



Top Nosh Meals

WINTER 24 (FEB - AUG)

We DELIVER to your door FROZEN meals

OPEN

Mon to Thurs: 8am-4pm

Fri: 8am-3pm

📞 07 5494 0113

🌐 www.topnoshmeals.com.au

✉ orders@topnoshmeals.com.au

📍 14/21 Peachester Rd, Beerwah

LEGEND

- V** Vegetarian
- LG** Low Gluten
- DF** Dairy Free
- O** Contains Onion
- OG** Contains Onion and Garlic
- #** LOW Carb: Meals with this sign denotes less than 25gms of carbs.

MEALS MUST be ordered by 3pm the day before delivery.

SALADS MUST be ordered by 12noon the day before delivery.

DELIVERY

All over the Sunshine Coast, North Brisbane, Gympie and Tin Can Bay. See website for details.

MINIMUM ORDER: \$65

DELIVERY: \$8.50

Customers receiving HCP and NDIS funding may be eligible for government co funding. Ask your support worker for more information.

Prices and ingredients are subject to change without notice.

FOLLOW US ON  & 

MADE BY LOCALS WHO CARE ABOUT LOCALS

Meat Dishes



LG

Roast Pork, Crackling, Roasted vegetables

Medium	M45	\$12.20
Petite	SN45	\$9.30



OG

Beef Lasagna

Medium	M5	\$10.90
Petite	SN5	\$8.80



LG

Cottage Pie

Medium	M12	\$10.90
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LG

Savoury Mince

Medium	M106	\$10.90
Petite:	SN106	\$8.80



Sweet and Sour Pork

Medium	M81	\$10.90
Petite	SN81	\$8.80



OG

Spaghetti Bolognese

Medium	M15	\$10.90
Petite	SN15	\$8.80

Meat Dishes



Corned Beef #

Large	L2	\$14.30
Medium	M2	\$10.90
Petite	SN2	\$8.8



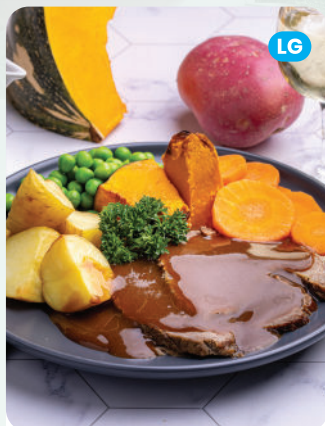
Sausages in Onion Gravy

Large	L31	\$14.30
Medium	M31	\$10.90
Petite	SN31	\$8.80



Steak & Kidney Stew #

Medium	M34	\$10.90
Petite	SN34	\$8.80



Roast Lamb and Roasted Veg #

Large	L38	\$14.90
Medium	M38	\$12.20
Petite	SN38	\$9.30



Meatballs, Gravy and Mash

Large	L47	\$14.30
Medium	M47	\$10.90
Petite	SN47	\$8.80



Curried Sausages #

Large	L10	\$14.30
Medium	M10	\$10.90
Petite	SN10	\$8.80

Meat Dishes



OG

Minted Lamb Patties

Large	L9	\$14.90
Medium	M9	\$11.40
Petite	SN9	\$9.30



LG

OG

DF

Beef Mince Teriyaki

Medium	M55	\$10.90
Petite	SN55	\$8.80



OG

Pork Massaman
(contains Nuts)

Medium	M70	\$10.90
Petite	SN70	\$8.80

Chicken Dishes



LG

OG

Chicken & Apricot Casserole #

Large	L20	\$14.50
Medium	M20	\$10.90
Petite	SN20	\$8.80



LG

Honey Mustard Chicken Breast

Medium	M89	\$10.90
Petite	SN89	\$8.80



DF

Roast Chicken Dinner #

Medium	M114	\$11.90
Petite	SN114	\$9.30

Chicken Dishes



Chicken Parmigiana

Medium M200 \$13.50



Green Chicken Curry

Medium M59 \$10.90
Petite SN59 \$9.00



Fish with Lemon Butter #

Medium M66 \$10.90
Petite SN66 \$9.20

Fish Dishes



Steamed Salmon and Dill Sauce #

Medium M104 \$13.20
Petite SN104 \$9.20



Crumbed Australian Whiting & Chips

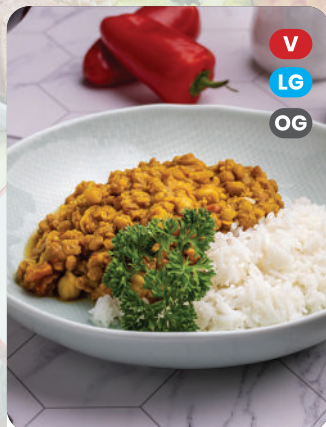
Medium M90 \$11.50
Petite SN90 \$9.20



Fish Fillet with Crispy Herbed Crumb top and wine sauce

Medium M108 \$12.50
Petite SN108 \$9.20

Vege Dishes



V
LG
OG

Lentil and Chickpea Dahl & Cauliflower Rice#

Medium	M111	\$10.90
Petite	SN111	\$8.80



V
LG
O

Sweet Potato and Caramelized onion Frittata

Petite	SN116	\$9.00
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O

Vegetable Mornay with Pasta

Medium	M121	\$10.90
Petite	SN121	\$8.80

Easy Eats



V

Just Veggies

Petite	SN1	\$8.80
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Breakfast Box

EE030	\$13.00
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Sunny Queen Eggs Bacon Cheese & Omelette Roll

EE011	\$6.00
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Easy Eats



Fried Rice #

SN103

\$6.00



Creamy Chicken, Veggie and Pasta Soup

P305

\$6.00



Minestrone Soup #

Petite

P302

\$6.00



Home Cooked Silverside and potato salad in a sweet mustard mayo

SA110

\$12.00



Steak, Bacon and Cheese Pie

SP201

\$7.50



Pork and Apple Sausage Rolls

EE001

\$7.00



Beef Croquettes

EE013

\$9.00



Salmon and Veggie Patties

EE003

\$8.00



Crustless Bacon and Hashbrown Quiche

EE020

\$9.00

Desserts



Apple Crumble

D409 \$6.20



Apple & Custard Strudel X 2

D435 \$10.00



Berry Cream Cheesecake

D408 \$6.20



**Apple Cinnamon
Teacake Slice**

D405 \$6.50



**Caramel Bread & Butter
Pudding**

D410 \$6.20



Chocolate Bavarian #

D402 \$6.20



Sticky Date Pudding

D423 \$6.20

GET THE BEST OUT OF YOUR MEALS BY FOLLOWING THESE HEATING GUIDELINES:

Place in microwave and lift a corner of the lid on the frozen container or puncture the seal on the fresh meal

- Heat for the times shown below,
- LEAVE TO REST FOR THAT SAME AMOUNT OF TIME.
- Stir and check. Re-heat in 1 min increments (RESTING AFTER EACH) until hot all the way through.
- REST after last heating for 3 mins BEFORE consuming.

	Time In Microwave (based on 1200 watts)	Let it REST for that same amount as heating time.. * if more heating is required cook in 1 min increments until hot all the way through. REST again for 3 mins BEFORE consuming.
Petite Meals	Start with 3 minutes, Rest	
Medium Meals	Start with 4 mins, Rest, then 2 minutes, Rest	
Large Meals	Start with 6 mins, Rest, then 3 mins, Rest	