

# URBAN PROJUICE

• WHOLEFOOD CAFÉ AND JUICE BAR •



Here at Urban Projuice we are passionate about health, wellbeing and the environment.  
We are committed to bringing you fresh nourishing plant based food that is seasonal and locally grown.



## SMOOTHIE BOWLS

- 16.0 DRAGON BOWL Z GFOG CN  
a blend of acai, dragon fruit, mango, strawberry, peach, banana, coconut milk and dates, topped with fresh seasonal fruit and nuts  
+3.5 gluten free granola
- 16.0 SNICKERS BOWL GF OG CN  
a blend of cacao powder, natural peanut butter, banana, soy milk and dates, topped with fresh seasonal fruit and nuts  
+3.5 gluten free granola  
  
+2.0 add a superfood: maca powder, chia seeds, peanut butter, prana-on plant protein, supergreens, goji berries, cacao powder, açaí powder, matcha powder



## SOMETHING SWEET

- 15.5 BIRCHER MUESLI GF OG CN  
house made gluten free bircher mix soaked in cold pressed apple juice topped with wild berry compote, poached pear and coconut yoghurt
- 15.5 PORRIDGE OG  
steel cut oats cooked smooth and creamy in coconut milk, topped with seasonal fruit, wild berry compote, superfood seeds and pure maple syrup
- 19.5 BUCKWHEAT VANILLA PANCAKES GF OG  
blissful fluffy pancake stack topped with banana, seasonal fruit, wild berry compote, vegan ice cream, toasted superseed crunch and pure maple syrup



please note... if you have allergies please speak to your server to discuss your options

## BIGGER BITES

- 20.0 BREAKFAST BOARD GFO OG CN  
marinated tofu tossed with kale, avocado, basil, seasonal vegetables and lemon dressing with organic sourdough- and a small bircher muesli taster
- 18.0 NOURISH UP GF CN  
breakfast salad of steamed sweet potato, kale, quinoa, spinach, broccoli, seasonal greens, sauerkraut, macadamia mint dressing with scrambled tofu  
+5.0 avocado +4.0 mushrooms +3.5 nutritional yeast b12 booster
- 17.5 AVOCADO CRUSH GFO OG option  
avocado and pea smash with vegan 'fetta', pickled chilli herb salad and toasted tamari seeds served on toasted raw sprouted bread  
+4.0 scrambled tofu +4.0 mushrooms
- 19.5 FRITTER DELUXE GF CN  
sweet potato & carrot fritters with tofu ricotta, minted peas, pomegranate, dukkah and harissa coyo served with fresh herb salad  
+4.0 scrambled tofu +5.0 crushed avocado
- 21.0 BIG BREAKFAST GFO  
roasted field mushrooms, tofu scramble, sweet potato & carrot fritter, black eyed baked beans, avocado, baby kale salad & organic sourdough

## TOAST

- 2 pieces of toast with your choice of condiments
- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 7.0 organic light rye sourdough   | 9.0 biodynamic raw sprouted bread    |
| 8.0 gluten free seeded bread      | 9.5 raw sprouted date & walnut bread |
| 8.0 organic sourdough fruit toast |                                      |

## SIDES

- 3.0 poached egg
- 3.5 spinach/ kale/ sauerkraut/ nutritional yeast B12 booster
- 4.0 scrambled tofu/ tomatoes/ black eyed baked beans/ mushrooms/ house made relish
- 5.0 avocado/ 2 poached eggs



check the counter display for delicious raw desserts, cakes, muffins, fresh salads, our famous vegan quesadilla's, pies, and sausage rolls!  
kitchen closes 3:30pm each day

## LUNCH TIME!

- served from 12pm
- 22.0 TEMPEH BURGER GFO CN  
marinated tempeh with cos lettuce, carrot noodles, satay sauce and vietnamese pickled cabbage with sweet potato fries & aioli  
+1.5 on gluten free toast
  - 20.5 BURRITO BOWL GF  
mexican spiced beans, biodynamic brown rice, crushed avocado, pico de gallo, jalapeño-chipotle salsa, coconut yoghurt and popcorn cauliflower  
+2.0 serving of corn tortillas
  - 22.0 DIY SPRING ROLLS CN  
freshly prepared seasonal vegetables served with our heavenly house made peanut satay sauce, pickled chilli, asian herbs, seared marinated tofu and steamed asian pancakes  
+4.0 extra serving of steamed pancakes
  - 20.5 CHEF'S BUDDHA BOWL GF OG  
marinated tempeh, sugar snap peas, carrot & zucchini noodles, broccolini, sauerkraut, quinoa, roasted pumpkin served with superfood turmeric dressing
  - 17.0 URBAN BIRDS NEST GF  
large mix of our daily house made salads topped with sauerkraut and avocado
  - 9.0 SWEET POTATO FRIES WITH AIOLI GF CN

