

# 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

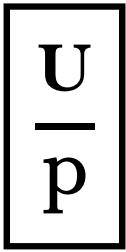
poached, scrambled, or fried on toasted  
sourdough

## 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**

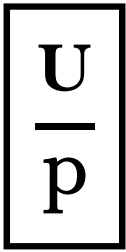
local craft beer battered market fish,  
herb salted chips, lemon cheek,  
garlic aioli

## **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
Espresso	4.7	-
Macchiato	4.7	-
Ristretto	4.7	-
Piccolo	4.7	-
Cappuccino	5	6
Flat White	5	6
Latte	5	6
Long Black	5	6
Organic Chai Latte	5.5	6.5
Mocha	5.5	6.5
BELGIAN HOT CHOCOLATE	CUP SML	MUG LRG
Milk	5.5	6.5
Dark	5.5	6.5
White	5.5	6.5
Top Deck	5.5	6.5
Chocolate Overdose	5.5	6.5
EXTRAS		
Babycino	2.5	-
Ground Decaf	0.7	-
Double Shot	0.7	-
Coconut / Lactose Free / Bonsoy / Almond / Organic Oat	1	-
Flavouring vanilla, caramel, hazelnut	1	-

SMOOTHIE / FRAPPE	
<b>U.P. &amp; Go</b> blueberries, banana, yoghurt, cinnamon & oats, Majura Valley honey	12
<b>Mango Magic</b> mango, pineapple, passionfruit, mango nectar, coconut water	12
<b>Green</b> spinach, banana, mango, organic chia, almond milk, majura valley honey	12
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>	9
<b>Iced Long Black Latte</b>	8
<b>Milkshakes</b> vanilla, caramel, chocolate, strawberry, coffee	7
<b>Thickshakes</b> vanilla, caramel, chocolate, strawberry, coffee	8