

Urban Grounds

Pastry Case

Daily Muffins.....	5
Daily Scones.....	5
Loaded Cupcakes.....	5
Croissant	3
Bagel w/ cream cheese or butter.....	3.5
<i>(plain, everything, blueberry, asiago)</i>	
Lolita's Cupcreations.....	mkt
<i>Baked fresh daily in-house *see pastry case</i>	

Fresh Start

Sausage & cheddar egg soufflé (GF)	4
Spinach, feta, red pepper egg soufflé (GF)	4
Avocado Toast (vegan).....	4
<i>topped with microgreens and everything seasoning</i>	
Overnight Oats	5
<i>greek yogurt, chai seeds, granola and fruit</i>	

Breakfast Sammy

Ham, egg and cheese on croissant or bagel	6
Bacon, egg and cheese on croissant or bagel	6
Tomato, egg and cheese on a croissant or bagel	6

Petite Salads

Mediterranean Quinoa	5
<i>kale, edamame, tomato, red onion, black olives, feta cheese, greek dressing (GF)</i>	
Sweet Potato Kale	5
<i>cranberries, goat cheese, sweet vinaigrette (GF)</i>	
Cowboy Caviar	4
<i>fire roasted corn, black beans, green and red peppers, onion, cilantro, lime (GF) (vegan)</i>	
Pesto Caprese Pasta Salad	5
<i>orzo, tomato, mozzarella, zucchini</i>	



enter as strangers

leave as friends

Sandwich time is 11:00 - 4:00 pm Daily

Cold Sandwich

****Your choice of Multi-Grain, Soft Hoagie or Wrap****

Green Goddess..... 9
Hummus, cucumber, avocado, microgreens, house sub sauce (vegan)

Tarpon Ave Club..... 11
Turkey, arugula, roasted red pepper, pepper jack cheese, honey mustard, sub sauce

Cali Club..... 10
Ham, smoked gouda, avocado, cucumber, spicy ranch

1909 12
Roast beef, swiss, red onion, Horseradish, arugula, sub sauce

Urban Bird 2.0..... 11
Chicken, provolone, bacon, garlic aioli, LTO
**ask us to kick it up a notch*

Toasted Sandwich

****Your choice of Multi-Grain, Soft Hoagie or Wrap****

Gourmet Grilled Cheese..... 9
smoked gouda, provolone, balsamic onion jam
-add any meat for \$2.00

Backyard BBQ..... 11
Chicken, bacon, pepper jack cheese, BBQ sauce

Talk Turkey to Me..... 11
Turkey, provolone, pesto aioli, spinach, tomato

Seven-Two-Seven..... 12
Roast beef, swiss, garlic aioli, roasted red pepper

Don't sweat the small stuff..... 10
Ham, swiss, honey mustard, garlic dill pickles

Urban Grounds

Hot

Drip Coffee	3
Espresso	3
Americano	3.5
Latte	5
Cappuccino	4
Cortado	3.5

Cold

Cold Brew	4 / 5
Americano	3.5
Latte	5
Shaken Espresso	3.5

Add Ons

Shot of espresso	1
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Flavors5
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*vanilla, caramel, hazelnut, mocha, brown sugar cinnamon, lavender, *seasonal*

Alternative Milk <i>Oat or Almond</i>	1
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Honey5
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Tea

Classic <i>already brewed</i> Iced Tea.....	3
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Specialty Flavors (hot or iced)	3
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Early Grey, Breakfast, Coconut Oolong, Green, Pomegranate, Blue Raspberry, Peach Turmeric, Mango Tango (we steep it to order !)

Matcha Latte (<i>hot or iced</i>)	5
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Chai Tea Latte (<i>hot or iced</i>)	5
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Smoothies

Strawberry Banana	7
<i>made with almond milk</i>	
Blueberry Banana	7
<i>made with almond milk</i>	
Strawberry Mango	7
<i>made with almond milk and honey</i>	

21 and up

sold after 8:00 am

Mimosa	7
Poinsettia	7
Sangria (White or Red)	8
Louis Perdrier Brut (France)	10 /split
Pinot Grigio (Italy)	8 /glass
Chardonnay (California).....	9 /glass
Moscato (Sweet)	8 /glass
Rosé (France)	9 /glass
Pinot Noir (Oregon).....	16 / 375 ml
Cabernet (California)	18 /375 ml
Beaujolais Red (France)	14 /375 ml
Stella	6 /16 oz
3 Daughters Beach Blonde	7 /16 oz
Reef Donkey APA	7 / 16 oz
Green Bench Sunshine IPA	7 /12 oz
Hawaiian Lion Chocolate Coconut Porter.....	7 /12 oz
Raspberry Lemondade Cider.....	6 /12 oz
Nutrl (Vodka) <i>Pineapple or Watermelon</i>	7 /12 oz