

## ALL DAY BREAKFAST

- RAISIN TOAST** ..... \$5.5
- HAM & CHEESE CROISSANT** ..... \$9.5
- ADD BACON - \$5.0**
- EGGS YOUR WAY - POACHED/SCRAMBLED/FRIED {V}{GFO}** ..... \$11.9
- With tomato relish & baguette
- ADD BACON / HAM / SALMON/ MEXI MINCE \$5.0**
- BREAKFAST BURGER {GFO}**..... \$17.5
- With bacon, egg, fried onion, haloumi, cheese, tomato relish & hash brown
- SMASHED AVOCADO {V}{VGO}{GFO}**..... \$16.9
- With Spanish onion, feta, pea, tomato, soft herbs & fresh lemon on toasted Turkish bread with balsamic reduction and hazelnut dukkah
- ADD POACHED EGGS / BACON / SMOKED SALMON \$5.0**
- HOUSE BENEDICT {GFO}{V}**..... \$17.9
- With poached eggs, hollandaise, pan fried butter mushrooms & wilted baby spinach on toasted Turkish bread
- MAKE IT ON A CROISSANT – ADD \$2.5**
- WITH BACON / HAM / SALMON \$5.0**
- ROAST MUSHROOMS {V}{VGO}{GFO}**..... \$18.9
- Garlic roasted button and field mushroom medley with sauteed onion, baby spinach, truffle oil & grilled haloumi on toasted sourdough with fresh citrus
- ADD POACHED EGGS / BACON \$5.0**
- KIPFLER HASH CAKE {V}{GFO} {NUTS}**..... \$18.9
- With chive creme fraiche, wilted spinach, haloumi, basil pesto & poached egg
- ADD CHEESE KRANSKY / SMOKED SALMON / BACON \$5.0**
- FARMHOUSE BREAKFAST {GFO}** ..... \$19.9
- With fresh cherry tomato, leg ham, grilled asparagus, mushrooms, spinach, avocado & poached eggs served with sourdough
- ADD BACON / KRANSKY / MEXI MINCE / SMOKED SALMON \$5.0**
- MEXI BREAKY** ..... \$19.9
- House made mexican beef mince with mozzarella and toasted tortilla with chive creme fraiche & smashed avo
- SWEET FRENCH TOAST {GFO} {NUTS}**..... \$17.5
- Raisin bread coated in egg then dusted with cinnamon & finished with house made strawberry cheesecake, drunken apricots, candied walnuts and Persian floss
- ADD BACON \$5.0**
- SALMON AND POTATO CROQUETTES** ..... \$19.9
- With seeded mustard crème fraiche, grilled asparagus, house pickled vegetables and poached eggs
- BIG BREAKFAST {GFO}** ..... \$24.9
- Smoked bacon, eggs your way, tomato relish, mushrooms, kipfler hash cake, spinach & kransky with toasted Turkish bread

### EXTRAS

Single egg \$3, Spinach \$3, Hollandaise \$3, Hash Brown \$3,  
Ham \$5, Smoked Salmon \$7, Bacon \$6, Kransky \$6, Mexi Mince \$6.0  
Kipfler Hash Cake \$5.5, Avocado \$4.5, Haloumi \$5.5, 2 Eggs \$5.5, Mushrooms \$4.5  
Basic Sauces \$1.0 Extra Toast \$4.5

## CHILDREN'S BREAKFAST

- YOU KNOW WHAT I WANT** Kids waffles with ice cream.....\$9.5
- WACKY WACKY EGGS** Scrambled eggs with toast.....\$9.5
- I'M NOT HUNGRY** Soft toasted bread with jam or vegemite .....\$4.0
- SLOP ON MY TOP** Mexi Mince with toasted bread, mozzarella and chive cream..\$11.5
- LET'S GET MESSY** Bacon and egg roll .....\$11.5
- LET'S GET FLAKEY** Ham and Cheese croissant .....\$9.5

