

Order online by 9am
for delivery every day

ezlunch MENU

Gulf Harbour School / Term 1 2023



592A Whangaparaoa Rd
Stanmore Bay
09-424 2424

MONDAY DISCOUNT SAVER DAY

Mon	Vege Sticks & Seasoned Rice (L)	\$9.70
Mon	Air Fried Popcorn Chicken Donburi	\$15.00
Mon	Seafood Poke Bowl	\$15.00
Mon	7 Salmon & Avocado	\$12.30
Mon	5 Salmon & Avocado	\$9.50
Mon	Air Fried Popcorn Chicken & Rice (s)	\$9.50
Mon	Tasty Seafood Box	\$13.50
Mon	Chicken Combo (L)	\$11.00
Mon	Teriyaki Chicken (L)	\$11.00
Mon	Teriyaki Chicken (s)	\$8.50
Mon	Chicken Katsu (s)	\$8.50
Mon	5 Fresh Salmon	\$9.30
Mon	7 Teriyaki Chicken	\$10.50
Mon	5 Teriyaki Chicken	\$8.50

SUSHI

	NEW .. Flavour Bombs (s)	\$11.80
	NEW .. Flavour Bombs (L)	\$16.80
T.W.Th	Air Fried Popcorn Chicken Donburi	\$16.00
T.W.Th	Seafood Poke Bowl	\$16.00
M.T.W.Th	Prawn & Salmon on Rice with Salad (L)	\$13.00
T.W.Th.F	Air Fried Popcorn Chicken & Rice (s)	\$10.50
M.T.W	Air Fried Popcorn Chicken Salad (s)	\$11.00
	Popcorn Shrimp & Rice (s)	\$10.50
M.T.W	Popcorn Shrimp Salad (s)	\$11.00
T.W.Th.F	Teriyaki Chicken on rice (s)	\$9.20
T.W.Th.F	Teriyaki Chicken on rice (L)	\$12.00
M.T.W.Th	Teriyaki Chicken on Rice with Salad (L)	\$12.60
T.W.Th.F	Chicken Katsu (s)	\$9.50
T.W.Th.F	Chicken Combo (L)	\$12.00
T.W.Th.F	Seasonal Vege Sticks & Seasoned Rice (L)	\$10.70
M.T.W.Th	TERIYAKI CHICKEN 3 piece ROLL	\$5.60
M.T.W.Th	3 Teriyaki Chicken	\$6.00
	TERIYAKI CHICKEN 5 piece ROLL	\$8.60
T.W.Th.F	5 Teriyaki Chicken	\$9.00
	6 Teriyaki Chicken	\$10.20
T.W.Th.F	7 Teriyaki Chicken	\$11.30
	5 GLUTEN FREE Teriyaki Chicken	\$9.40
M.Th	TUNA VEGE 3 piece ROLL	\$5.90
M.Th	3 Tuna & Vege	\$6.00
M.Th	TUNA VEGE 5 piece ROLL	\$8.70
M.Th	5 Tuna & Vege	\$9.00
M.Th	6 Tuna & Vege	\$10.20
M.Th	7 Tuna & Vege	\$11.30
T.W	3 Tuna Avo	\$6.00
T.W.F	Tuna Avo 5 piece ROLL	\$9.30
T.W	5 Tuna Avo	\$9.60
M.T.W.Th	SALMON 3 piece ROLL	\$6.00

M.T.W.Th	3 Fresh Salmon	\$6.30
	SALMON 5 piece ROLL	\$9.30
	5 Fresh Salmon	\$9.80
T.W.Th.F	7 Fresh Salmon Nigiri	\$13.00
M.T.W.Th	SALMON AVO 3 piece ROLL	\$6.50
	SALMON AVO 5 piece ROLL	\$9.60
T.W.Th	5 Salmon & Avocado	\$10.00
M.T.W.Th	6 Salmon & Avocado	\$11.70
T.W.Th	7 Salmon & Avocado	\$13.30
M.T.W.Th	AVOCADO 3 piece ROLL	\$6.30
M.T.W.Th	3 Avocado	\$6.40
	AVOCADO 5 piece ROLL	\$9.60
M.T.W.Th	5 Vegetarian	\$9.50
	Teriyaki Chicken Panda Set	\$9.40
	Teriyaki Chicken Panda Set (L)	\$12.50
	GLUTEN FREE Teriyaki Chicken Panda Set	\$9.60
	GLUTEN FREE Teriyaki Chicken Panda Set (L)	\$12.50
M.T.W.Th	Teriyaki Chicken & Avo Panda Set	\$9.60
M.T.W.Th	Teriyaki Chicken & Avo Panda Set (L)	\$12.50
	Plain Chicken Panda Set	\$9.10
	Plain Chicken Panda Set (L)	\$12.00
	Katsu Panda Set	\$9.50
	Katsu Panda Set (L)	\$12.50
T.W	Tuna Avo Panda Set (L)	\$12.60
M.T.W.Th	Tuna Mayo Panda Set	\$9.50
M.Th	Tuna Vege Panda Set	\$9.50
	Rice Panda Twin Pack	\$8.00
	Plain Rice Panda Set (L)	\$11.80
M.T.W.Th	Salmon Avo Panda Set	\$9.50
M.T.W.Th	Salmon Avo Panda Set (L)	\$12.50
	Salmon Panda Set	\$9.50
	Salmon Panda Set (L)	\$12.50
M.T.W.Th	Avocado Panda Set	\$9.50
M.T.W.Th	Avocado Panda Set (L)	\$12.50
M.T.W.Th	Vegetarian Panda Set	\$9.50
M.T.W	Inari Panda Set	\$9.50
M.T.W	Pineapple Cream Cheese Panda Set	\$9.50

