

Order online by 9am  
for delivery every day

# eZlunch MENU

Northcross Intermediate School / Term 1 2024



Shop 10  
The Foundation  
270 Oteha Valley Road  
Albany  
09-282 4627

## PLAIN PETITA PITA

Free Range Chicken Petita	\$7.00
Free Farmed Ham Petita	\$7.00
Roast Beef Petita	\$7.00
Pulled Pork Petita	\$7.00
Grilled Steak Petita	\$7.50
Falafel Petita	\$7.00
Garden Veggie Petita	\$6.50
Marmite Petita	\$6.50
Vegemite Petita	\$6.50

## WHOLEMEAL PETITA PITA

Wholemeal Free Range Chicken Petita	\$7.00
Wholemeal Free Farmed Ham Petita	\$7.00
Wholemeal Roast Beef Petita	\$7.00
Wholemeal Pulled Pork Petita	\$7.00
Wholemeal Grilled Steak Petita	\$7.50
Wholemeal Falafel Petita	\$7.00
Wholemeal Garden Veggie Petita	\$6.50
Wholemeal Marmite Petita	\$6.50
Wholemeal Vegemite Petita	\$6.50

## GLUTEN FREE PETITA WRAP

GLUTEN FREE Free Range Chicken Petita	\$9.00
GLUTEN FREE Free Farmed Ham Petita	\$9.00
GLUTEN FREE Roast Beef Petita	\$9.00
GLUTEN FREE Grilled Steak Petita	\$9.50
GLUTEN FREE Garden Veggie Petita	\$8.50

## PETITA SALAD BOX

Free Farmed Chicken Petita Salad Box	\$8.00
Free Farmed Ham Petita Salad Box	\$8.00
Roast Beef Petita Salad Box	\$8.00
Roast Pulled Pork Salad Box	\$8.00
Grilled Steak Petita Salad Box	\$8.50
Falafel Petita Salad Box	\$8.00
Garden Veggie Petita Salad Boxing	\$7.50

## PLAIN REGULAR PITA

Free Range Chicken Regular Pita	\$9.50
Free Farmed Ham Regular Pita	\$9.50
Roast Beef Regular Pita	\$9.50
Pulled Pork Regular Pita	\$9.50
Grilled Steak Regular Pita	\$10.00
Falafel Regular Pita	\$9.50
Garden Veggie Regular Pita	\$9.00
Marmite Regular Pita	\$9.00
Vegemite Regular Pita	\$9.00

## WHOLEMEAL REGULAR PITA

Wholemeal FreeRange Chicken Regular Pita	\$9.50
Wholemeal Free farmed Ham Regular Pita	\$9.50
Wholemeal Roast Beef Regular Pita	\$9.50
Wholemeal Pulled Pork Regular Pita	\$9.50
Wholemeal Grilled Steak Regular Pita	\$10.00
Wholemeal Falafel Regular Pita	\$9.50
Wholemeal Garden Veggie Regular Pita	\$9.00
Wholemeal Marmite Regular Pita	\$9.00
Wholemeal Vegemite Regular Pita	\$9.00

## GLUTEN FREE REGULAR WRAP

GLUTEN FREE Free Range Chicken Regular Pita	\$11.50
GLUTEN FREE Free Farmed Ham Regular Pita	\$11.50
GLUTEN FREE Roast Beef Regular Pita	\$11.50
GLUTEN FREE Grilled Steak Regular Pita	\$12.00
GLUTEN FREE Garden Veggie Regular Pita	\$11.00

## REGULAR SALAD BOX

Free Farmed Chicken Regular Salad Box	\$10.50
Free Farmed Ham Regular Salad Box	\$10.50
Roast Pulled Pork Regular Salad Box	\$10.50
Grilled Steak Regular Salad Box	\$11.00
Falafel Regular Salad Box	\$10.50
Garden Veggie Regular Salad Box	\$10.00

## SIDES

Chocolate Chip Cookie	\$3.00
Brownie Chocolate Fudge	\$3.00
Pita Chips with Aioli Dipping Sauce (large)	\$3.90

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28/14 Airborne Road  
Rosedale  
Auckland  
mob-021 444 051

## SUSHI

M.W.Th.F	Teriyaki chicken mini rolls (4pcs) and Che...	\$10.90
Tue	Tues/Teriyaki chicken mini rolls (4pcs) ...	\$9.90
M.W.Th.F	Teriyaki chicken with Vege mini rolls (4pcs) ...	\$10.90
Tue	Tues/Teriyaki chicken with Vege mini ro...	\$9.90
	Teriyaki Salmon mini rolls (6pcs)12	\$9.90
	Prawn Sushimi-roll	\$5.90
	Teriyaki chicken Sushimi-roll	\$5.50
	Bulgogi Beef Sushimi-roll	\$5.90
	Teriyaki Chicken with VEGES mini rolls (6 pcs)5	\$7.90
	Teriyaki Chicken mini rolls (6 pcs)4	\$7.90
	Teriyaki Chicken FULL SIZE rolls (6 pcs)1	\$10.90
	Teriyaki Chicken with Avocado FULL SIZE ro...	\$10.90
	Crumbed Chicken mini rolls (6 pcs)11	\$7.90
	Mayo Tuna mini rolls (6 pcs)10	\$7.90
	Bulgogi Beef mini rolls (6pcs)8	\$7.90
	Bulgogi Beef only FULL SIZE rolls (6 pcs)0	\$10.90
	Bulgogi Beef with Avocado FULL SIZE rolls...	\$10.90
	Teriyaki Chicken mini rolls (4 pcs) and Pr...	\$9.50
	Salmon nigiri (2 pcs) and Prawn combo62	\$9.99

