

urban favourites

Big Brekkie 14 (half) / 21 (full) (GFO)

Bacon, chipolatas, field mushroom, potato rosti, herbed cherry tomatoes, tomato relish & your choice of eggs, served on sourdough

House Brekkie 11 / 14 (GFO)

Bacon, herbed cherry tomatoes & your choice of eggs served on sourdough

Eggs on Toast 8 / 11 (GFO)

Eggs cooked to your liking served on sourdough

Eggs Florentine 15 (GFO)

Fresh baby spinach & poached eggs with hollandaise & herbed cherry tomatoes served on sourdough
Add bacon 4 | leg ham 4 | smoked salmon 5 | prosciutto 5

Vego Brekkie 11 / 17 (GFO)

Turkish toast with fresh baby spinach, herbed cherry tomatoes, avocado, field mushroom, poached eggs, topped with crumbled Persian feta and aioli

Zucchini & Corn fritter stack 11 / 18

Fritter & bacon stack on a bed of rocket, aioli, balsamic glaze & sweet chilli jam. Topped with an avocado fan, poached egg and capsicum coriander salsa

breakfast burgers

Bacon and Egg roll 8 (GFO)

Bacon, fried egg and your choice of sauce on a toasted damper roll

Brekkie Burger 13.5 (GFO)

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

BLT 12 (GFO)

Bacon, mesculin, tomato & housemade aioli on toasted Turkish bread

BLAT 16 (GFO)

As above – add avocado

light meals

Local Bellingen Macadamia fruit loaf 8

Lightly toasted served with a side of spiced ricotta with honey

Banana Bread 7 (GFO)

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

Raisin Toast thick cut 7

2 slices lightly toasted and served with cinnamon sugar and butter

Toast 6 (GFO)

Two slices of your choice with housemade strawberry jam, honey, vegemite, peanut butter or housemade citrus mango marmalade

GF = gluten free

GFO = gluten free option (+\$2)

blissful bowls

Fruit Salad 14 (GF)

Seasonal fruit with housemade granola and a side of coconut yoghurt

Buddha Bowl 13/19 (GF)

Sautéed kale, wilted spinach, spiced chickpea, mild chilli & broccolini served with field mushroom, avocado, halloumi, herbed cherry tomatoes, poached eggs, housemade hummus & almonds

Acai Bowl 15 (GF)

Banana & mixed berry acai topped with housemade macadamia granola, fresh berries, banana, chia seeds and toasted coconut flakes

Chia & Raspberry Bircher 12/16 (GF)

Served with banana, grated apple, candied pecans, coconut yoghurt and fresh berries

Granola Housemade 12/16 (GF)

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

something special

Avo & Feta Smash 11 / 18 (GFO)

Cherry tomato, pickled radish, fresh rocket, grilled asparagus & a poached egg on lightly toasted local Bellingen walnut bread and a side of basil aioli

Breakfast Panna Cotta 17 (GF)

Mango and passionfruit breakfast panna cotta with seasonal fruit, berries and housemade granola served with a strawberry coulis

Bruschetta 12 / 18 (GFO)

Heirloom tomatoes, spanish onion, basil, feta and a micro herb and rocket salad on toasted walnut bread. Topped with lemon infused olive oil and a balsamic glaze

Hotcake Stack Berry 10 / 14

served with vanilla ice cream, maple syrup and fresh berries with coulis

Hot Cake Stack Maple Bacon 11 / 15

Bacon, maple butter and maple syrup

Add some love

chipolatas 4 leg ham 4
bacon 4 haloumi 4
avocado 4 chorizo 4
field mushroom (2), 4 corn fritter 4

smoked salmon 5 prosciutto 5

egg 2 potato rosti 2
herbed cherry tomatoes 2
baked beans 2

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from the blue

Grilled Salmon 24 (GF)

Crispy skin salmon with pesto served on a mango, avocado, rocket, Spanish onion and pine nut salad. Served with a lemon basil dressing. (beer battered chips instead, or can be added for 3)

salads

Kipfler potato & asparagus salad 15

Kipflers with fresh rocket, pearl barley, toasted slivered almonds, Persian feta, and mustard basil aioli
add chicken 4 | salmon 5 | prosciutto 5

Thai Beef Salad 18 (GFO)

Tender marinated beef with hokkien noodles, lightly dressed cherry tomato & julienne vege salad on a bed of crispy noodle, topped with bean sprouts, coriander & chilli

Korean Chicken Salad 19

Vermicelli noodle, spinach, cucumber, cherry tomato, baby spinach, and julienne vege salad with a sweet soy dressing.

burgers | wraps | sandwiches

Urban Club Sandwich 18 (GFO)

Marinated grilled chicken breast, rasher bacon, avocado salsa, mesculin, tasty cheese, tomato and aioli served w/ beer battered chips

Steak Sandwich 20 (GFO)

Premium scotch fillet, mesculin, tomato, beetroot relish, caramelised onion, American cheese and housemade mustard aioli on toasted Turkish served w/ beer battered chips

Southern fried chicken burger 18

Lightly spiced buttermilk chicken thigh with rasher bacon, mesculin, tomato, American cheese, and housemade chipotle aioli, on a lightly toasted milk bun served w/ beer battered chips.

Vego Burger 18

Red lentil and roasted pumpkin pattie with kale, tomato, haloumi, beetroot relish, and housemade satay sauce on a toasted milk bun served w/ seasoned potatoes wedges

Urban Works Burger 19 (GFO)

150gram beef patty with, lettuce, tomato, beetroot relish, caramelised onion, bacon, egg, a grilled pineapple ring on a milk bun served w/ beer battered chips

Toasted Sandwiches (GFO)

Ham/Cheese/Tomato 9 | Chicken/Cheese/Avocado 11 | Cheese/Tomato/Avocado 10

Sides

Beer Battered Chips served with aioli on side 8 (GFO)

Wedges with sour cream & sweet chilli sauce on side 9

Sweet Potato fries with aioli on side 9 (GF)

Garden Salad 7 (GF)

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refresh

fresh juices 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
(ask to make it a frappe)

smoothies 9

(DF = dairy free)

Mangofest – mango, banana, yoghurt, milk, strawberry

The Kind Hippie – Chai Powder, chilled milk, ice cream and cinnamon dust

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

My Hawaiian Lover – Mango, coconut water, chilled milk and ice cream

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

Berry Bliss – mixed berries, banana, yoghurt, milk

Bounty – Milo, coconut, chilled milk and ice cream

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

Jetty Frappe (DF) – Mango, pineapple and passion

Green (DF) – spinach, celery, avocado, apple, banana, coconut

Superfood – Linseed, sunflower, almond, banana, yoghurt, honey, milk

Salted Caramel – salted caramel, ice cream, banana, milk

The Belgian – dark chocolate, ice cream, banana, milk

Nutella – Nutella, ice cream, banana, milk

Acai Smoothie – Organic Acai, Organic Banana, Organic Guarana, Cane Sugar

Pitaya Smoothie – Pitaya, Banana, Cane Sugar

old skool shakes and stuff

Milkshakes 6 | Thickshakes 8

Chocolate | strawberry | caramel | vanilla | lime | banana | coffee

add malt | salted caramel 1

Iced 6

Flavoured as above, with ice cream, whipped cream and dust of chocolate

Coffee Chill 6



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

protein

BeachBodies Protein Shake 9.5

Ultimate after workout protein shake! Almond milk, low fat Greek yoghurt, Cyborg Vanilla protein powder, banana, cinnamon blended with ice (**partnership between BeachBodies and Urban Espresso Lounge to bring you healthier options**)

please ask for liquor menu

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urban lunch