## CHILDREN'S MEALS

- WINNER WINNER CHICKEN DINNER** Nuggets with chips & tomato sauce ..\$9.5
- SQUIDWARD** Crumbed Calamari with chips, salad and aioli.....\$9.5
- WHAT'S THAT SMELL** Crumbed fish with chips, salad and aioli .....\$9.5
- CHEESY BUM BUMS** Cheese burger with tomato sauce and chips .....\$12.5

## ICE CREAM SUNDAE

- Strawberry, Chocolate, Caramel, Vanilla.....\$5.5

## CHILDREN'S DRINKS

- CHILDREN'S MILKSHAKE**.....\$4.5
- Your choice of chocolate, strawberry, caramel or vanilla syrup blended with ice cream & milk served in a medium takeaway cup
- CHILDREN'S JUICE**.....\$4.0
- Pineapple, Apple or Orange juice with ice served in a medium takeaway cup
- SOFT DRINK**.....\$4.5
- Lemonade, Ginger Beer, Coke, Coke Zero, Sarsaparilla, Red Lemonade, Lemon Lime and Bitters
- ICED DRINKS**.....\$6.9
- Strawberry, Chocolate, Caramel or Vanilla syrup with milk, ice cream and cream dusted with chocolate sprinkles
- SMOOTHIES** .....\$8.9
- Mango Madness, Berry Bliss or Banana and Honey

PLEASE NOTE - SWAPS MAY INCUR A FEE.

NOTE: Whilst all care is taken, unfortunately no meal can be 100% guaranteed to be free of allergens

{V} VEGETARIAN {VGO} VEGAN OPTION AVAILABLE  
{GFO} GLUTEN FREE OPTION AVAILABLE  
{PLEASE ADVISE SERVER OF THESE REQUIREMENTS UPON ORDERING EACH COURSE}



Urban Grounds

## STARTERS

- GARLIC BREAD {V}** .....\$7.9  
Toasted sub loaf smothered with garlic butter
- TOMATO BRUSCHETTA {V}{VGO}{GFO}** .....\$13.9  
Warmed cherry tomatoes with feta, onion, basil, balsamic & olive oil
- ROAST PUMPKIN BRUSCHETTA {V}{VGO}{GFO} {NUTS}** .....\$14.9  
With spinach and pistachios & topped with crumbled feta and hazelnut dukkah
- CARAMELISED ONION AND SPICED PUMPKIN ARANCINI {V}** .....\$12.5  
With mustard aioli
- OVEN BAKED BRIE {V}**.....\$15.5  
Warmed brie cheese served with crunchy bread, cointreau poached apricots and strawberry relish
- CAULIFLOWER POPCORN {V} {VGO}** .....\$13.9  
With wasabi mayonaise
- BOWL OF CHIPS {V}{VGO}**.....\$9.5  
Supa crunch chips with house seasoning, served with aioli
- ADD GRAVY \$3.5**
- SWEET POTATO CHIPS {V}{VGO}{GFO}**.....\$12.5  
With Aioli

## SALADS

- THAI BEEF SALAD {GFO} {NUTS}** .....\$21.9  
Warmed beef strips, mesculan mix, carrot, cucumber, onion, peanuts, capsicum, bean shoots, coriander & tomato with Thai dressing & crunchy fried Hokkien noodles
- GREEK CHICKEN & HALOUMI SALAD {GFO} {VEGE OPTION AVAILABLE}** .....\$21.9  
With kalamata olives, marinated feta, haloumi, red onion, cherry tomato, cucumber & beans with a lemon dressing & tzatziki labne
- SMOKED SALMON SALAD {GFO}**.....\$21.9  
With candied walnuts, pickled beetroot and radish, feta, red onion, beans and cherry tomato with sliced smoked salmon and fresh leaves

