



Follow us on:

 @theupsideonprospect

 The Upside On Prospect


Menu

GRAB 'N' GO

Buttered croissant	9.5
Ham & cheese	
Ham, Cheese & Tomato Toastie	9.5
Turkey toastie	12.0
Smoked turkey, cranberry, spinach & brie on rye.	
Reuben toastie	12.0
Corned beef, sauerkraut, cheese, mustard & pickles on rye.	
Chicken Lepinja Roll	12.5
Chicken, bacon, parmesan, spinach & caesar aioli.	
Mediterranean Lepinja Roll (V)	12.5
Roasted capsicum, eggplant and zucchini, basil almond pesto & olives.	
Banana Loaf	9.0
Served with winter-fruit compote & house-made lemon curd or butter	
House-made Scones	8.0
2 scones served with strawberry jam & La Casa double cream	
Fries to share	9.0
• side fries with any toastie/lepinja.....	+4.5



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BREAKFAST (AVAILABLE UNTIL 2PM)

Toast (V) 8.0 2 toast slices (Ciabatta, Rye multi-seed, Fruit toast) with Spread (Strawberry jam, Marmalade, Vegemite, Peanut butter or Nutella).	Cream Cheese Bagel Toasted bagel with cream cheese & your choice of fillings: <ul style="list-style-type: none">• Harris smoked salmon & capers..... 23.0• Grilled bacon & smoked tomato chutney..... 20.0
It's basic (V) 14.0 2 free range eggs (poached, fried, scrambled) & toasted ciabatta. <ul style="list-style-type: none">• Add bacon +6.0	Taro Pancakes (V) 20.0 Stack of 3 taro & buttermilk pancakes with house-made winter fruit compote, taro sauce & vanilla ice-cream <ul style="list-style-type: none">• Add fresh banana or strawberry +5.0• Add maple bacon +7.0
Smashed Avocado (V, VGO) 19.5 Smashed avocado, cherry tomatoes, feta & asparagus on rye multi-seed toast. <ul style="list-style-type: none">• Add 2 eggs +6.0	Red Velvet French toast (V) 20.0 Red velvet French toast with La casa double cream, banana, chocolate sauce & toasted almond flakes <ul style="list-style-type: none">• Add ice-cream +3.00
Upside Brekky 29.0 2 free range eggs (poached, fried, scrambled) with char-grilled bacon, roasted tomato, sautéed mushroom, hash brown & toasted ciabatta.	Superfood Smoothie bowl (V, VG, GF) Your choice of smoothie bowl with seasonal fruits, banana, granola, chia seeds, shredded coconut <ul style="list-style-type: none">• Acai bowl (Antioxidant)..... 18.0 Acai smoothie & Almond milk• Tropical Delight (Vitality)..... 19.5 Dragon fruit, Mango, Pineapple, Mixed berries, Passionfruit, Chia seeds & Coconut milk• Power Brekkie (Energy)..... 19.5 Banana, Peaches, Oats, Dates, Cacao nibs, Cinnamon, Vegan chocolate & Almond milk
'Fully loaded' Brekkie Roll 18.0 Grilled bacon, fried egg, avocado, tomato, fresh spinach & aioli in a toasted roll.	SIDES: <ul style="list-style-type: none">Bowl of fries with tomato sauce 9.0Harris smoked salmon 7.5Bacon/two eggs/halloumi 6.0Hash brown/avocado smash 5.5House-made beans/spinach 4.5Mushroom/roasted tomato 4.0Gluten free bread/hollandaise/aioli 3.0
Shakshuka 20.0 2 poached eggs, spiced tomato, pork, chorizo & capsicum sauce with char-grilled ciabatta.	
Brekkie Burger 12.0 Toasted brioche burger bun & aioli, with your choice of: <ul style="list-style-type: none">• Bacon & egg• Halloumi, mushroom & tomato (V)	
Zucchini & Corn Fritters (V, VG, GF) 19.0 Zucchini, corn and pumpkin fritters with avocado & kimchi.	

Gluten Free (GF) - Vegetarian (V) - Vegan (VG) - Vegan option (VGO)
Please advise our friendly staffs of any allergies prior to ordering.

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LUNCH (FROM 11AM - 2PM)

House-baked Vegetable Frittata (V)..... 19.5
Served with panzanella salad & tomato chutney.

Crispy Noodle Salad..... 24.5
Asian style crispy noodle & slaw salad with crispy onions, peanuts & your choice of:
• Grilled BBQ steak
• Lemon & herb chicken
• Grilled halloumi (V)

Cauliflower Steak & Grilled Maple Pumpkin (V, VG)..... 19.0
Grilled maple pumpkin & roasted cauliflower, salad, house dukkah with spiced chickpeas & hummus.

Southern Fried Chicken Burger..... 25.0
Southern fried chicken, cheese, tomato, house slaw, greens, aioli & fries.

Fettuccine Marinara..... 22.0
Mussels, prawn, calamari and market fish in a rich tomato and herb sauce.

