



Menumat's convenient and safe meal service makes everyday life easier

Menumat is a Finnish meal service that already has over 1,500 satisfied customers all over Finland.

As our customer **you are free to choose** both the food and the time when to eat every day. Our regularly changing menu includes **over 70 delicious main courses, tasty desserts, a wide selection of ice creams and savory snacks**. In addition, we deliver the **most common commercial goods** without a separate delivery fee.

Proper and good nutrition is an important part of everyday life. The unique Menumat meals are nourishing and tasteful, and give you strength, vitality and health. The meals are safely heated with the Menumat device, and there is always food at home. Next, have a look at our delicious food, safe service device and excellent service of our meal service.

Delicious and nutritious food

Menumat offers a comprehensive, varied and delicious selection of meals with desserts. The food is tasty, looks beautiful and has a delicious aroma - "Just like homemade food" is feedback often heard from our customers. The portions consist of meat, chicken or fish - with potatoes, rice or pasta as well as warm vegetables. Our selection includes also over twenty vegetarian dishes. The most common special diets have been taken into consideration when planning meals.



The meals are fresh frozen food made in Finland and they have high energy and protein concentrations. According

to availability, domestic raw materials have been used in production as far as possible. The food selection is planned according to nutritional recommendations, so that the food contains all the necessary nutrients in a balanced way.



The safe Menumat device will guide in use

In order to be able to choose the tastiest meal of the day, we bring the Menumat device to the customer's home as part of the service. The device consists of a small refrigerator-sized freezer and a small convection oven placed on top of it. The device is safe, easy to use, and guides the use with speech. It holds up to 18 food portions, and the portions are clearly labeled with the names of the meals. In addition, the device informs you with speech which meal is in question or what the device is currently doing.

Cooking food in the oven is easy. The desired meal is selected from the freezer compartment of the device and placed in the convection oven. The oven recognizes the portion and heats it completely automatically in about 30 minutes. As the meal is ready in the oven, the device will announce it with speech and the oven will turn off. If necessary, it is also possible to time the heating of the meal at desired time with the service device.

Your food is as safe as possible – meals are brought to the freezer in an uninterrupted cold chain, they remain in the freezer at the right freezing temperature and get heated hot enough in the oven.

The height of the unit is 110 cm, width 55 cm and depth 60 cm.



Excellent service for Menumat's customers

We offer our full support to customers and are available every day of the year. The service personnel of Menumat and our reliable partners serve all over Finland. Our customer service is also happy to serve and help you.

The Menumat service is always quickly available, even within 1 to 3 business days after order. For the service introduction, Menumat delivers both the service device and pre-ordered meals to the customer's home at a commonly agreed time. At the same time, the customer is familiarized by our staff how to heat food and order meals.



The freezer fits meals for about two weeks. Therefore, our service staff will visit customer's home about twice a month, at a commonly agreed time point, to fill the device with meals the customer has chosen. The service staff will also always check the condition of the service device during home visits. When visiting customer's home, we are happy to take a new meal order.

The order can also be done by phone, e-mail, in our online shop or by fax. Menumat's staff will be happy to answer any questions the customer may have during home visits or when calling us by phone.

There is no commitment time in our service. You can try it for instance for a couple of weeks and quit the service if you are not satisfied for some reason.

Contact our customer service to start enjoying our meals. Our customer service will also help and advise you on all issues related to the Menumat service: tel. 020 796 1550, e-mail asiakaspalvelu@menuumat.fi.



Start enjoying now the easy and safe Menumat meal service. Enjoy our delicious food in your own home at the most suitable time for you!

Menumat Oy
Tikkurilantie 140 B
01530 Vantaa

tel. 020 796 1550
asiakaspalvelu@menuumat.fi
www.menuumat.fi

customer service is open
weekdays 8:00 to 16:00
[f @MenuumatOy](https://www.facebook.com/MenuumatOy)