TEACHERS CORNER

	Donburi Combo (air fried)	\$16.00
T.W.Th.F	Tasty Seafood Box	\$14.50
M.T.W	Chicken BENTO	\$16.00
M.T.W	Seafood BENTO	\$16.00
	Chicken Sushi Mix	\$14.50
	Variety Sushi Mix	\$14.50

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)

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eZlunch MENU

Gulf Harbour School / Term 1 2023



Home Zone
Constellation Drive
Mairangi Bay
Auckland
09-414 2428

WARM MAINS

	Fried Dumpling Combo	\$14.90
Th.F	BBQ Pork Bun (steamed)	\$6.90
Fri	Pork & Cabbage Bun (steamed)	\$6.40
	Mince & cheese pie	\$8.10
	Mince pie	\$8.10
Th.F	LARGE Spaghetti bolognaise	\$12.40
Th.F	SMALL Spaghetti bolognaise	\$8.80
Fri	LARGE Butter chicken on rice	\$12.40
Fri	SMALL Butter chicken on rice	\$8.80
Thur	Vege fried rice (small)	\$7.90
Th.F	Toasted sandwich cheese & HAM	\$7.80
	Toasted sandwich CHEESE	\$6.20
	GF Toasted cheese sandwich	\$8.40
Th.F	Panini ham & cheese	\$10.10
	Hot dog	\$9.20
	Beef nachos (large)	\$12.00
Th.F	Mini Sausage roll	\$4.00
	Mince Savoury	\$4.00
	Tomato sauce	\$0.70

COLD MAINS

Thur	Moroccan Couscous Salad (large)	\$11.40
	Vegetarian Fresh Spring Rolls	\$8.20
	Fresh Spring Rolls	\$8.20
	Seaweed Inari	\$7.40
	Edamame beans	\$5.70
Thur	Sweet & Sour Noodle Salad	\$6.70
Thur	Vogel Sandwich - Smoked salmon & avocado	\$9.30
Thur	Tofu Pockets and Salad	\$11.20
	Chicken Wrap	\$9.20
Thur	Vegetable Noodle Salad (small)	\$6.70
Thur	Vogel - Chicken	\$8.10
Thur	Vogel - Vegetable	\$8.10
Thur	Ham, Egg & Mayo Sandwich	\$7.80
	Chicken & Vege Sandwich	\$7.80

SNACKS & DESSERTS

Thur	Chocolate Bliss Balls	\$5.20
	Popcorn	\$3.00
	Brownie - Chocolate	\$5.20
	Chocolate muffin	\$3.90
	Cookie - chocolate	\$3.60
	Yoghurt	\$4.50
	Fresh fruit salad	\$8.40

DRINKS

	NZ Spring water - 350ml	\$1.60
	Water - Onepure 320ml	\$2.30

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Constellation Drive Home Zone
Mairangi Bay
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CAFE CORNER - MEALS

Thur	Bacon Frittata	\$14.10
	Chocolate caramel slice	\$7.00
	Ham,cheese and tomato Croissant	\$11.70
	Banana Bread	\$5.90
	Macaroni Cheese	\$14.00
	Smoked Chicken Vogel Sandwich	\$11.70
	Roasted Beef Vogel Sandwich	\$11.70
Thur	Beef Lasagne	\$17.60
	Raspberry & White Chocolate Muffin (large)	\$5.90
	Blueberry & Cream cheese Muffin (large)	\$5.90

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