

Order online by 9am  
for delivery Thursday

# eZlunch MENU

Houghton Valley School / Term 1 2022



4 Riddiford St  
Newtown  
Wellington 6025  
04-389 6757

## SUSHI

Chicken teriyaki - 4 pieces	\$4.40
Chicken teriyaki - 6 pieces	\$6.60
Chicken teriyaki - 8 pieces	\$8.80
Salmon & Avocado - 4 pieces	\$5.30
Salmon & Avocado - 6 pieces	\$7.40
Salmon & Avocado - 8 pieces	\$9.50
Tuna Mayo - 4 pieces	\$4.40
Tuna Mayo - 6 pieces	\$6.60
Tuna Mayo - 8 pieces	\$8.80
Vegetarian - 4 pieces	\$4.40
Vegetarian - 6 pieces	\$6.60
Vegetarian - 8 pieces	\$8.80
Mixed - 4 pieces	\$5.30
Mixed - 6 pieces	\$7.40
Mixed - 8 pieces	\$9.50

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

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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  
8:30am  
for delivery Friday

# eZlunch MENU

Houghton Valley School / Term 1 2022



90 Riddiford St  
Newtown  
Wellington 6021  
04 891 0885

## GLUTEN FREE PETITA PITA

GLUTEN FREE Free Range Chicken Petita	\$7.50
GLUTEN FREE Free Farmed Ham Petita	\$7.50
GLUTEN FREE Roast Beef Petita	\$7.50
GLUTEN FREE Garden Veggie Petita	\$7.00

## GLUTEN FREE REGULAR PITA

GLUTEN FREE Free Range Chicken Regular Pita	\$10.50
GLUTEN FREE Free Farmed Ham Regular Pita	\$10.50
GLUTEN FREE Roast Beef Regular Pita	\$10.50
GLUTEN FREE Garden Veggie Regular Pita	\$10.00

## PETITA SALAD BOX

Free Range Chicken Petita Salad Box	\$7.00
Free Farmed Ham Petita Salad Box	\$7.00
Roast Beef Petita Salad Box	\$7.00
Falafel Petita Salad Box	\$7.00
Garden Veggie Petita Salad Box	\$6.50

## PLAIN PETITA PITA

Free Range Chicken Petita	\$6.00
Free Farmed Ham Petita	\$6.00
Roast Beef Petita	\$6.00
Falafel Petita	\$6.00
Garden Veggie Petita	\$5.50
Marmite Petita	\$5.50
Vegemite Petita	\$5.50

## PLAIN REGULAR PITA

Free Range Chicken Regular Pita	\$9.00
Free Farmed Ham Regular Pita	\$9.00
Roast Beef Regular Pita	\$9.00
Falafel Regular Pita	\$9.00
Garden Veggie Regular Pita	\$8.50
Marmite Regular Pita	\$8.50
Vegemite Regular Pita	\$8.50

## REGULAR SALAD BOX

Free Range Chicken Regular Salad Box	\$10.00
Free Farmed Ham Regular Salad Box	\$10.00
Roast Beef Regular Salad Box	\$10.00
Falafel Regular Salad Box	\$10.00
Garden Veggie Regular Salad Box	\$9.50

## WHOLEMEAL PETITA PITA

Wholemeal Free Range Chicken Petita	\$6.00
Wholemeal Free Farmed Ham Petita	\$6.00
Wholemeal Roast Beef Petita	\$6.00
Wholemeal Falafel Petita	\$6.00
Wholemeal Garden Veggie Petita	\$5.50
Wholemeal Marmite Petita	\$5.50
Wholemeal Vegemite Petita	\$5.50

## WHOLEMEAL REGULAR PITA

Wholemeal Free Range Chicken Regular Pita	\$9.00
Wholemeal Free Farmed Ham Regular Pita	\$9.00
Wholemeal Roast Beef Regular Pita	\$9.00
Wholemeal Falafel Regular Pita	\$9.00
Wholemeal Garden Veggie Regular Pita	\$8.50
Wholemeal Marmite Regular Pita	\$8.50
Wholemeal Vegemite Regular Pita	\$8.50

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