## KIDS MENU

- must be 12 years and under to ride!
- 12.0 BANANA STRAWBERRY PIKLETS GF OG  
with vegan vanilla ice cream, and pure maple syrup
  - 9.0 GOLDILOCKS PORRIDGE GF OG  
with fresh seasonal fruit and pure maple syrup served just right



no changes to the menu during busy periods | +15% surcharge on public holidays.  
GF gluten free | GFO gluten free option | CN contains nuts | OG onion & garlic free  
our food menu is completely meat free and dairy free, and only has eggs at your request

# DRINKS MENU

## COLD PRESSED JUICE

- made fresh daily in our happy juice lab, we use only the very best organic fruit and vegetables - sorry no changes can be made!
- 9.5 LEAN GREEN  
apple, cucumber, celery, lemon, spinach
  - 9.5 UP BEET  
carrot, celery, spinach, lemon, beetroot, ginger
  - 9.5 BLOOD BOOSTER  
apple, beetroot, carrot, lemon, spinach
  - 9.5 IMMUNITY  
orange, carrot, apple, turmeric, lemon
  - 9.5 ZINGER  
apple, lemon, ginger

## SHOTS

- served in a 50ml bottle
- 4.5 THE CURE  
anti-inflammatory immune booster: ginger, turmeric, lemon, carrot, apple cider vinegar, black pepper

## KOMBUCHA

-  kombucha is a fermented tea beverage with its roots in ancient china, it has a natural effervescence and is full of helpful probiotics, antioxidants, b-vitamins and so much more! we use locally made Remedy Kombucha

- 7.0 FOR A BOTTLE  
we have a rotating selection of flavours, please ask your server

## SMOOTHIES

- 10.0 GREEN MACHINE  
spinach, cucumber, celery, banana, dates, filtered water
  - 10.0 PINK PANTHER  
dragon fruit, acai, mango, strawberry, peach, banana, dates, coconut milk
  - 10.0 THE ARNOLD  
peanut butter, banana, cacao, almond milk, prana-on plant protein
  - 10.0 PLAIN JANE  
banana, almonds, almond milk, pure maple syrup  
+2.0 add cacao
-  5.0 all smoothies are available in a kid's size!  
+2.0 add a superfood maca powder, chia seeds, peanut butter, prana-on plant protein, supergreens, goji berries, cacao powder, açaí powder, matcha powder

## COFFEE & TEA

- +0.5 bonsoy +1.0 almond milk, coconut milk
- 4.0 COFFEE  
certified fairtrade and carbon neutral, we proudly use single origin guatemalan beans from the 'hue-hue-tenango' region roasted locally by red star
- 7.0 ICED COFFEE  
single shot of espresso served chilled over ice with vegan ice cream and your choice of milk
- 5.5 FIRST PRESS COLD-DRIP COFFEE  
served chilled over ice
- 5.0 BOUNTY HOT CHOCOLATE  
gluten free & vegan fair trade west africa cocoa, served with coconut milk
- 10.0 COCONUT BOMB  
young thai coconut served with a shot of espresso
- 5.0 TURMERIC LATTE  
anti-inflammatory golden elixir mix lovingly made by the team at UP, caffeine free, nut free and gluten free
- 5.0 MATCHA LATTE  
antioxidant rich stone ground green tea served with your choice of milk
- 5.0 CHAI LATTE  
vegan calmer sutra chai - aromatic fusion of black tea, indian spices, rice malt syrup, fresh ginger root - fructose free blend
- 4.5 TEA BY TEA TONICS ORGANIC  
peppermint, chamomile, english breakfast, earl grey, apple tree, berry green, bright spark, lemongrass & ginger

## BEER & CIDER

- 18+ alcoholic
- 9.0 MOUNTAIN GOAT STEAM ALE
  - 9.0 WILLIE SMITH'S ORGANIC APPLE CIDER

## WINE

- 18+ alcoholic
- 9.0 WHITE ~ RED ~ ROSÉ ~ SPARKLING  
UP have a rotating selection of wines available, all are vegan and organic

 give us some love on instagram!  
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