Croque monsieur..... 14.0
Hot toasted smoked ham & cheese sandwich topped with glazed cheese sauce
• Add fried egg to make **Croque Madame** +3)


Bruschetta (V, GFO)..... 14.5
Tomato salsa & basil almond pesto with extra virgin olive oil & balsamic dressing
• Add Harris smoked salmon topped capers +7.5


Upside Wrap..... 21.5
Red onion, tomato, cheese, lettuce & aioli & your choice of:
• Sizzle steak
• Grilled chicken
• Grilled halloumi (V)

SIDES:
Bowl of fries with tomato sauce 9.0
Harris smoked salmon 7.5
Bacon/two eggs/halloumi 6.0
Hash brown/avocado smash 5.5
House-made beans/spinach 4.5
Mushroom/roasted tomato 4.0
Gluten free bread/hollandaise/aioli 3.0

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 The Upside On Prospect

Drinks

COFFEE

BLACK COFFEE

Our black coffee is served with premium seasonal single origin varieties.

Short Black..... 4.5
Ristretto/ Espresso

Long Black

- **Cup** (double ristretto shot)..... 4.7
- **Mug** (double shot)..... 5.7
- **Large take-away** (triple shot)..... 6.7

Batch Brew (medium)..... 6.0
Smooth & full-bodied filtered coffee, made fresh daily using a pour over technique.

Cold Brew (medium)..... 6.0
By using iced water and time, leading to a strong, concentrated brew.

Pour Over..... POA
Fresh filtered coffee
(Please ask staffs what is available)

WHITE COFFEE

We use *Fleurieu Milk Co.* & your choice of coffee blends:

1. with **House-blend Broadway**
(*Toby's Estate*) +1
2. with **Barista's Blend**.....
(A unique sensory of a seasonal milk blend)
 - **Macchiato** (Short/long) | **Piccolo**.... 4.5
 - **Cup** (single shot)..... 5.7
 - **Mug** (double shot)..... 6.7
 - **Large take-away** (triple shot).....

COFFEE EXTRAS +1

- **Extra shot**
- **Decaf**
- **Milk range:**
 - Lactose free (Fleurieu)
 - Oat (Alternative)
 - Almond (Alternative)
 - Soy (Alternative)
 - Coconut (Milk Lab)
- **Syrups**
 - Vanilla
 - Caramel
 - Hazelnut

BARISTA'S BREAKFAST..... 14.0

A seasonal rotation of single origin espresso, magic & batch brew.

NON-COFFEE

SPECIALTY LATTE

	Cup	Mug	Large T/A	Iced
Chocolate	4.7	5.7	6.7	7.5
Spiced Chai	4.7	5.7	6.7	7.5
Red Velvet	-	6.5	-	7.9
Blue Matcha	-	6.9	-	8.2
Taro	-	6.5	-	7.9
Mocha	5.7	6.7	7.7	8.0
Turmeric Chai	5.7	6.7	7.7	8.0
Hojicha (Japan)	-	6.9	-	8.5
Matcha (Japan) Sweetened/Unsweetened	-	6.9	-	8.5

Sticky Chai..... 8.0


Subtly sweet & aromatic sticky chai blend, crafted with premium black tea, whole spices, turmeric, organic ginger, served with honey & milk.


TEA..... 5.0

English Breakfast | Green Sencha | Earl Grey | Egyptian Peppermint | Chamomile | Lemongrass & Ginger



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Drinks

COLD DRINKS

COLD DRINKS

Iced Long Black | Iced Latte..... 6.2

- add cold salted caramel foam +1.5
- add ice cream +1

Iced Coffee..... 9.0
(with ice-cream and whipped cream)

Vietnamese Iced Coffee..... 8.5

Salted Foam Vietnamese Iced Coffee..... 10.0

Creamy Matcha Strawberry Iced Tea..... 10.5

Lychee or Passionfruit Iced Tea..... 9.5

Frappé..... 9.0
(with whipped cream)

- Coffee
- Chocolate

Babycino/Puppacino..... 3.0

FRESHLY SQUEEZED JUICE

 9.5

Summer Days

orange, pineapple, watermelon

Get Your Green On

spinach, celery, cucumber, green apple, lemon, ginger

Immune Boost

ginger, carrot, orange

Fresh Orange Juice

D.I.Y Juice (up to 3 ingredients)

orange, pineapple, green apple, watermelon, spinach, celery, cucumber, lemon, ginger, carrot

MILKSHAKE..... 8.0

Chocolate | Strawberry | Vanilla | Caramel | Banana | Coffee +1 | Mocha +2 | Thickshake +3

SMOOTHIE..... 9.5

Berry Smoothie

Mixed berries, oats, ice-cream & milk

Mango Smoothie

Mango, mint, ice-cream & milk
(we highly recommend **coconut milk!** +1.0)

Banana Smoothie

Banana, honey, chia seeds, ice-cream & milk

SOFT DRINK

Coke range..... 4.8

Lemon Lime Bitters..... 5.5

Cascade range..... 5.5

Fuze Iced teas..... 5.8

Nippy's juice range..... 4.8

Mountain Fresh juice range..... 5.8

Sparkling water 330ml..... 4.5

Sparkling water 1000ml..... 8.0

ALCOHOL

Gin & Tonic..... 10.0

78 degrees, lemon

Aperol Spritz..... 15.0

WINE

Jacob's Creek Sparkling

Pinot Noir Chardonnay..... 10.0

South Australia

Medium bodied, dry

Wirra Wirra "Scrubby Rise"

Sauvignon Blanc..... gls 10.0

Adelaide Hills

Light bodied, dry

St Hallet "Black Clay" Shiraz..... gls 10.0

Barossa Valley

Full-medium bodied, dry

BEER

Bowden Draught Adelaide..... 10.0

Bowden Session Ale Adelaide..... 10.0

Bowden IPA Adelaide..... 11.0

Refer to specials board for seasonal drinks