## MEALS ON RICE

M.T.Th.F	Crumbed Fish on rice - small(F)	\$10.99
Wed	Wednesday Special/Crumbed Fish on ric...	\$9.99
M.T.Th.F	Beef meatballs on rice- small(BM)	\$10.99
Wed	Wednesday Special/Beef meatballs on ri...	\$9.99
M.T.Th.F	Beef meat ball on rice - Large(BM)	\$13.90
Wed	Wednesday Special/Beef meat ball on ric...	\$12.90
M.T.Th.F	Spicy Chicken on rice - small(Sc)	\$10.99
Wed	Wednesday Special/Spicy Chicken on ric...	\$9.99
M.T.Th.F	Spicy Chicken on rice - Large(Sc)	\$13.90
Wed	Wednesday Special/Spicy Chicken on ric...	\$12.90
	GFREE-Teriyaki Chicken on rice - small(Gc)	\$10.99
	GFREE-Teriyaki Chicken on rice - Large(Gc)	\$13.99
	GFREE-Teriyaki Salmon on rice - small(Gs)	\$12.99
	Teriyaki Chicken on rice - small	\$9.90
	Teriyaki Chicken on rice - Large	\$12.99
	Teriyaki SALMON on rice - small(Ts)	\$11.99
	PORK katsu on rice -small(K)	\$9.99
	PORK katsu on rice -Large(K)	\$13.99
	Crumbed chicken on rice - small(C)	\$9.99
	Crumbed chicken on rice - Large(C)	\$13.99
	Bulgogi Beef on rice - small(B)	\$9.99
	Bulgogi Beef on rice - Large(B)	\$13.99
	Prawn katsu on rice (2 pcs) - small(P)	\$8.99
	Prawn katsu on rice (4 pcs) - Large(P)	\$13.99
	Teriyaki PRAWN on rice - small(TP)	\$9.99
	Teriyaki PRAWN on rice - Large(TP)	\$13.99

## VEGETARIAN OPTIONS

Teriyaki tofu Stir fry Udon(Tu)	\$12.90
GFree-Teriyaki tofu Stir fry Udon(Gtu)	\$13.50
GFree-Teriyaki Tofu on rice -small (Gt)	\$11.90
Teriyaki Tofu on rice - small (Tt)	\$10.90
Teriyaki tofu on rice - Large (Tt)	\$12.90
Spicy tofu on rice - Large (St)	\$12.90
Spicy tofu on rice - small (St)	\$10.90
Vege Bun(v v)	\$4.90
GFREE-Japche on Rice -small	\$9.99
Plain Rice Inari - 2pcs(PI)	\$5.99
Inari Avocado combo - 3 pcs (IC)	\$8.99
Avocado mini rolls (6pcs)7	\$8.99
GFree-Cucumber mini rolls (6pcs)13	\$8.99
Japanese Style VEGE Dumplings(4pcs)VD	\$8.30

## CHEFS SPECIAL

	Mini chicken balls (8pc)M	\$9.30
	Teriyaki chicken Stir-fry Udon(cu)	\$13.50
M.T.Th.F	Cheese balls - 2pc (c2)	\$6.50
Wed	Wednesday Special/Cheese balls - 2pc (c2)	\$6.00
M.T.Th.F	Cheese balls - 3pc (c3)	\$9.50
Wed	Wednesday Special/Cheese balls - 3pc (c3)	\$9.00
	Pork Bun (PB)	\$4.90
	Chicken Bun (CB)	\$4.90
	Pork Gyoza Dumplings (4pcs)D	\$8.30

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Thur

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21 Constellation Drive  
Mairangi Bay  
Auckland 0632  
09-479 6102

## 6 INCH SUBS

Veggie Delite 6 inch	\$7.80
Ham 6 inch	\$7.80
Roast Beef 6 inch	\$7.80
Turkey 6 inch	\$7.80
Chicken Strips 6 inch	\$8.00

## FOOTLONG SUBS

Veggie Delite Footlong	\$11.00
Ham Footlong	\$11.00
Roast Beef Footlong	\$11.00
Turkey Footlong	\$11.00
Chicken Strips Footlong	\$11.50

## REGULAR WRAPS

Veggie Delite Wrap	\$7.80
Ham Wrap	\$7.80
Roast Beef Wrap	\$7.80
Turkey Wrap	\$7.80
Chicken Strips Wrap	\$8.00

## GLUTEN FREE WRAPS

Ham GF Wrap	\$9.30
Veggie Delite GF Wrap	\$9.30
Roast Beef GF Wrap	\$9.30
Turkey GF Wrap	\$9.30
Chicken Strips GF Wrap	\$9.50

## EXTRAS

Cookies	\$1.30
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