

MENU

PACKED WITH GOODNESS

ABOUT US

RECESS

COLD FOOD	♥	GARDEN SALAD CUP	2
	♥	FRUIT SALAD CUP	2.5
		GRANOLA YOGHURT SUNDAE	2.5
		FRUIT YOGHURT SUNDAE	2.5
	◆	SUSHI HAND ROLL	3
		TRAIL MIX	1.5
		GOLDEN OAT COOKIE	2.5
		DOUBLE CHOC CHIP COOKIE	2.5
	♥♣	MUFFIN VARIETIES	2.5

HOT FOOD	♣	CHEESIE	2
	♣	PIZZA CHEESIE	2
	♣	GARLIC BREAD	2.5
		SOY CHICKEN DRUMSTICK	2

DAILY CHEESIE SPECIALS

mon		CHILLI CON CARNE	2.5
tue		HAM, SPINACH	2.5
wed		BOLOGNESE	2.5
thu		HAM, PINEAPPLE	2.5
fri		CHICKEN, SPRING ONION, BBQ SAUCE	2.5

DAILY RECESS SPECIALS

mon		AVOCADO or EGGS ON TOAST	3
tue		FOLDED QUESADILLA	3
wed		M ^c MELVILLE	3
Thu	♣	SWEET POTATO CHIPS + SAUCE	2.5
fri	♣	PANCAKE STACK	3

DRINKS		CARTON & CO FILTERED WATER	2	
		SPARKLING WATER	1.5	
		PLAIN MILK	1.5	
		BANANA/MANGO SMOOTHIE	3	
		VANILLA /CHOC MILKSHAKE	3	
		PEACH ICED TEA	2.5	
		APPLE/ORANGE JUICE	2.5	
	HOT TEA		PEPPERMINT	2
			FOREST FRUIT	2

LUNCH

SANDWICH		CHICKEN/HAM/EGG/TUNA/CHEESE With salad	4.5
	♣	SALAD ONLY	4
		ROLL OR WRAP	0.5
		SUNDRIED TOMATOES/AVO/CHUTNEY/CHEESE	0.5
Extras free		MAYO/MUSTARD/PEPPER	

TOASTED extras		HAM/CHEESE/CHICKEN	3.5
		CHEESE/TOMATO/AVO/SPINACH	ea 0.5

TURKISH MELT extras		CHICKEN/HAM/ GRILLED VEG with... CHEESE, MAYO+SPINACH	5
		AVO/SUNDRIED TOMATOES	ea 0.5

SUSHI	◆	TUNA/CHICKEN/VEGETARIAN/ PRAWN	5
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SALADS	♥	GARDEN	4
	◆	CHICKEN NOODLE	5

PASTA CUP	♣	SMALL/LARGE + CHEESE	3.5/4.5
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NACHOS		BEEF/VEGETARIAN + LETTUCE, SOUR CREAM, CHEESE	5
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DAILY LUNCH SPECIALS

mon	ASIA	◆	TERIYAKI CHICKEN, RICE, ASIAN SALAD	5.5
		♣	FRIED RICE /+ CHICKEN DRUMSTICK	5/5.5
tue	ITALY		PIZZA - MARGHARITA, HAWAIIAN, VEGETARIAN	5
			PASTA BOLOGNESE	5
			BUTTER CHICKEN, YELLOW RICE, RAITA	5.5
wed	INDIA	♣	VEGETABLE CURRY, YELLOW RICE, RAITA	5
thu	USA		BURGERS - CHICKEN/BEEF/VEG	5.5
fri	AUSSIE		BEEF PIE	5
			SAUSAGE ROLL	3.5
		♣	POTATO BAKE + SALAD	4.5

SNACKS		FRUIT SALAD/ TRAIL MIX/ COOKIE	2.5/1.5/2
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ICECREAMS		DELISH ICE	
	♥	LEMONADE/ ORANGE+MANGO/ WATERMELON/DOUBLE CHOC	sml 1.5 lge2.5

Megabites is operated and run by a team of passionate staff and volunteers. All of our food is homemade or sourced from local small businesses, using fresh wholesome produce served in 100% biodegradable packaging. Feedback, suggestions and dietary requirements are welcome.

