

Meet, Eat and Treats

# The MET Cafe



A Social Enterprise Supporting Young People and Families

We Are Open!!  
for Takeaway Only

To Order

call 4295 8706

Wednesdays/Thursdays/Fridays

8.30am – 2.30pm

Please follow signs  
for pick up area

Southern Youth and Family Centre  
25 Lake Entrance Road  
Warilla NSW 2528

Tap and Go preferred payment  
but cash will be accepted



## Take Away Menu

Raisin Toast - \$4.00

Bacon and Egg Roll - \$6.50  
w/ Cheese - \$6.75

Breakfast Wrap  
Bacon, Egg, Tomato, Hash Brown & Choice of Sauce - \$8.00

Smashed Avo on Toasted Turkish  
w/ Bacon & Poached Egg - \$10.00

Turkish Melts  
Shredded Chicken, Avocado, Cheese & Tomato - \$8.00  
Ham Cheese & Tomato - \$6.50  
Avocado, Tomato & Cheese - \$6.00  
Cheese & Tomato - \$5.50

Fresh Salad Wraps - \$6.00 V  
Add Chicken or Triple Smoked Ham - \$8.50

Toasted Sandwiches on Thick Bread  
Chicken, Cheese, Pesto & Tomato - \$6.50  
Chicken, Cheese, & Avocado - \$6.50  
Ham, Cheese, & Tomato - \$6.00

Crumbed Whiting w/ Chips & Salad - \$11.00

Beef Burger - \$10.00  
Lettuce, Tomato, Onion, Beetroot & Chips  
Extra's Cheese 50c, Bacon \$1.00, Egg 50c

Sweet Potato Wedges w/ Sweet Chilli Mayo - \$8.50

Seasoned Wedges w/ Sweet Chilli & Sour Cream- 6.00

Bowl of Chips -\$5.00 V

Pork Dumplings - \$2.50ea  
Prawn Dumplings - \$3.00ea

## Drinks Menu

Coffee's - Reg\$3.50 Lrg \$4-00

Extra Shots or Syrups 50c

Hot Choc - Reg\$3.50 Lrg \$4-00

Tea - Reg \$3.00 Lrg \$3.50

Milkshakes - \$5-00

Chocolate, Strawberry, Vanilla, Caramel and Banana

Juice - \$3.00

Ice Tea - \$3.00

Bottle of Water - \$2-00

Cans - \$2.00

Coke, Diet Coke, Coke Zero, Pasito, Lemon Squash,  
Fanta, Creaming Soda, Lemonade and Ginger Beer

