MEGS’ SANDWICHES

BLT 9
BLAT w Avocado 9
Aussie Lamb Sandwich 10
Slow roasted Australian lamb w rosemary, balsamic, tomato & feta on a crusty ciabatta roll.
Burger w “The Lot” 11
House prepared beef patty, caremelised onion, cheese, egg, bacon, pineapple, pickled beetroot, lettuce, tomato & our own bbq sauce.
Crispy Chicken Wrap 9
Grilled Chicken Caesar Wrap 9
House Caesar, organic chicken, romaine, parmesan.
Pad Thai Chicken Wrap 10
Marinated & grilled w peanut satay sauce, lettuce, cucumber, carrot, lemongrass & cilantro.
Pollo Italiano  Local organic grilled chicken, 10
Mega’s pesto, fresh mozzarella & balsamic on a ciabatta.
Vegetable Toasty 10
Mega’s nut-free pesto, cheddar & sautéed veggies.
Ban Mi 9
Cucumber, coriander, lemongrass
Chili oil mayo, red onion, carrot, house pickled veggies, sesame seeds, peanut sauce & tamari on a crusty roll.
Fresh Veggie & Avocado Wrap 9
Tuna Melt or Tuna Salad 9
Chicken Salad BLT 10
House made chook salad, cheddar, BLT on a crusty roll.

Extras no charge: Onion, Carrot, Cucumber, Pickle, Hots.
Extras 50c: Spinach, Cheese.
Extras $2.50: Bacon, Avocado, Organic Grilled Chicken.

SMOOTHIES

Banana & Strawberry or Blueberry 6.50
Tropical Daintree 6.75
Mango, pineapple, peach, passion fruit, strawberry, coconut, banana & apple juice.
City to Surf Energy 6.75
Pineapple, mango, strawberry, banana & green tea.
Brekkie to Go 7
Banana, strawberry, blueberry, honey, milk, yoghurt & flaxseed.
Gym Junkie 7
Blueberry, strawberry, banana, milk & protein.
Boomberra Beets 7.50
Strawberry, blueberry, beetroot, banana, macadamia nut milk & chia seeds.
Splendour in the Grass 7.50
Tropical fruit, spinach, banana & coconut milk.
Orange juice 4.20

HOT MEAT PIES

HOT: Ready to eat.
COLD: Cook at home.
FROZEN: Store for later.

Chunky Steak
Australian Lamb
Chicken & Herb
Vegetable Curry

Sausage Roll
Spinach & Feta Roll

Please inform staff of allergies or dietary Requirements.

SALADS

Side Salad 5
Garden Salad 8
Caesar Salad 8
Sesame Thai Salad 12
mixed veg & herbs
mandarin, wonton, red onion, sesame citrus dressing.

Extras $2.50: Bacon, Avocado, Organic Grilled Chicken, Chicken Salad, Tuna Salad.

MILKSHAKES

Chocolate, Vanilla or Caramel 5.50
Banana Bender 5.90
Strawberries ‘n’ Cream 5.90
Coffee Shake 5.90
Milo Shake 5.90

Our primary focus is on serving quality food that is fresh, seasonally appropriate and consistently amazing. The best menu is constantly changing depending on the best greens and ingredients available. The following menu is based on ingredients that are available year round.

Please refer to facebook or instagram for today’s fresh menu, specials on offer & info of local produce. All menu items are available for take-away.

So, C’mon in, say G’day and grab some tucker.