

Order online by 9am  
for delivery Mon. Tue.  
Wed. Thur

# eZlunch MENU

Howick Intermediate / Term 4 2022



242 Marua Road  
Mt Wellington  
Auckland  
09-579 5499

## WARM MAINS

Teriyaki Chicken	\$8.50
American Hotdog	\$8.00
Beef Burger	\$8.80
Macaroni Cheese	\$8.60
Gluten Free Macaroni Cheese	\$9.90
Spaghetti Bolognese	\$8.90
Butter Chicken on rice	\$9.50
Mild Chilli Bean Nachos (large) with optio...	\$8.20
Lasagne	\$9.00
Gluten Free Beef Lasagne	\$10.00
Oven Baked Spring Rolls with Soya Sauce	\$5.50
Jesters Pie	\$7.50
Gluten Free Jesters Pie	\$9.30
Sausage Roll - Baked Fresh Daily	\$4.70
Vegetarian Sausage Roll	\$3.80
Noodles (Vegetarian)	\$7.50
Noodles (Free Range Chicken)	\$8.30
Egg Fried Rice	\$7.50
Samosa (Vegetarian or Chicken) - single	\$3.90
Samosas x2 (Vegetarian or Chicken)	\$7.40
Pork, Chive, Prawn Dumplings (4 pieces)	\$7.60
BBQ Pork Bun (1) (Steamed)	\$6.90

## COLD MAINS

Teriyaki Chicken and rice	\$8.50
Munchbox	\$8.40
Crumbed Chicken Drumstick (free range)	\$4.90
Design A Sandwich BEEF	\$5.70
Design a Sandwich CHICKEN (Free Range)	\$5.70
Design a Sandwich TUNA in Spring Water	\$5.70
Design A Sandwich VEGETARIAN	\$5.20
Design a Sandwich HAM	\$5.70
Round Roll Chicken Salad	\$5.70
Round Rolls Ham & Salad	\$5.70
Marmite Sandwich	\$4.70
Vegemite Sandwich	\$4.70
Ham & Pineapple Pizza Bread	\$5.70
Vegetarian Pizza Bread	\$5.40
Pita Crisps & Fresh Hummus	\$6.80
Green Salad (design your own)	\$7.00
Roasted Chicken & Green Salad (design yo...	\$8.00
Ham & Green Salad (design your own)	\$8.00

## VALUE PACKS

Sausage Roll, Popcorn & Apple	\$9.00
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## SUSHI

ECO ROLL - Chicken Avocado & Mayo Sushi	\$5.20
ECO ROLL - Fried Chicken Sushi	\$5.20
ECO ROLL - Salmon Avocado Sushi	\$5.20
Onigiri with either Tuna or Chicken	\$5.60
6 x Chicken Avocado & Mayo Sushi	\$9.30
6 x Fried Chicken Sushi	\$9.30
6 x Salmon Avocado Sushi	\$9.30
6x Fried Prawn Sushi	\$9.30
6x Tuna, Avocado, Mayo Sushi	\$9.30
6x Vegetarian Sushi	\$9.30
6x Fried Crumbed Salmon Sushi	\$9.50
6 x Cream Cheese & Pineapple	\$9.30

## SNACKS & DESSERTS

Muffins	\$3.70
Chocolate Brownie	\$4.20
Weetbix Coconut Slice	\$3.50
Cakes and Cookies	\$3.50
Gluten Free Cookies	\$3.60
Yoghurt Large 225ml	\$4.80
Yoghurt Small 100ml	\$3.50
Fresh Fruit Salad	\$6.60
Apple	\$2.00
Banana	\$2.20
Fresh Sliced Pineapple	\$3.30
Grapes Fresh & washed	\$3.00
Kiwifruit	\$2.50
Orange Fresh & Quartered	\$3.40
Carrot Sticks	\$3.20
Hummus	\$3.40
Free range Boiled Egg	\$2.90
Lime or Berry or Orange Jelly smal2	\$2.50
Pita Crisps Small Bag	\$3.90
Pretzels	\$2.90
Vegetable Crisps	\$2.50
Lebanese Flat Bread	\$3.40
Popcorn	\$2.80

## DRINKS

Water	\$3.20
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Order online... [www.eZlunch.co.nz](http://www.eZlunch.co.nz)  
Need help? Visit [support.mykindo.co.nz](http://support.mykindo.co.nz) or call  
toll free 0800 EZLUNCH (09-869 5200)  
8am-4pm Mon-Fri (except public holidays)

Order online by 9am  
for delivery Friday

# eZlunch MENU

Howick Intermediate / Term 4 2022



4/65 Kerwyn Avenue  
East Tamaki  
Auckland  
09-2730102

## SUSHI AND RICE MEALS

Veterinarian Sushi	\$4.50
Teriyaki Chicken Rice Roll	\$7.00
Salmon Rice Roll	\$7.00
Sweet Chilli Chicken Rice Roll	\$7.00
3 x Plain Avocado Sushi	\$4.50
6 x Plain Avocado Sushi	\$8.60
Onigiri with either Tuna or Chicken	\$5.00
3 x Teriyaki Chicken Sushi	\$4.80
6 x Teriyaki Chicken Sushi	\$8.80
3 x katsu Chicken Sushi	\$4.80
6 x Katsu Chicken Sushi	\$8.80
3 x Tuna Mayo Sushi	\$4.80
6 x Tuna Mayo Sushi	\$8.80
3 x Salmon Avocado Sushi	\$5.20
6 x Salmon Avocado Sushi	\$9.60
3 x Fried Prawn Sushi	\$4.80
6 x Fried Prawn Sushi	\$8.80
6 x Vegetarian Sushi	\$8.60
Teriyaki Chicken with vege salad	\$8.80
Teriyaki Chicken on rice	\$8.50
Teriyaki Salmon on rice	\$9.50
Vege Salad and salad sauce	\$5.00
BBQ Pork Bun	\$3.20
Teriyaki Chicken Bun	\$3.20
Soy sauce pottle	\$0.20

Order online... [www.ezlunch.co.nz](http://www.ezlunch.co.nz)

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