




ALL DAY BREAKFAST

Dad's Porridge	\$8.50	Full UP Breakfast	\$19.50
<i>w/ winter compote, nutty crumble, honey & milk</i>		<i>w/ 2 free range eggs any style, toast, bacon, hash, sausage, roasted mushrooms & beetroot relish</i>	
Toast & Preserves	\$7.50	Omelette	\$14.50
<i>choose from whole grain, ciabatta, sourdough or bagel</i>		<i>(choose 2 fillings from extra's below)</i>	
Breakfast Special		Eggs Benedict on Potato Hash	
<i>(check our board)</i>		<i>w/ roasted mushrooms</i>	\$15.50
Belgian Waffles	\$16.50	<i>w/ bacon</i>	\$17.50
<i>w/ whipped cream, caramelised banana, berry compote & maple syrup</i>		<i>w/ salmon</i>	\$18.50
- add bacon	\$4	Extras	
- add seasonal fresh fruit	\$2	egg	\$1
Vanilla Goji Berry Granola	\$8.50	spinach	\$2
<i>w/ fresh seasonal fruit, vanilla bean yoghurt & milk</i>		tomato	\$2
Eggs on Toast	\$9.00	roasted mushroom	\$3
<i>w/ 2 free range eggs done any style with toasted ciabatta or multi-grain (see below for extras)</i>		hash	\$3
Thyme Roasted Field Mushrooms	\$15.50	avocado	\$3
<i>w/ hash, pesto & rocket salad</i>		bacon	\$4
		sausage	\$4
		salmon	\$5
		fries & aioli	\$6.50

 The Sebel Quay West, Level 1
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 [instagram.com/up_cafe](https://www.instagram.com/up_cafe)  [facebook.com/upcafeakl](https://www.facebook.com/upcafeakl)



LUNCH

Pasta of the Day

(check our board)

Chefs Special

(check our board)

Vege Stackin' UP

w/ roasted aubergine, portobello mushroom, zucchini, halloumi & avocado

\$15.50

200g Angus Sirloin Steak

w/ portobello mushroom sauce, garden salad & fries

\$21.00

Gourmet Burger with Fries & Aioli

w/ halloumi, roasted mushrooms, avocado, beetroot relish & rocket salad

\$15.50

w/ chicken, bacon & avocado

\$16.50

w/ beef, bacon & egg

\$17.50

Sesame Chicken Salad

w/ wong bok, shredded vegetables, panfried chicken & sesame dressing

\$14.00

Caesar Salad

*w/ bacon, parmesan, croutons, cos lettuce, anchovies & a poached egg
add chicken*

\$14.00

\$5.00

WE USE FREE RANGE EGGS

HAPPY HOUR: THURSDAY & FRIDAY 5-7PM

BOOKINGS FOR PRIVATE FUNCTION WELCOMED

ASK ABOUT OUR CATERING MENU TODAY