

Menu

Monday to Sunday 6am till 2.30pm

Grab and go open 6am - 3pm

All menu items available for take away

ALL DAY

Toast

white, olive or grain sourdough,
country fruit walnut 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) 18

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

Urban Burger* 17

fried egg, Brindabella bacon, cheddar,
relish, hash brown, milk bun, aioli

Urban Avocado* 19

smashed avo, marinated goats' feta,
lemon basil oil, seeds, olive
sourdough

add free range egg 4.5

add Brindabella bacon 6

Blueberry Hotcakes 19

vanilla mascarpone, blueberries,
candied almonds, organic maple

Open Omelette 22

San Daniele prosciutto, tomato, avocado,
EVOO, provolone, sourdough

Eggs Benedict* 21

local free range eggs on toasted
English muffin, hollandaise

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

Corn Fritters (GF) 22

zucchini, corn and feta fritters, smoked
Tasmanian salmon, crème fraîche, radicchio

add free range egg 4.5

Local Free-Range Eggs Your Way* 13

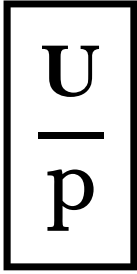
poached, scrambled, or fried on toasted
sourdough

SIDES

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

Tasmanian smoked salmon/ Brindabella
bacon/ grilled haloumi/ Meredith goats'
feta / sautéed wild mushrooms 6

avocado / slow-roasted tomato 5.5



Menu

Monday to Sunday 6am till 2.30pm

Grab and go open 6am - 3pm

All menu items available for take away

ALL DAY

Cheeseburger* 26

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

Urban Pepper Steak Pie 22

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

Spring Lamb Salad (GF) 29

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

Chicken BLT* 25

free range chicken breast, Brindabella bacon, oak lettuce, tomato, aioli, flatbread, fries

add avocado 3

Fish and Chips 28

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

Eggplant Parmigiana (V) 26

baked eggplant, zucchini, baby spinach, trio cheese béchamel, San Marzano tomato sugo

Halloumi Panzanella Salad 26

grilled halloumi, toasted olive sourdough, medley tomatoes, cucumber, crisp green leaf salad, house dressing

add San Daniele prosciutto 4

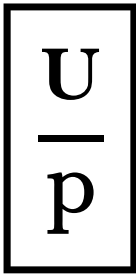
add free range grilled chicken breast 7

Garden salad (GF, VG) 12

carrot, tomato, cucumber, house dressing

Hot Fries 12

herb salt, aioli, ketchup



Menu

Monday to Sunday 6am till 2.30pm

Grab and go open 6am - 3pm

All menu items available for take away

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	
U.P. & Go blueberries, banana, yoghurt, cinnamon & oats, Majura Valley honey	12
Mango Magic mango, pineapple, passionfruit, mango nectar, coconut water	12
Green spinach, banana, mango, organic chia, almond milk, majura valley honey	12
COLD PRESSED JUICE	
Aussie Sunshine navel oranges	8.5
Hold Your Horses green apple, kale, spinach, celery, cucumber, parsley	8.5
Down To Earth beetroot, carrot, ginger, lime, blackberries, mandarin	8.5
COLD DRINKS	
San Pellegrino Sparkling Water 500ml	9
Aqua Panna	8
Soft Drink coke, coke zero, sprite, lemon lime bitters	6
Iced Coffee, Chocolate or Mocha	9
Iced Long Black Latte	8
Milkshakes vanilla, caramel, chocolate, strawberry, coffee	7
Thickshakes vanilla, caramel, chocolate, strawberry, coffee	8