

TOP sh MEALS

☎ 07 5494 0113 | 🌐 www.topnoshmeals.com.au | ✉ orders@topnoshmeals.com.au



**NEW
X-LARGE
RANGE**

**Delivering delicious home-style cooked
FROZEN meals **direct to your door.****



OPEN

Mon to Thurs: 8am - 4pm
Friday: 8am - 3pm
Address:
7/9 Creek Crescent,
Beerwah



ORDER

**ORDERS MUST BE RECEIVED
BY 1pm two days prior to
delivery day.**



DELIVERY

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

LEGEND

*Traces of food allergens may be present in all meals.
For more detailed list see website or contact us directly*



Vegetarian



Low Gluten



Dairy Free



Onion



Onion & Garlic



Eggs



Capsicum



Soy



Nuts & Seeds



Imported



Australian



Seafood

Customers receiving SAH
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. Food images may
vary from actual product.

COOKING INSTRUCTIONS

Petite Meals	Heat 4 minutes, Rest 4mins	Still not Hot enough? Add 1 min heat & rest until hot.
Medium Meals	Heat 3 mins, Rest 3 mins & Repeat Process	
Large Meals	Heat 6 mins, Rest 3 mins & Repeat Process	
X Large Meals	Defrost in fridge, Heat 5 mins, Rest 3 mins & Repeat Process	

FOLLOW US  & 

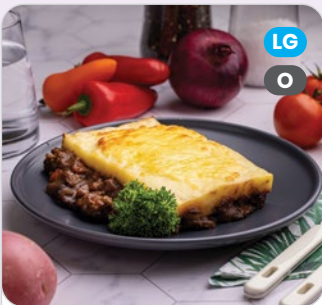
Meat Dishes



Roast Lamb and Roasted Veg
Large L38 \$17.55
Medium M38 \$12.25
Petite SN38 \$10.15



Lamb and Rosemary Meatballs
Medium M11 \$12.25
Petite SN11 \$10.15



Cottage Pie
Medium M12 \$12.25



Meatballs, Gravy and Mash
Large L47 \$17.55
Medium M47 \$12.25
Petite SN47 \$10.15



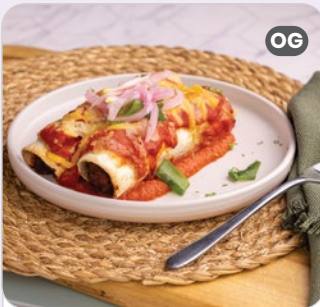
Corned Beef
Large L2 \$17.55
Medium M2 \$12.25
Petite SN2 \$10.15



Hearty Beef Casserole
Large L51 \$17.55
Medium M51 \$12.25
Petite SN51 \$10.15



Premium Dish
Slow Cooked Beef BBQ Brisket
Medium M42 \$13.90
Petite SN42 \$11.30



Beef Enchiladas
Medium M25 \$12.25



Gravy Tub 165ml
P5 \$3.50



Improved Local Sausages

Bangers and Mash		
Large	L31	\$17.55
Medium	M31	\$12.25
Petite	SN31	\$10.15



Sweet and Sour Pork

Medium	M81	\$12.25
Petite	SN81	\$10.15



Roast Pork

Medium	M45	\$13.35
Petite	SN45	\$10.35

Chicken Dishes



Roast Chicken Dinner

Medium	M114	\$12.75
Petite	SN114	\$10.80



Chicken Breast with Bacon and Mushroom Sauce

Medium	M91	\$12.25
Petite	SN91	\$10.15



Green Chicken Curry and Rice

Medium	M59	\$12.25
Petite	SN59	\$10.15



Chicken Parmigiana

Medium	M200	\$14.35
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Butter Chicken

Medium	M87	\$12.25
Petite	SN87	\$10.15



Chicken & Apricot Casserole

Large	L20	\$17.55
Medium	M20	\$12.25
Petite	SN20	\$10.15

Extra Large Meals

NEW



E
OG

Cheesy Chicken and Broccoli Rissoles

Medium M18 \$12.25
Petite SN18 \$10.15

Designed for more than one serve, these 1kg dishes allow you to choose what goes on the side; Eat it as it comes, add our just veggies or just enjoy with a good glass of wine!

Ideal for couples & young families looking for a healthy alternative to take-away.

Defrost in fridge before heating.



E
S
OG
NS
SF
DF

Singapore Noodles with Pork Fillet and Prawns

XLarge XL67 \$28.00



LG

Roast Lamb Crispy Roast Potatoes, Pumpkin and Gravy

XLarge XL38 \$28.00



LG
O
C

Hearty Beef and Vegetable Casserole

XLarge XL51 \$28.00



Corned Beef, Mash and Cheese Sauce

XLarge XL2 \$28.00



Lasagne

XLarge XL5 \$25.00



LG
NS
OG
S

Butter Chicken

XLarge XL87 \$26.00

Snacks



Steak, Bacon and Cheese Pie
SP201 \$8.30



Mushroom and Lentil Pie
SP203 \$8.30



Jumbo Sausage Roll
EE009 \$6.80



Salmon and Veggie Patties
EE003 \$8.80



Fried Rice
New Medium Size
Medium M103 \$9.80



Vegetarian Enchiladas
Medium M127 \$12.25



Gochujang Tofu and Rice Bowl
Premium Dish
Medium M126 \$13.90



Vegetable Korma
Medium M128 \$12.25
Petite SN128 \$10.15



Just Veggies
Petite SN1 \$9.80

Vegetarian

Salads



Balsamic Glazed Beetroot and Quinoa Salad
SA121 \$12.80



Caesar Salad
SA119 \$12.80



Chicken and Fetta Salad
SA111 \$12.80

Fish



Silverside & Potato Salad
SA110 \$12.80



Premium Dish
Barra with Lemon & Garlic Butter
Medium M119 \$14.35
Petite SN119 \$11.35



Yellow Fish Curry
Medium M125 \$14.15
Petite SN125 \$10.75



Steamed Salmon and Dill Sauce
Medium M104 \$14.35
Petite SN104 \$11.35



Smoky Paprika Fish and Chorizo with Tomato Sauce
Medium M85 \$13.60
Petite SN85 \$10.70



Premium Dish
Sticky Gochujang Prawns and Rice
Medium M68 \$14.35
Petite SN68 \$11.35

Pasta / Noodles



Improved Recipe

Mediterranean Roasted Veg and Fetta Pasta

Medium	M122	\$12.25
Petite	SN122	\$10.15



Vegetable Mornay with Pasta

Medium	M121	\$12.25
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Spaghetti Bolognese

Large	L15	\$17.55
Medium	M15	\$12.25
Petite	SN15	\$10.15



Even Better

Beef Lasagna

Medium	M5	\$12.25
Petite	SN5	\$10.15



Singapore Noodles with Pork & Prawns

Medium	M67	\$12.25
Petite	SN67	\$10.15



Chicken Mince Chow Mein

Medium	M48	\$12.25
Petite	SN48	\$10.15

Soup



Pea and Ham Soup

P300	\$6.30
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Chicken and Vegetable

P306	\$6.30
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Vegetable and Brown Lentil Soup

P308	\$6.30
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Desserts



Apple Crumble

D409 \$6.80



Chocolate Bavarian

D402 \$6.80



Lemon Meringue Pie

D406 \$7.80



Caramel Bread & Butter Pudding

D410 \$6.80



Berry Cream Cheesecake

D408 \$6.80



Sticky Date Pudding

D423 \$6.80



Butterscotch Sauce Tub

P2 \$3.30



Lamington

D440 \$6.80



Chia Seed and Berry Compote Bowl

P6 \$6.80