

# Menu

Monday to Sunday 6am till 2.30pm  
All menu items available for take away

## ALL DAY

### Toast

sourdough, miche or apple and currant  
9

gluten free quinoa or gluten free  
fruit loaf toast (GF) 10

spread options > vegemite,  
farm jam, honey, nutella or  
Byron Bay peanut butter

### Summer Bircher (VG) 17

steel cut oats, organic chia, summer  
fruits, almonds, organic coconut sugar

### Urban Burger\* 16

Pialligo bacon, fried egg, cheddar,  
relish, hash brown, milk bun

### Urban Avocado\* 18

smashed avo, marinated goats' feta,  
lemon basil oil, miche, seeds

add free range egg 4.5

add Pialligo bacon 6

### Blueberry Hotcakes 19

vanilla mascarpone, blueberries,  
candied almonds, organic maple

### Open Omelette 20

smoked salmon, marinated goats' feta,  
parmesan cheese, radicchio, baby elk,  
lemon vinaigrette, sourdough

### Eggs Benedict\* 20

local free range eggs on toasted  
English muffin, hollandaise

choice of double smoked ham, smoked  
salmon, Pialligo bacon, baby spinach

### Local Free-Range Eggs Your Way\* 13

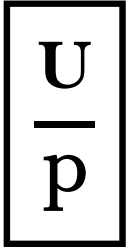
poached, scrambled, or fried on toasted  
sourdough

## SIDES

local free-range egg / baby spinach  
/ hash brown 4.5

Tasmanian smoked salmon/ Pialligo bacon  
/ Meredith goats' feta / sautéed wild  
mushrooms 6

avocado / slow-roasted tomato 5.5



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## **Cheeseburger\* 24**

Riverina angus, jack cheese,  
tomato, pickled gherkin, ketchup,  
lettuce, fries

## **Urban Pepper Steak Pie 21**

crispy pastry, grain fed beef,  
pink peppercorns, ornate garden  
leaf salad, fries

## **Spring Lamb Salad (GF) 28**

slow roasted shoulder of lamb,  
ornate garden leaves, baby peas,  
feta, yogurt mint vinaigrette

## **Tuna Nicoise Salad (GF) 30**

seared tuna, olives, green beans,  
tomatoes, free range egg, kipfler  
potatos, tapenade

## **Fish and Chips 24**

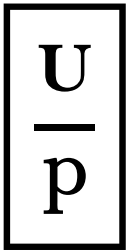
local craft beer battered market fish,  
herb salted chips, lemon cheek,  
garlic aioli

## **Hot Fries 10**

herb salt, aioli, ketchup

## **Garden leaf salad (GF, VG) 10**

ornate garden leaves, french dressing



# Drinks

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COFFEE	CUP SML	MUG LRG
<b>Espresso</b>	4.3	-
<b>Macchiato</b>	4.3	-
<b>Ristretto</b>	4.3	-
<b>Piccolo</b>	4.3	-
<b>Cappuccino</b>	4.5	5
<b>Flat White</b>	4.5	5
<b>Latte</b>	4.5	5
<b>Long Black</b>	4.5	5
<b>Organic Chai Latte</b>	5.5	6
<b>Mocha</b>	5.5	6
BELGIAN HOT CHOCOLATE	CUP SML	MUG LRG
<b>Milk</b>	5.5	6
<b>Dark</b>	5.5	6
<b>White</b>	5.5	6
<b>Top Deck</b>	5.5	6
<b>Chocolate Overdose</b>	5.5	6
EXTRAS		
<b>Babycino</b>	2.5	-
<b>Ground Decaf</b>	0.5	-
<b>Double Shot</b>	0.7	-
<b>Coconut / Lactose Free / Bonsoy / Almond / Organic Oat</b>	1	-
<b>Flavouring</b> vanilla, caramel, hazelnut	1	-

SMOOTHIE / FRAPPE	
<b>U.P. &amp; Go</b> blueberries, banana, yoghurt, cinnamon & oats, Majura Valley honey	10
<b>Mango Magic</b> mango, pineapple, passionfruit, mango nectar, coconut water	10
<b>Green</b> spinach, banana, mango, organic chia, almond milk, majura valley honey	10
COLD PRESSED JUICE	
<b>Aussie Sunshine</b> navel oranges	8.5
<b>Hold Your Horses</b> green apple, kale, spinach, celery, cucumber, parsley	8.5
<b>Down To Earth</b> beetroot, carrot, ginger, lime, blackberries, mandarin	8.5
COLD DRINKS	
<b>San Pellegrino Sparkling Water 500ml</b>	9
<b>Aqua Panna</b>	8
<b>Soft Drink</b> coke, coke zero, sprite, lemon lime bitters	6
<b>Iced Coffee, Chocolate or Mocha</b>	8.5
<b>Iced Long Black Latte</b>	7
<b>Milkshakes</b> vanilla, caramel, chocolate, strawberry, coffee	7
<b>Thickshakes</b> vanilla, caramel, chocolate, strawberry, coffee	8