

Order online by 9am  
for delivery every day

# eZlunch MENU

Cockle Bay School / Term 4 2024



242 Marua Road  
Mt Wellington  
Auckland  
09-579 5499

## WARM MAINS

	Beef Burger	\$9.50
M.T	Beef Rice Bowl	\$10.50
	Pizza Mini	\$5.20
	Fried Rice	\$8.50
	Katsu Chicken On Rice	\$10.00
	Teriyaki Chicken On rice	\$9.20
	American Hotdog	\$9.80
	Macaroni Cheese	\$10.00
	Gluten Free Macaroni Cheese	\$11.50
	Spaghetti Bolognese	\$10.00
	Mild Chilli Bean Nachos (large) with optio...	\$8.70
	Lasagne	\$9.80
	Gluten Free Beef Lasagne	\$11.50
	Spring Rolls	\$6.00
	Jesters Pie	\$8.00
	Sausage Roll - Baked Fresh Daily	\$5.50
	Noodles - Vegetarian	\$8.20
	Noodles - Chicken	\$8.90
	Samosa Vegetarian 6pcs	\$4.80
	Samosas x Vegetarian 12pcs	\$8.80
	Pork, Chive, Prawn Dumplings (4 pieces)	\$8.00
	BBQ Pork Bun (1) (Steamed)	\$7.80

## COLD MAINS

	Katsu Chicken on Rice	\$10.00
	Egg Mayo Sandwich	\$7.80
	Chicken Vege Sandwich	\$8.20
	Tuna Sandwich	\$7.80
	Ham Sandwich	\$7.80
	Vegetarian Sandwich	\$7.50
	Teriyaki Chicken On Rice	\$9.20
	Round Roll Chicken Salad	\$6.50
	Round Rolls Ham & Salad	\$6.50
	Pita Crisps & Fresh Humm5	\$7.50

## VALUE PACKS

	Sushi Lunch Box	\$14.00
	Bento Box	\$15.50
	Sandwich Lunch Box	\$14.00

## SNACKS & DESSERTS

	Fresh Sliced Pineapple	\$4.00
	Kiwifruit	\$3.10
	Chocolate Chip Cookie	\$4.00
	Chocolate Cake	\$4.50
	Muffins	\$4.00
	Chocolate Brownie	\$4.80
	Weetbix Coconut Slice	\$3.90
	Gluten Free Cookies	\$4.20
	Yoghurt Large 225ml	\$5.20
	Yoghurt Small 100ml	\$3.80
	Fresh Fruit Salad	\$7.50
	Apple	\$2.40
	Orange Fresh & Quartered	\$4.00
	Carrot Sticks	\$3.50
	Fresh Hummus	\$3.90
	Lime or Strawberry Jelly small	\$2.90
	Pita Crisps Small Bag	\$4.30
	Pretzels	\$3.30
	Vegetable Crisps	\$2.90
	Popcorn	\$3.10

## DRINKS

	Mill Orchard Juicy Apple Fruit Juice Drink	\$4.50
	Mill Orchard Black Currant & Apple Juice Drink	\$4.50
	Water	\$3.00
	Milk 300ml	\$3.60

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

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toll free 0800 EZLUNCH (09-869 5200)  
8am-4pm Mon-Fri (except public holidays)

Order online by 9am  
for delivery Tue. Thur.  
Fri

# ezlunch MENU

Cockle Bay School / Term 4 2024



4/65 Kerwyn Avenue  
East Tamaki  
Auckland  
09-2730102

## SUSHI AND RICE MEALS

3 x Vegetarian Sushi	\$4.80
Rice Roll Teriyaki Chicken	\$7.40
Rice Roll Salmon	\$7.40
Rice Roll Sweet Chilli Chicken	\$7.40
3 x Plain Avocado Sushi	\$4.80
6 x Plain Avocado Sushi	\$8.60
Onigiri with either Tuna or Chicken	\$5.20
3 x Teriyaki Chicken Sushi	\$5.10
6 x Teriyaki Chicken Sushi	\$9.10
3 x katsu Chicken Sushi	\$5.10
6 x Katsu Chicken Sushi	\$9.10
3 x Tuna Mayo Sushi	\$5.10
6 x Tuna Mayo Sushi	\$9.10
3 x Salmon Avocado Sushi	\$5.50
6 x Salmon Avocado Sushi	\$9.90
3 x Fried Prawn Sushi	\$5.10
6 x Fried Prawn Sushi	\$9.10
6 x Vegetarian Sushi	\$8.90
Teriyaki Chicken with vege salad	\$9.00
Teriyaki Chicken on rice	\$8.80
Teriyaki Salmon on rice	\$9.80
Vege Salad and salad sauce	\$5.80
BBQ Pork Bun	\$3.50
Teriyaki Chicken Bun	\$3.50
Soy sauce	\$0.20

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