

ALL DAY BREAKFAST

Big Breakfast \$22 (GFO)

Bacon, chorizo, mushrooms, hash browns, herbed cherry tomatoes, tomato relish & local free range eggs, served on sourdough

Bacon and Eggs \$15 (GFO)

Bacon and local free range eggs served on sourdough

Eggs on Toast \$12 (V) (GFO)

Local free range eggs cooked to your liking served on sourdough

Eggs Florentine \$16 (V) (GFO)

Fresh baby spinach & local free range poached eggs with housemade hollandaise & herbed cherry tomatoes served on an English breakfast muffin

Add bacon \$4 /leg ham \$4 /smoked salmon \$5

Avo & Feta Smash \$18 (V) (GFO)

Blistered cherry tomatoes, truffled mushrooms, 2 local free range poached eggs, maple balsamic & dukkah on toasted sourdough

Zucchini & Corn fritter stack \$19 (VO)

Fritter & bacon (grilled haloumi for vego option) stack on a bed of rocket, aioli, balsamic glaze & sweet chilli jam. Topped with an avocado fan, local free range poached egg and capsicum coriander salsa

Hotcake Stack - Berry \$15 (V)

Served with vanilla ice cream, maple syrup and fresh berries with a berry coulis

add banana half \$2

Hotcake Stack - Banana Caramel Bacon \$18

Grilled banana, bacon, ice cream and drizzled with caramel sauce

Add some love

leg ham \$4

avocado \$4

corn fritter \$4

Hash browns \$2

bacon \$4

chorizo \$4

smoked salmon \$5

Cherry tomatoes herbed \$2

haloumi grilled \$4

mushrooms \$4

egg \$2

banana (half) \$2

Bacon and Egg roll \$9 (GFO)

Bacon, local free range fried egg, with your choice of sauce on a toasted bun

Brekkie Burger \$14 (GFO)

Bacon, tasty cheese, caramelised onion, local free range fried egg, fresh rocket and your choice of sauce on Turkish bread

BLT \$12 (GFO)

Bacon, lettuce mix, tomato & housemade aioli on toasted Turkish bread

BLAT |add avocado \$4

Banana Bread \$7 (V)

Buttered and lightly grilled served with honey and a dusting of icing sugar.

Raisin Toast thick cut \$7 (V)

2 slices lightly toasted and served with cinnamon sugar and butter

Toast \$6 (V) (GFO)

Two slices of your choice with strawberry jam, local fresh honey, vegemite, peanut butter or marmalade

Baharat Buddha Bowl \$19 (GF) (V) (VGO)

Broccolini, kale, chickpeas, mushroom, tomato, chilli, sautéed in a Middle Eastern spice mix with grilled haloumi, spiced almonds, avocado tahini and two (2) poached eggs

Acai Bowl \$16 (GF) (VG)

Organic acai topped with housemade granola, seasonal fruit, chia seeds and toasted coconut flakes

Pitaya Bowl \$16 (GF) (VG)

Organic Pitaya (dragonfruit) topped with housemade granola, seasonal fruit, chia seeds and toasted coconut flakes

Granola Housemade \$16 (GF) (VG)

Served with rhubarb, grilled banana, grated fresh apple, coconut yoghurt, fresh berries & toasted coconut flakes. Served with a side of your choice of milk

Toastie \$10 (GFO) Ham/Cheese/Tomato/Avocado

KIDS MENU

Bacon and Egg Roll \$8 – Fried egg, bacon rasher on an English muffin | add cheese \$2

Eggs on Toast \$7 – Eggs their way on white bread | add bacon rasher \$2

Pancakes \$10 – Served with fresh berries, maple syrup and ice cream | add bacon rasher \$2

Toastie \$7 – Ham & cheese on white bread

LUNCH - FROM 11AM

Steak Sandwich \$10 – lettuce, tomato, cheese, choice of sauce, with hot chips

Fish 'n Chips \$10 – Crispy battered flathead with hot chips

Grilled Chicken Burger \$10 – lettuce, tomato, aioli on a toasted bun with hot chips



LUNCH

(f r o m 1 1 a m)

Urban Club Sandwich \$18 (GFO)

Marinated grilled chicken thigh, rasher bacon, avocado, lettuce mix, tasty cheese, tomato and aioli served w/ hot chips

Steak Sandwich \$20 (GFO)

Premium scotch fillet, bacon, caramelised onion, tasty cheese, lettuce and fresh tomato on toasted turkish bread served w/ hot chips and your choice of sauce

Banh Mi Roll (with chicken, beef or tofu) \$12 (VO)

Pickled cabbage/carrot/leek, kewpie mayonnaise, spanish onion, peanuts, nuoc-cham, mint and coriander. Served with your choice of chicken, marinated beef or tofu – on a fresh crunchy baguette

Cajun Chicken Burger \$18

Grilled free range chicken, mixed lettuce, tomato and aioli on a toasted bun served w/ hot chips

Vego Burger \$18 (V) (VGO)

