

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 BLUEBERRY AÇAÍ BOWL GF OG CN
blueberries, boysenberries, raspberries, mango, banana, açai powder, dates and coconut milk, topped with fresh seasonal fruit and nuts
+3.5 gluten free granola
- 16.0 SNICKERS BOWL GF OG CN
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 PALEO GRANOLA GF OG CN
house made gluten free granola mix, wild berry compote, coconut yoghurt and a side of soy, coconut milk or almond milk
- 15.5 PORRIDGE OG
steel cut oats cooked smooth and creamy in coconut milk, topped with fresh seasonal fruit and dusted with blueberry banana crunch and pure maple syrup
- 19.5 BUCKWHEAT VANILLA PANCAKES GF OG
blissfully fluffy pancake stack topped with banana, seasonal fruit, apple and berry compote, vegan vanilla ice cream, toasted superseed crunch and pure maple syrup

BIGGER BITES

- 18.0 NOURISH UP GF
breakfast salad of roast sweet potato, kale, quinoa, spinach, broccoli, seasonal greens, macadamia mint dressing, with scrambled tofu
+3.5 sauerkraut +5.0 avocado
- 17.5 AVOCADO CRUSH GFO
avocado, lemon and herb salad on toasted raw sprouted bread, with smokey almond cream, nuts & seeds
+3.5 scrambled tofu
- 19.5 CAULIFLOWER FRITTER GF CN
cauliflower & herb fritters with roast pumpkin hommus, broccoli tabbouleh salad and turnip pickles
+3.5 scrambled tofu +5.0 crushed avocado
- 21.0 BIG BREAKFAST GFO CN
roasted field mushroom, tofu scramble, roasted potato & sweetcorn, baked beans, avocado, kale salad & organic sourdough
- 21.0 WHOLE BAKED SWEET POTATO
whole sweet potato stuffed with apple baked beans, coyo, corn chips, avocado, pico de gallo, chilli and fresh herbs

TOAST

2 pieces of toast with your choice of condiments

- 7.0 organic light rye sourdough
- 8.0 gluten free seeded bread
- 8.0 organic sourdough fruit toast
- 9.0 biodynamic raw sprouted bread
- 9.5 raw sprouted date & walnut

SIDES

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

LUNCH TIME!

served from 12pm

- 22.0 THE UP BURGER GFO CN
mushroom & walnut pattie, caramelised onions, sriracha mayo, lettuce and dill pickle with sweet potato fries and 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, popcorn cauliflower
- 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 SESAME SOBA BOWL GF
miso marinated eggplant, crispy tofu, mushroom calamari, edamame, sesame soba noodles, avocado, herbs and fresh bean shoots
- 20.5 CURRY UP BOWL
please ask your waiter for today's house made curry
- 8 / 11 FRESH HOUSE MADE SALADS
please ask your waiter for today's salads
- 9.0 SWEET POTATO FRIES WITH AIOLI GF

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 LITTLE SOLDIERS GFO OG
sourdough soldiers with two soft-boiled eggs
+1.5 gluten free toast



please note... if you have allergies please speak to the manager on duty 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 | +20% 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
- 8.0 BETA- COLD
orange, carrot & lemon

SHOTS served in a 50ml bottle

- 4.0 THE CURE
anti-inflammatory immune booster: ginger, turmeric, lemon, carrot, apple cider vinegar, black pepper
- 4.0 BEET IT
beetroot, lemon, coconut water, apple juice

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, ask your server

SMOOTHIES

- 10.0 GREEN MACHINE
spinach, cucumber, celery, banana, dates
- 10.0 BERRY SPRINGER
boysenberries, raspberries, blueberries, banana, dates, spinach, chia seeds, coconut water
- 10.0 THE ARNOLD
peanut butter, banana, almond milk, prana-on plant protein, cacao
- 10.0 HUNGRY YOGI
turmeric, ginger, banana, maple syrup, coconut oil, black pepper, almond milk
- 10.0 PLAIN JANE
banana, almonds, almond milk, maple syrup



+2.0 add a superfood maca powder, chia seeds, peanut butter on top, 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 mylk, maple syrup, ice
- 10.0 CACAO
cacao, coconut ice cream, soy milk, maple syrup, ice

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

- 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
- 4.5 FIRST PRESS COLD-DRIP COFFEE
served chilled over ice
+0.5 bonsoy +1.0 almond milk, coconut milk
- 4.5 HOT CHOCOLATE GF V
west african fairtrade made with bonsoy
+1.0 almond milk, coconut milk
- 10.0 COCONUT BOMB
young thai coconut served with First Press Cold Drip Coffee
- 5.5 TURMERIC LATTE
anti-inflammatory golden mix lovingly made by the team at UP, vegan, caffeine free, nut free and gluten free
+1.0 almond milk, coconut milk
- 5.0 MATCHA LATTE
+1.0 almond milk, coconut milk
- 5.5 CHAI LATTE
vegan calmer sutra chai - aromatic fusion of black tea, indian spices, rice malt syrup, fresh ginger root - fructose free blend
+1.0 dandelion tea
- 4.5 TEA BY TEA TONIC ORGANIC
peppermint, chamomile, english breakfast, earl grey, apple tree, berry green, bright spark, lemongrass & ginger

BEER & CIDER 18+ alcoholic

- 7.5 MOUNTAIN GOAT STEAM ALE
- 7.5 ANGRY ORCHARD SPARKLING APPLE CIDER

WINE 18+ alcoholic

WHITE ~ RED ~ ROSÉ ~ SPARKLING
UP have a rotating selection of wines available by the glass or bottle, all are vegan, organic and biodynamic.



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checkout our upcoming events on our facebook page
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