

FROZEN Yoghurt

JELLY TIP SUNDAE 5.5

Probiotic vanilla frozen yoghurt, raspberry chia seed jelly, 70% cocoa dark chocolate.
Be a kid again. Gluten free.

CARAMELLO SUNDAE 5.5

Probiotic vanilla frozen yoghurt, date caramel sauce, goji berries, almonds & dark chocolate.
Gluten free.

CHOC NUT SUNDAE 5.5

Probiotic vanilla frozen yoghurt, 70% cocoa dark chocolate sauce, goji berries, almonds & chocolate crumble.
Gluten free.



Order by phone 09 360 9144

www.thefoodtruck.co.nz
or download our app

234 Ponsonby Rd, Ponsonby, Auckland

FOODTRUCK GARAGE

Fast food made good

TAKEAWAY MENU **PONSONBY**

PHONE ORDER SPECIAL

SPEND OVER \$40 AND CHOOSE A FREE SIDE!

Valid Nov-Dec. Free side subject to availability.



NUTRIENT DENSE. 100% FREE-RANGE. PROUDLY LOCAL.

KUMARA Burgers

- BEEFROOT BURGER** 12.5
Angus beef with a beetroot boost, lettuce, tomato, crunchy pickle, Awesome Sauce & kumara brioche.
- BEEFROOT w CHEESE** 14.5
Angus beef with a beetroot boost, melted Swiss cheese, lettuce, tomato, crunchy pickle, Awesome Sauce & kumara brioche.
- SPICY CHICKEN BURGER** 12.5
Free-range Aztec spiced chicken thigh, spicy kale slaw, smashed avocado, chipotle yoghurt & kumara brioche.
- CRUMBED FISH BURGER** 15.5
Apple and caper crumbed market fish, lettuce, tomato, red onion, basil mayo & kumara brioche.
- VEGETARIAN BURGER** 12.5
Marinated tempeh, lettuce, tomato, red onion, beetroot, wholegrain mustard, tomato kasundi & kumara brioche.

TACOS & Wraps

- SPICY CHICKEN WRAP** 14.5
Aztec spiced free-range chicken thigh, crunchy kale slaw, lashings of chipotle yoghurt.
- SUPERFOOD WRAP** 12.5
All the good stuff in a wrap. Beetroot, carrot, super grains, baby spinach, almonds & miso dressing in a toasted tortilla wrap.
Dairy free & vegan.
ADD FREE-RANGE AZTEC CHICKEN 2
- CRUMBED FISH WRAP** 15.5
Apple and caper crumbed market fish, lettuce, tomato, red onion, carrot & basil mayo.
- SOFT FLOUR TACOS**
One or two soft flour tacos with smoky tomato salsa, lettuce, spiced corn, paper radish & chipotle yoghurt.
Gluten free, vegan available.
AZTEC FREE-RANGE CHICKEN 7.5 / 14
VEGETARIAN NUT MINCE 8 / 15
CHIPOTLE PRAWN 8 / 15

SIGNATURE Bowls

- REDERGIZE BOWL** 12.5
Our classic salad back by popular demand. Baby spinach, super grains, beetroot, carrot, almonds, flax seeds & miso good dressing.
Gluten free, dairy free & vegan.
ADD FREE-RANGE AZTEC CHICKEN 4
ADD HOUSE SALMON 8
- BURRITO BOWL** 15.5
Our take on a naked burrito. Lime infused black rice, quinoa and cauliflower supergrains, turtle beans, lettuce, spiced corn, paper radish & chipotle yoghurt.
Gluten free, vegan available.
FREE-RANGE AZTEC CHICKEN OR VEGETARIAN NUT MINCE
- BURGER BOWL** 15.5
Imagine a burger without the bun, constructed to eat with your hands in two tasty morsels, topped with sprouts & power seeds.
Gluten free & vegan available.
BEEFROOT, SPICY CHICKEN OR VEGETARIAN FOR CRUMBED FISH PLEASE ADD 2

CLASSIC Sides

- AGRIA CHIPS** 4.5 / 7.5
Hand cut, skin-on Agria potato chips with rosemary salt & date tomato ketchup.
Gluten free & vegan.
- KUMARA CHIPS** 5.5 / 8.5
Classic kiwi chip. Thick cut kumara with pink salt & date tomato ketchup.
Gluten free & vegan.
- BURNT BROCCOLI** 7.5
Broccoli florets, garlic confit, dried chilli, ground sesame.
Gluten free & vegan.
- PUMPKIN WEDGES** 7.5
Slow roasted pumpkin, kale pesto, toasted buckwheat.
Gluten free & vegan.
- POPEYE'S SALAD** 7.5
Baby spinach, cucumber, red onion, currants, sunflower seeds, paper radish, olive oil & lemon juice.
Gluten free & vegan.

HAVE IT YOUR WAY!

Just ask

EXTRAS

SWISS CHEESE	2	AVOCADO	4	SAUERKRAUT	1
FREE RANGE BACON	4	PROTEIN / PATTIE	4	AWESOME SAUCE	1

NUTRIENT DENSE. 100% FREE-RANGE. PROUDLY LOCAL.

Please advise kitchen of any allergies. Our packaging is 100% compostable – please dispose of it thoughtfully.

DRINKS

KARMA COLA RANGE	4.5
ALL GOOD SPARKLING RANGE	5
ALMIGHTY JUICE RANGE	5
COAQUA COCONUT WATER	5
AHI-KA WELLNESS TONICS	5
OTAKIRI WATER, SPARKLING WATER	4