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# Quick tasty & healthy

Grab a heat-and-eat meal anytime from our rooftop vending machine. From 3pm - 10pm, we'll warm it up and bring it to your table - just give us a wave.

**Lamb Rogan Josh** 15

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**Tangy Beef Brisket** *Low Carb* 15

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**Korean Style BBQ Chicken** 15

## Vegan

**Plant based Italian Chicken** 12

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**Mango Chicken Curry** 12



**Learn more**

Find out more about these convenient, nutritious meals at [swolefoods.co.nz](https://swolefoods.co.nz)