

E PUBLIC HOLIDAY FRIDAY, 14TH AUGUST

- ASHGROVE & ROSALIE 6am-4pm
- HOME DELIVERY unavailable
- CLICK & COLLECT available

NO FRIDAY DELIVERIES EKKA PUBLIC HOLIDAY

This week you'll need to order by 11:59pm
Tuesday night to get your home delivery
before the weekend.

The **PUBLIC HOLIDAY** this Friday means our home delivery service will not be available. No changes to Click & Collect.



TIME SAVERS

TIPS FOR MAKING MEAL TIMES EASIER









CHICKEN BREAST ORDER 4 DIFFERENT WAYS

Save loads of time & make meal times easier by ordering your meat pre diced or sliced.

DICED BACON KEEP IN THE FREEZER

Keep some of these 100g bags in the freezer at all times. They are so handy to have on hand for last minute meal options. Great for pasta, meatballs, rissoles, bakes, slices, quiches... the options are endless.





PASTRY PARCELS CREAMY CHICKEN, PUMPKIN & CASHEW

Creamy chicken pumpkin & cashew parcels ... free range chicken breast with a sweet mustard sauce, roast pumpkin, dill, cream cheese & cashew nuts wrapped in lattice pastry.

COOKING INSTRUCTIONS:

Brush pastry with milk or beaten egg and bake in a preheated 180°c oven for 30–35 mins or until pastry is golden brown.



9DORF FARMS FARM DIRECT. PASTURED CHICKENS.

9Dorf Farms are a 4th generation family owned business farming in the fertile Lockyer Valley since 1918. They are passionate about sustainable farming, working with and improving the environment, producing ethically raised animals.

9DORF FARMS PASTURED EGGS

9Dorf Farms EGGS come in plastic cartons.

Plastic cartons? NO!!!!!!

Actually, YES!!!! These ECO egg packs REDUCE environmental footprint & REDUCE food waste. They're made from 100% recycled PET and are recyclable themselves. They have the lowest C02 emissions, & water & energy consumption required for the production process compared to regular egg cartons.

browse online





BEEFY'S PIES

YOU CHOOSE OUR NEXT FLAVOUR



Signature Steak



Chicken & Vegetable

CURRENT FLAVOURS





WHAT SHOULD FLAVOUR #5 BE



tell us