

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 GFO OG 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, açai 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

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

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 GOLDBLOCKS PORRIDGE GF OG
with fresh seasonal fruit and pure maple syrup served just right



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



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



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, açai powder, matcha powder



THICK SHAKES all vegan and gluten free

- 10.0 VANILLA
vanilla bean, coconut ice cream, soy milk, pure maple syrup, ice
+2.0 add cacao

COLD DRINKS

- 6.5 YOUNG THAI COCONUT
- 4.5 STRANGELOVE ORGANIC SODA
ginger beer, lemon squash, classic cola
- 3.0 SAKA ALKALINE WATER
- 4.0 CAPI MINERAL WATER
- 5.5 LARGE CAPI MINERAL WATER

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



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