THE CHEF

Since 1982 Chris Goodall has been preparing quality Meals for his loyal customers in Whangarei.
As a successful Chef and Caterer, Chris identified an opportunity to be able to use his expertise to provide Chef quality, home cooked meals to everyday people.

Over the past three decades Chris has perfected his Recipes and techniques to provide the highest quality food to people that either don't have time to cook or who are unable to do it for themselves.

We invite you to pop into his kitchen so that you can talk to the Chef and Discuss his current specials.

DELIVERY

Orders are to be placed by Thursday for Friday delivery within Whangarei city limits.

Delivery fee is $10.00 or pick up from our kitchen at the Sunnyside Shops, 80 Station Rd, Kamo.

A courier service can be arranged for delivery throughout the North Island.

REHEATING

EZI Meals come to you in microwave and oven safe packaging. Just follow the instructions on the lid.

The plastic film protecting the food may be left on during reheating.
If there is excess moisture in your meal it may need a little more heating.

Arrange the meal on a plate or eat straight from the container. It's so EZI!

09 435 0947

Hours: Mon - Fri 8am - 5:30pm
Sat - Sun by appointment
Please feel free to call in and see us

www.sabresezimeals.co.nz | sabresezimeals@gmail.com

SABRES

EZI MEALS

"We Make Nice"

Meals from our kitchen to your freezer

All meals are preservative free

We prepare HOME style roasts, pastas, stews & seafood meals using the freshest ingredients. Our crumbles, cakes and puddings are so good even your mum won't be able to resist.

Pick up or delivery to your door. Heat them at home and enjoy.

From March 2026

Like us on Facebook to be informed about our latest Thursday specials.
Specials and discounted deals are available every week to our followers.

Sabres EZI Meals EST 1985

80 Station Rd, Kamo Whangarei.

09 435 0947

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MAINS

With Vegetables

Lite $12.50 | Medium $20.50

- Roast Beef
- Roast Pork
- Roast Chicken
- Savoury Mince
- Seafood Mornay
- Lambs Fry & Bacon
- Steak and Kidney
- Braised Steak
- Corned Beef
- Cottage Pie
- Lasagne
- Apricot Chicken
- Butter Chicken
- Chicken Curry
- Chicken Parmagiana
- Beef & Bacon Goulash
- Pork & Pineapple Hot Pot

Value Meals

Lite $11.00 | Medium $16.00

- Spaghetti Bolognaise
- Braised Sausage with Vegetables
- Macaroni Cheese
- Sweet & Sour Fish
- Sweet & Sour Pork
- Curried Sausages
- Fish Pie

Meat Only

Lite $16.00 | Medium $23.00

- Roast Lamb
- Roast Beef
- Roast Pork
- Roast Chicken
- Lamb Stew
- Lambs Fry & Bacon
- Braised Steak
- Corned Beef
- Savoury Mince
- Lasagne
- Apricot Chicken
- Butter Chicken
- Chicken curry
- Seafood Mornay
- Steak and Kidney
- Beef and Bacon Goulash

GOURMET

With Vegetables

All $28.00

- Scallops Parisienne
- Steak and Mushroom Sauce
- Chicken Supreme

DESSERTS

There's always room for dessert

All $8.50

- Chocolate Pudding and Cointreau Sauce
- Christmas Pudding and Brandy custard
- Pineapple rice pudding
- Apple Crumble
- Apple and blackberry crumble
- Apple and rhubarb crumble
- Belgium lemon cake
- Passionfruit and peach cheesecake

LAMB

Lite $15.00 | Medium $22.50

- Roast Lamb
- Lamb Stew

ANY OTHER MEALS AVAILABLE ON REQUEST. PRICES INCLUDES GST