Zucchini and corn fritter with rocket, tomato, haloumi, sweet chilli jam and aioli on a toasted bun w/ hot chips

sides

Hot Chips served with aioli on side \$8 (GFO)

Wedges with sour cream & sweet chilli sauce on side \$9

asian salads all \$14.90

salads 1-6 are served with your choice of
poached chicken | marinated tofu | avocado

1. Urban Downtown (VO) (VGO)

Green tea infused soba noodles, leafy greens, cherry tomatoes, Spanish onion, cucumber, mint, coriander and pickled red cabbage/carrot/leek. With a white sesame miso dressing, topped with an avocado fan

2. Urban Pineapple Teriyaki (VO) (VGO) (GF)

Mixed leaves, pickled cabbage/carrot/leek, red capsicum, snow peas and pineapple, tossed in a pineapple sesame dressing, and topped with toasted peanuts and grilled housemade teriyaki chicken or tofu

3. Urban Sesame (VO) (VGO) (GF)

Cabbage/carrot/leek and snow pea slaw, leafy greens, edamame, toasted peanuts and fresh orange. Drizzled with a sweet ginger sesame dressing topped with fried shallots

4. Urban Bang Bang (VO) (VGO) - Spicy

Green tea infused soba noodles, mixed lettuce, cucumber, cherry tomatoes, coriander, toasted peanuts and pickled cabbage/carrot/leek/snowpeas. With a spicy chilli dressing, topped with fresh chilli

5. Urban Chopped (VO) (VGO) – Very Spicy

Edamame, green tea soba noodles, leafy greens, pickled cabbage/carrot/leek and snow peas, coriander, mint and red capsicum. Tossed in a hot chilli dressing

6. Urban Satay (VO) (VGO) (GF)

Carrot/leek/snow pea and red cabbage slaw, mixed lettuce, cucumber and coriander. Served with a satay dressing, and topped with toasted peanuts.

7. Urban Thai Beef Salad

Tender marinated eye fillet with hokkien noodles, Spanish onion, pickled cabbage/carrot/leek, cherry tomato, coriander, leafy greens, fresh cut orange and fresh chilli

freshly squeezed juice \$8

Blast – Beetroot, carrot, ginger, celery, green apple

Buzz – pineapple, orange, ginger, carrot

High – Green apple, strawberry, watermelon, mint

Fresh Start – Green apple, ginger, celery, cucumber

cold press juice \$7

Down to Earth – Beetroot, carrot, ginger, lime, blackberries, mandarin

Raring to Go – watermelon, strawberry, raspberry, mandarin, pomegranate, vanilla

In Full Swing – carrot, peach, mandarin, turmeric

Hold Your Horses – green apple, kale, spinach, celery, cucumber, parsley

Take a Chill Pill – coconut water, kale, spinach, cucumber, celery, parsley, lemon, lime

Aussie Sunshine – all Australian orange

Pink Dragon – green apple, ginger, dragon fruit, lemon

kombucha \$7

The Bucha of Byron – original, ginger or tropical

smoothies | frappes \$9

The Kind Hippie smoothie – Chai, chilled milk, ice cream and a dusting of cinnamon

Banana Bender Smoothie – Banana, honey, yoghurt, chilled milk and a dusting of nutmeg

My Hawaiian Lover Mango Smoothie – Fresh mango, chilled milk and ice cream

When Snickers went to Mars smoothie – Chocolate, caramel, peanut butter, chilled milk and ice cream

Berry Bliss Smoothie – Mixed berries, chilled milk, strawberry and ice cream

Mangofest Smoothie (DF) – Mango blended with ice

Bounty Smoothie – Milo, coconut milk, malt and ice cream

Green Energizer smoothie (DF) – Spinach, celery, avocado, apple, banana, coconut

Superfood smoothie – Linseed, sunflower, almond, banana, yoghurt, honey and chilled milk

Acai Smoothie (DF) (VG) – Organic Acai, Organic Banana, Organic Guarana, Cane Sugar

Pitaya Smoothie (DF) (VG) – Pitaya, Banana, Cane Sugar

Sunrise Frappe (DF) – Strawberry, Mango, Kiwi, Pineapple

Jetty Frappe (DF) – Mango, pineapple and passion

Strawberry Mint Frappe (DF) – Strawberries and fresh mint blended with ice

Watermelon Frappe (DF) – Watermelon & cucumber blended with ice

Milkshakes \$6 | Thickshakes \$8

Chocolate | strawberry | caramel | vanilla | lime | banana | coffee (**add malt \$1**)

Iced \$7 - Flavoured as above, with ice cream & whipped cream

Iced coffee on almond milk \$7 (DF) (VG) (GF)

First Pressed Cold Dripped Ice Coffee on Almond milk, served over ice

Coffee Chill \$7

shot of fresh espresso, vanilla, loads of ice and chilled milk

soft drinks \$4

Coke | diet coke | coke no sugar | solo | sprite | ginger beer | lemon lime bitters | soda water | sparkling mineral water | still