

# BREAKFAST

(available 'til 10.30am Mon-Fri, 12pm Sat-Sun!)

## TOAST

Two slices of today's sourdough toast  
served with butter ..... £1.90  
(Switch to gluten free bread for +30p)

## PORRIDGE

Made with whole milk for extra  
creaminess..... £2.50

Made with soya, almond milk or  
coconut milk (VG)..... £2.80

Gluten-Free Porridge ..... £2.50

+ADD jam or marmalade to any of the  
above..... £0.40

+ ADD honey, Nutella, peanut butter,  
raisins or mixed nuts..... £0.50

## GRANOLA

Homemade granola with greek yoghurt & homemade summer berry compote .... £3.25

# BRUNCH

Available Sun-Fri until 3pm, Sat 4pm

## URBAN BREKKIE

Lashford Cumberland sausage, two rashers of  
bacon, baked beans, tomato, mushrooms, two eggs  
& sourdough toast ..... £8.75

## URBAN VEGGIE BREKKIE

Two vegan sausages, halloumi, mushrooms, tomato,  
baked beans, two eggs & sourdough toast £8.75

## URBAN VEGAN BREKKIE

Three vegan sausages, mushrooms, wilted spinach,  
tomato, baked beans & sourdough toast ... £8.75  
+ Add smoked scrambled tofu .....+ £1.75

## SAUSAGE & BACON SOURDOUGH

Lashford Cumberland sausage, bacon & tomato  
relish on a toasted sourdough roll ..... £4.95

## VEGAN SAUSAGE SOURDOUGH

Two vegan sausages & roasted mushrooms  
on a toasted sourdough roll ..... £4.95

## BACON SOURDOUGH

Four rashers of bacon & tomato relish served on a  
toasted sourdough roll ..... £4.65

## PEANUT BUTTER & BANANA ON SOURDOUGH

Crunchy peanut butter and sliced banana on sourdough toast .....

£3.95

#### AVOCADO SMASH

Smashed avocado with chilli & lemon on  
sourdough toast ..... £5.45  
With roasted mushrooms ..... £6.20  
With smoked back bacon ..... £6.45  
With halloumi or feta ..... £6.70  
With smoked salmon ..... £7.20  
With scrambled smoked tofu ..... £7.20  
+ Add two scrambled or poached eggs .....+ £2.00

EGGS BENEDICT Two rashers of bacon & two poached eggs served on  
an English muffin with hollandaise sauce ..... £7.75

#### EGGS ROYALE

Smoked salmon & two poached eggs served on an  
English muffin with hollandaise sauce ..... £7.95

#### EGGS FUNGHI

Large field mushrooms & two poached eggs served  
on an English muffin with hollandaise sauce... £7.50

#### EGGS FLORENTINE

Wilted spinach & two poached eggs served on an  
English muffin with hollandaise sauce ..... £7.50

#### FREE-RANGE EGGS ON TOAST

Scrambled or poached eggs with tomato on  
sourdough toast ..... £5.25  
With smoked back bacon ..... £6.25  
With smoked salmon ..... £7.00

#### THREE EGG OMELETTE

Choose two of the following fillings: Cheddar, bacon,  
mushrooms, tomatoes, spinach, roasted red  
peppers, chorizo ..... £5.45  
With toast ..... £6.40  
With sweet potato wedges ..... £7.95

#### HUEVOS RANCHEROS

A smoky chipotle, tomato & mixed bean stew  
served with fried eggs or smoked tofu & a toasted  
tortilla wrap ..... £7.25  
With chorizo ..... £8.25

#### AMERICAN PANCAKES

Stack of three American-style thick pancakes  
served with a choice of:  
Maple syrup..... £6.25  
Sliced banana & Nutella ..... £6.50  
Greek yoghurt & homemade summer  
berry compote ..... £6.50  
Scrambled eggs & maple syrup ..... £6.50  
Scrambled eggs, bacon & maple syrup ..... £7.50

## UPGRADE WITH EXTRAS:

Mushrooms, Baked Beans, Spinach, Tomato +75p  
Egg (fried/poached), Black Pudding, Bacon +£1.00  
Vegan Sausage, Avocado, Halloumi, Chorizo,  
Feta + £1.25 Lashford Sausage, Smoked Salmon,  
Scrambled Smoked Tofu +£1.75 or Scrambled Eggs +£2

## LUNCH

Delicious, seasonal and freshly prepared  
Available Sun-Fri until 3pm. Sat until 4pm.

### SERVED WITH DELICIOUS SIDES

All our lunches (except the salads) are served with homemade 'slaw (which can be made as a healthy, dairy free slaw with Dijon, lemon and chilli oil dressing) and homemade sweet potato wedges.

Just fancy a quick snack? Have a bowl of sweet potato wedges on their own for £2.95

#### PULLED PIRI PIRI CHICKEN FLATBREAD

Slow-cooked chicken thighs with homemade piri piri sauce & aioli served on a flatbread with rocket leaves ..... £8.95

#### LAMB KOFTA KHOBEZ WRAP

Minced shoulder of lamb, served in a Middle Eastern style khobez wrap with homemade tzatziki, mixed leaves & a tomato & harissa sauce..... £9.25

#### VEGAN SMOKED TOFU & AVOCADO SOURDOUGH TOASTIE

Warm smoked & marinated tofu on toasted sourdough bread served with sliced avocado, homemade pickled red onion & mixed leaves ..... £8.95

#### CAPRESE CIABATTA

Toasted ciabatta with sliced tomato, buffalo mozzarella, homemade pesto mayonnaise & fresh rocket ..... £8.65

#### FOUR CHEESE SOURDOUGH TOASTIE

Cheddar, parmesan, feta and mozzarella served with homemade pickled red onion in a toasted sourdough ..... £7.85

#### ROASTED RED PEPPER & AVOCADO SMASH WRAP

Roasted red pepper, beetroot, shredded carrot & avocado smash served in a toasted tortilla wrap ..... £7.95

#### URBAN SUPER SALAD

Baked sweet potato wedges, quinoa, beetroot, shredded carrot, pumpkin & sunflower seeds with a Dijon, lemon and chilli oil dressing ..... £7.95

#### URBAN GREEK-STYLE SALAD

Classic Urban salad with sliced tomato, cucumber, mixed leaves, olives, crumbled feta & a homemade tortilla wrap ..... £7.95