

Order online by 9am
for delivery every day

eZlunch MENU

Mt Roskill Intermediate / Term 4 2023



242 Marua Road
Mt Wellington
Auckland
09-579 5499

WARM MAINS

Katsu Chicken On Rice	\$9.20
Teriyaki Chicken On rice	\$8.90
American Hotdog	\$9.20
Beef Burger	\$9.20
Macaroni Cheese	\$9.20
Gluten Free Macaroni Cheese	\$10.70
Spaghetti Bolognese	\$9.40
Mild Chilli Bean Nachos (large) with optio...	\$8.50
Lasagne	\$9.50
Gluten Free Beef Lasagne	\$10.90
Oven Baked Spring Rolls with Soya Sauce	\$5.80
Noodles (Vegetarian)	\$7.90
Chicken Noodles	\$8.70
Samosa Vegetarian	\$4.60
Samosas x Vegetarian	\$8.50
Pork, Chive, Prawn Dumplings (4 pieces)	\$8.00
BBQ Pork Bun (1) (Steamed)	\$7.50

COLD MAINS

Teriyaki Chicken On Rice	\$8.90
Design a Sandwich CHICKEN (Free Range)	\$6.30
Design a Sandwich TUNA in Spring Water	\$6.30
Design A Sandwich VEGETARIAN	\$5.60
Design a Sandwich HAM	\$6.30
Round Roll Chicken Salad	\$6.00
Round Rolls Ham & Salad	\$6.00
Vegemite Sandwich	\$5.00
Pita Crisps & Fresh Hummus	\$7.20
Green Salad (design your own)	\$7.90
Roasted Chicken & Green Salad (design yo...	\$8.70
Ham & Green Salad (design your own)	\$8.70

SUSHI

Katsu Chicken with Capsicum and Cucum...	\$7.50
Teriyaki Chicken Sushi With Avocado ...	\$7.50
Tuna Avocado Sushi 4 PCS	\$7.50
Prawn Sushi with Cucumber and Avocado Su...	\$7.50
Salmon Avocado Sushi 4 PCS	\$8.00
Katsu Chicken with Capsicum and Cucum...	\$10.50
Teriyaki Chicken Sushi With Avocado ...	\$10.50
Tuna Avocado Sushi 6 PCS	\$10.50
Prawn Sushi with Cucumber and Avocado Su...	\$10.50
Salmon Avocado Sushi 6 PCS	\$10.90
Sushi Lunch Box	\$13.20
Katsu Chicken Sushi Combo	\$9.50
Teriyaki Chicken Sushi Combo	\$9.50
Tuna Sushi Combo	\$9.50
Chicken Mini Roll with lettuce 8 PCS	\$8.50
Salmon Sushi Combo	\$9.80
Prawn Sushi Combo	\$9.60
ECO Roll - Katsu Chicken Sushi	\$5.50
ECO Roll -Teriyaki Chicken Sushi	\$5.50
Onigiri with Teriyaki Chicken	\$5.90
Onigiri with Tuna	\$5.90

SNACKS & DESSERTS

Chocolate Chip Cookie	\$3.90
Chocolate Cake	\$4.30
Weetbix Coconut Slice	\$3.80
Yoghurt Small 100ml	\$3.70
Fresh Fruit Salad	\$7.20
Apple	\$2.30
Banana	\$2.50
Fresh Sliced Pineapple	\$3.80
Orange Fresh & Quartered	\$3.80
Carrot Sticks	\$3.40
Pita Crisps Small Bag	\$4.10
Popcorn	\$3.00

VALUE PACKS

Lunch Box	\$13.20
Sausage Roll, Popcorn & Apple	\$9.70

Order online... www.eZlunch.co.nz
Need help? Visit support.mykindo.co.nz or call
toll free 0800 EZLUNCH (09-869 5200)
8am-4pm Mon-Fri (except public holidays)