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## CAFE MEALS

- SLOW BRAISED BEEF CHEEK {GFO}**.....\$26.9  
With creamy mashed potato, seasonal vegetables & braising sauce
- GARLIC AND PEPPER DUSTED SQUID {4}**.....\$22.9  
Scored crispy fried calamari pieces with tartare, chips & house salad
- HOUSE CRUMBED FISH**.....\$23.9  
New Zealand fillet with golden chips, house salad & tartare
- LAMB BRAINS** .....\$22.9  
Panko crumbed lamb brains, mashed potato, seasonal vegetables & red wine jus
- CHICKEN SCHNITZEL**.....\$25.9  
Herb & parmesan crumbed chicken with mashed potato, feta & Spanish onion salad finished with jus
- RIB FILLET {GFO}**.....\$38.9  
With caramelised pumpkin, seasonal vegetables, wilted spinach, seeded mustard crème fraiche & red wine jus
- HOUSE CRUMBED PORK STRIPLON**.....\$27.9  
Pork Striploin with creamy potato mash, house pickles, red wine jus and garden salad
- AUSTRALIAN SALMON FILLET {GFO}**.....\$33.9  
Crisp skin Tasmanian salmon, golden kipfler hash cake, grilled asparagus and brocolini, finished with a lemon caper butter and wasabi mayo
- SWEET POTATO GNOCCHI {VGO} {NUTS}**.....\$27.9  
Crispy fried sweet potato dumplings in a burnt butter sauce with mushrooms, baby spinach, confit garlic, green peppercorns, shaved parmesan & roasted macadamia
- WITH BACON / CHICKEN BREAST \$5.0**

### SAUCES

- GRAVY \$3.5  
MUSHROOM SAUCE \$3.5  
DIANE SAUCE \$3.5

### SIDES

- GARDEN SALAD \$4.5  
SEASONAL VEGETABLES \$4.5  
GOLDEN CHIPS \$4.5

## CAFE MEALS-continued

- BEEF SMASH BURGER {GFO}** .....\$21.9  
With cheese, tomato, lettuce & cucumber and onion pickle with mustard aioli, ketchup and chips
- CRUMBED FISH BURGER {GFO}** .....\$21.9  
With lettuce, tartare and cheese with chips
- BUTTERMILK FRIED CHICKEN BURGER {GFO}** .....\$21.9  
With cheese, lettuce and wasabi mayo
- VEGETARIAN BURGER {V}{VGO}{GFO}**.....\$21.9  
Grilled mushroom, kipfler hash cake, haloumi,tatziki, labne & smashed avocado served with chips
- CREAMY CHICKEN AND BACON PESTO PASTA {NUTS}**.....\$23.9  
With basil pesto, cream, baby spinach, red onion, smoked bacon & parmesan cheese
- BRAISED BEEF LINGUINI**.....\$23.9  
Hand torn beef cheek, with leek, onion, shallot, kalamata olive and zucchini with liguini pasta, rich tomato braising liquor and parmesan cheese
- POACHED PRAWN PASTA** .....\$27.9  
Butter poached tiger prawns tossed through pasta with baby spinach, capers, lemon, cherry tomatoes, confit garlic, a hint of chilli & shaved parmesan
- PUMPKIN RISOTTO {GFO} {NUTS}** .....\$22.9  
With spinach, red onion, field mushroom & pistachio, finished with a dash of cream & parmesan cheese and balsamic glaze
- WITH BACON / CHICKEN BREAST \$5.0**
- PRAWN, PEA AND ASPARAGUS RISOTTO {GFO}**.....\$27.9  
With leek, onion, shallots and cream, finished with risotto and parmesan cheese

## DESSERTS

- LIME AND LYCHEE BRÛLÉE {GFO}** .....\$13.9  
With ice cream
- STICKY DATE PUDDING** .....\$12.9  
With butterscotch sauce, vanilla ice cream & whipped cream
- BATTERED BLONDIE DOUGHNUTS {NUTS}** .....\$13.9  
With candied walnuts, hot fudge, vanilla ice cream and Persian floss
- HOUSEMADE SCONES**.....\$9.9  
With homemade jam and fresh whipped sweetened cream
- BELGIAN WAFFLE SANDWICH**.....\$14.5  
With house made strawberry cheesecake, chocolate sauce & roasted macadamia with vanilla ice cream

PLEASE SEE CAKE CABINET FOR  
OUR CURRENT SELECTION OF CAKES