

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

If it's a good quality home style cooked meal your looking for then take a look at our extensive menu with the additional choice of regular or large sizes dependant on your appetite and of course a great selection of desserts.

Let Hearty Foods take the fuss and stress out of meal times, whether its lunch or dinner at home or a tasty meal at work, just grab a meal from your freezer and simply heat and eat with peace of mind that your eating a nutritious tasty meal.

FANTASTIC FACTS ABOUT OUR MEALS AND SERVICE

- Our meals are a complete meal
- Regular meals approx. 350-400g
- Large meals approx. 450-500g
- Most of our meals are gluten free and lactose free
- We prepare and cook our meals fresh daily using only the best ingredients sourcing our meat and vegetables from local Aussie suppliers.
- Free delivery to most areas
- The meals delivered are frozen
- Meals can be heated in either the oven or microwave from thawed or from frozen
- Our meal containers we use are of recycled cardboard and are biodegradable.

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DELIVERY AREAS

EVERY TUESDAY SUNSHINE COAST

Includes and the surrounds of:
Caloundra, Kawana, Sippy Downs, Buderim,
Mooloolaba, Maroochydore

EVERY WEDNESDAY SUNSHINE COAST

Includes and the surrounds of:
Bli Bli, Nambour, Palmwoods, Mudjimba, Coolum,
Noosa, Tewantin, Doonan, Cooroy, Eumundi, Yandina

EVERY THURSDAY MORTEN BAY / NORTH LAKES

Includes and the surrounds of:
Bribie Island, Caboolture, Morayfield, Burpengary,
Landsborough, Glasshouse Mountains
**Nerangba, Deception Bay, North Lakes, Redcliffe,
Maleny, Montville**
(Suburbs above in green incur a \$5.00 delivery charge)

FORTNIGHTLY FRIDAY GYMPIE TO FRASER COAST

Gympie, Tiaro, Maryborough, Hervey Bay
Tin Can Bay
(\$22.00 delivery fee applies for Tin Can Bay)

FORTNIGHTLY FRIDAY TOOGOOM TO BUNDABERG

*Toogoom, Burrum Heads, Howard, Childers,
Bundaberg, Bargara, Burnett Heads*
(All incur a \$5.00 delivery charge)

*Free Delivery is available to most areas
Delivery charges may apply dependant on location
Please call for more info*



2020/2021 Menu

Simply heat and eat!



HOW TO ORDER

PHONE ORDER

07 5442 7489

Call us weekdays between 9am – 2pm

ORDER ONLINE

www.heartyfoods.com.au

EMAIL ORDER

info@heartyfoods.com.au

www.heartyfoods.com.au

CHICKEN DISHES

1. ROAST CHICKEN

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

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 PARMI

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

47. MANGO CHICKEN

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

FISH DISHES

25. ATLANTIC SALMON (Reg \$13.50 | Lge \$17.90)

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

26. TUNA MORNAY PASTA

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

28. ATLANTIC COD & PRAWNS (Reg \$11.50 | Lge \$13.90)

Served with lemon sauce, mashed potato, broccoli & garden peas.

36. SMOKED SALMON FETTUCCHINE

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

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 Beef strips cooked in a mushroom, paprika & mustard sauce served with Fettuccine & green beans.

32. MEXICAN BEEF AND BEANS

Classic Chilli Con Carne served with rice and beans.

35. BEEF MADRAS CURRY (MILD-MEDIUM)

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

41. SILVERSIDE

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

PORK DISHES

12. ROAST PORK

Roasted pork with gravy, chat potatoes and roast pumpkin.

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 and vegetables.

BANGERS AND MASH

All served with mash potato, rich gravy and seasonal vegetables

2. BEEF WITH BUSH TOMATO & PEPPER SAUSAGES

13. TRADITIONAL OLD ENGLISH PORK SAUSAGES

22. LAMB, HONEY, MINT & ROSEMARY SAUSAGES

LAMB DISHES

10. ROAST LAMB (Reg \$11.50 | Lge \$13.90)

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

24. MASSAMAN LAMB CURRY (Reg \$11.50 | Lge \$13.90)

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

42. MONGOLIAN LAMB (Reg \$11.50 | Lge \$13.90)

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

VEGETARIAN / VEGAN DISHES

29. VEGETABLE LASAGNE

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

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 (\$4.50 each)

Apple & Rhubarb Crumble & Custard	Chocolate Bavarian
Bread & Butter Pudding & Custard	Passionfruit Cheesecake
Sticky Date Pudding & Caramel Sauce	Strawberry Cheesecake
Rice Pudding with Raisins & Cinnamon	
Chocolate & Almond Brownie & Choc Sauce	
Vanilla Ice-cream Cups \$2 each	

MAIN MEALS

Regular \$9.50 Large \$11.90

*Please note price differs for some fish & lamb dishes.

Minimum of 7 main meals for a FREE delivery

7 Regular sized meals from \$66.50

7 Large sized meals from \$83.30

Order 28 Meals & Recieve a FREE Dessert

Do you have a Home Care Package – Great!

You will only need to pay 30%

Admin fee applies

Order in bulk and save

14 main meals receive 5% off

28 main meals receive 10% off

Deliveries are for free for most areas, refer to our delivery information

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