

Urban Grounds

Hot

Drip Coffee	3.25
Espresso	3.00
Americano	3.50
Latte	5.25
Cappuccino	4.25
Cortado	3.50

Cold

Cold Brew 16 or 24 oz	4.00 / 5.00
Americano	3.50
Latte	5.25
Shaken Espresso	4.50

Add Ons

Flavors5
*vanilla, caramel, hazelnut, mocha,
coconut, lavender, strawberry,
brown sugar cinnamon, *seasonal
Sugar Free Vanilla, Sugar Free Caramel*

Sauces: *Honey, Chocolate,
White Chocolate, Caramel*

Alternative Milk *Oat or Almond* 1
Honey25

enter as strangers



leave as friends

Tea

Classic *already brewed* Iced Tea..... 3

Specialty Flavors (hot or iced) 3.5
we steep them to order !
Caffeinated: *Earl Grey, English Breakfast,
Coconut Oolong, Green, Pomegranate Green*
Herbal: *Chamomile, Blue Raspberry, Peach,
Blood Orange , *Seasonal*

Matcha Latte (*hot or iced*) 5.00
Chai Tea Latte (*hot or iced*) 5.00

Smoothies

Strawberry Banana7.00
made with almond milk
Blueberry Banana7.00
made with almond milk
Strawberry Mango7.00
made with almond milk and honey

Add Vanilla Protein Powder \$1.50

**visit our sister location,
Refined Roots across the street!**

Tarpon Springs, Fl

Urban Grounds

Pastry Case

Daily Muffins.....	5
Daily Scones.....	5
Loaded Cupcakes.....	5
Croissant	3.75
Daily in-house pastries	mkt
<i>baked in house. see case. gluten free and vegan options available</i>	

Bagels

plain, everything, asiago , blueberry, cinnamon raisin served with your choice of cream cheese or butter.....	3.5
<i>(plain / strawberry / onion chive)</i>	
Peanut butter cup	.75

Fresh Start

Sausage & cheddar egg soufflé (GF)	4
Spinach, feta, red pepper egg soufflé (GF)	4
Overnight Oats (GF).....	6
<i>vanilla greek yogurt, chia seeds, blueberries</i>	
Cottage Cheese Cup (GF).....	5
<i>with marinated tomatoes and chopped cucumbers</i>	
Whipped Feta Toast	7
<i>garnished with arugula, tomatoes and balsamic glaze</i>	
Avocado Toast (vegan).....	5
<i>topped with microgreens and everything seasoning</i>	

Breakfast Sammies

Ham, egg and cheese on croissant or bagel	7
Bacon, egg and cheese on croissant or bagel	8
Sausage, egg and cheese on a croissant or bagel	7
Tomato Egg and Cheese on a croissant or bagel.....	6

Savory Sides

Mediterranean Quinoa	6
<i>kale, edamame, tomato, red onion, black olives, feta cheese , greek dressing (GF)</i>	
Pesto Caprese Orzo Salad	6
<i>orzo, tomato, mozzarella, zucchini</i>	

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

Cold Sandwich

Veggie Wrap	10
<i>Avocado, cottage cheese, cucumber, roasted red peppers, spicy ranch, alfafa sprouts</i>	

Tarpon Ave Club	11
<i>Turkey, pepper jack, arugula, roasted red pepper, cheese, honey mustard, served on choice of bread</i>	

West-Coast	11
<i>Ham, swiss cheese, garlic aioli, lettuce, avocado, cucumber, served on multi-grain bread</i>	

Spring Bayou	11
<i>Turkey, swiss cheese, whipped feta, pesto aioli, alfafa sprouts served on 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	12
<i>Turkey, provolone, pesto aioli, spinach, tomato served on choice of bread</i>	

Priorities	12
<i>Chicken, provolone, spinach, spicy ranch, bacon, tomato, onion served on choice of bread</i>	

Don't Sweat the Small Stuff.....	11
<i>Ham, swiss cheese, honey mustard, sweet-heat pickles served on a soft hoagie</i>	

Gourmet Grilled Cheese	9
<i>Balsamic onion jam, smoked gouda, provolone served on multi-grain or soft hoagie</i>	
*add any meat for \$2.00	

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