emulsifiers (soy)), whey protein, wholegrain sorghum (vitamins =Niacin, thiamine, riboflavin, folate, iron), almonds, chia seeds, coconut, cocoa, water, dates, vanilla, olive oil. Contains dairy & Nuts.

\$12.00



Chocolate Haze  
Protein Buddies  
10 pack

Looking to trade up those certain sweet treats for something a bit healthier? Well friends THIS IS IT! Our best protein buddies yet...Chocolate Haze! These doughy balls taste like just those cheeky Ferrero Rochers but are packed with protein and delivered right to your door! Decadent chocolate, whey protein and LOTS of crushed hazelnuts hand rolled into these dreamy little treats. Hello Chocolate Haze! One bite into these buddies and you'll forget you've taken the higher (healthier) road. Enjoy!  
Ingredients: Chocolate (Sugar, cocoa Mags, Cocoa butter, cocoa milk fat, emulsifiers (soy)), Hazelnut, whey protein, Dates, Puffed rice, canola oil, wholegrain sorghum (vitamins =Niacin, thiamine, riboflavin, folate, iron), cocoa powder, vanilla essence. Gluten free

\$12.00