

Urban Grounds

Pastry Case

Daily Muffins.....	5
Daily Scones.....	5
Loaded Cupcakes.....	5
Croissant	3
Bagel w/ <i>cream cheese or butter</i>	3.5
<i>(plain, everything,, asiago, seasonal)</i>	
Daily in-house pastries	mkt
<i>baked in house. see case</i>	
<i>gluten free and vegan options available</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>vanilla greek yogurt, chai seeds, granola and fruit</i>	
Seasonal Crepe	6

Breakfast Sammies

Ham, egg and cheese on croissant or bagel	6
Bacon, egg and cheese on croissant or bagel	7
Sausage, egg and cheese on a croissant or bagel	7
Tomato Egg and Cheese on a croissant or bagel.....	6

Savory Sides

Mediterranean Quinoa	5
<i>kale, edamame, tomato, red onion, black olives, feta cheese , greek dressing (GF)</i>	
Pesto Caprese Pasta Salad	5
<i>orzo, tomato, mozzarella, zucchini</i>	
Superfood Salad	4
<i>Kohlrabi, broccoli, carrots, cabbage, brussels sprouts, kale tossed with house dressing. (vegan) (GF)</i>	



enter as strangers

leave as friends

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

Cold Sandwich

Green Goddess Wrap	9
<i>Hummus, cucumber, avocado, microgreens, house sub sauce (vegan)</i>	
Tarpon Ave Club	11
<i>Turkey, arugula, roasted red pepper, pepper jack cheese, honey mustard, sub sauce served on your choice of bread</i>	
West-Coast	10
<i>Ham, swiss cheese, garlic aioli, lettuce, avocado, cucumber, served on multi-grain bread</i>	
Spring Bayou	11
<i>Turkey, swiss cheese, hummus, pesto aioli, sprouts served on your choice of bread</i>	
Latest Urban Bird	11
<i>Chicken, smoked gouda, garlic aioli, sweet-heat pickles, lettuce, tomato, onion all wrapped up</i>	

Toasted Sandwich

Backyard BBQ	11
<i>Chicken, bacon, pepper jack cheese, BBQ sauce served on soft hoagie</i>	
Talk Turkey to Me	11
<i>Turkey, provolone, pesto aioli, spinach, tomato served on your choice of bread</i>	
Priorities	11
<i>Chicken, provolone, spinach, spicy ranch, bacon, tomato, onion served on your choice of bread</i>	
Don't Sweat the Small Stuff.....	10
<i>Ham, swiss cheese, honey mustard, sweet-heat pickles served on a soft hoagie</i>	
Gourmet Grilled Cheese	8
<i>Balsamic onion jam, smoked gouda, provolone served on multi-grain or soft hoagie</i>	
<i>*add any meat for \$2.00</i>	

Urban Grounds

Hot

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

Cold

Cold Brew 16 or 24 oz	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 Oat or Almond	1
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Honey5
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Smoothies

Strawberry Banana	7
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made with almond milk

Blueberry Banana	7
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made with almond milk

Strawberry Mango	7
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made with almond milk and honey

Add Vanilla Protein Powder \$1.50

Tea

Classic <i>already brewed</i> Iced Tea.....	3
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Specialty Flavors (hot or iced)	3.5
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we steep them to order !

Caffeinated: *Early Grey, English Breakfast, Coconut Oolong, Green, Pomegranate Green*

Herbal: *Chamomile, Blue Raspberry, Peach, Seasonal*

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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21 and up

sold after 8:00 am

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