



MENU

Follow us on:

 @theupsideonprospect
 The Upside On Prospect

BUTTERED CROISSANT Ham & cheese	11.0
HAM, CHEESE & TOMATO TOASTIE	11.0
TURKEY TOASTIE Smoked turkey, cranberry, spinach & brie.	14.5
REUBEN TOASTIE Corned beef, sauerkraut, cheese, mustard & pickles.	14.5
LEMONGRASS CHICKEN LEPINJA ROLL Lemongrass chicken, spinach, tomato & aioli.	14.5
MEDITERRANEAN LEPINJA ROLL vegetarian Roasted capsicum, eggplant and zucchini, basil almond pesto & olives.	14.5
BANANA LOAF Served with berry compote & house-made lemon curd or butter	9.0
HOUSE-MADE SCONES 2 scones served with strawberry jam & La Casa double cream	10.0
RAISIN TOAST WITH JAM/BUTTER	9.0
BOWL OF FRIES With choice of: tomato sauce sweet chilli mayonnaise spicy mayo aioli	9.0

**BREKKIE
DEAL**

**ANY TOASTIE / LEPINJA
&
FRIES
&
FILTER COFFEE
\$26**

+\$1 FOR MILKY COFFEE!

**UPSIDE'S
FAVOURITE**

**'FULLY LOADED' ROLL
&
BEER / WINE**

\$29

ASK OUR STAFFS FOR OUR
CURRENT CHOICES!

ALL DAY MENU

(KITCHEN CLOSSES AT 3PM DAILY)

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Eggs on toast 14.0

vegetarian

gfo

2 eggs (poached/fried/scrambled)
+Add bacon +6.0



Brekkie burger 15.5

• **B.L.E.T** (Bacon, lettuce, egg, tomato, aioli)

• **Halloumi** (mushroom, tomato & lettuce, aioli)

vegetarian



Fritters 19.0

vegetarian

vegan

gfo

zucchini, corn & pumpkin fritters, avocado, balsamic glaze, sesame, spring onion, kimchi.

+Add 2 eggs +6.0

Upside big breakfast 30.0

gfo

2 eggs (poached/fried/scrambled), bacon, roasted tomato, sautéed mushroom, hash brown & toasted ciabatta.



'Fully loaded' roll 20.0

bacon, fried egg, avocado, tomato, fresh spinach, cheese, aioli

add-on

Smoked Salmon	7.5
Chorizo	7.0
Char-grilled Bacon/ Two Eggs/ Halloumi	6.0
House-made Hash Brown/ Avocado Smash	5.5
Sautéed Mushroom/ Roasted Tomato/ Spinach	4.0
Gluten Free Bread/ Hollandaise/ Aioli	3.0



Avocado on toast 19.5

vegetarian

vgo

gfo

cherry tomatoes, feta, red radish, micro herbs, balsamic glaze

+Add 2 eggs +6.0



Rainbow crab croissant 31.5

Jumbo soft-shell crab, rainbow slaw, 2 fried eggs, sriracha mayo, and crispy fried shallots.



Croissant benedict

gfo

spinach, hollandaise, 2 poached eggs

• **Char-grilled Bacon**

27.0

• **Smoked Salmon**

29.0



Upside Wrap 21.5

red onion, tomato, cheese, lettuce, aioli

• **Sizzle steak**

• **Grilled chicken**

• **Grilled halloumi** vegetarian



Shakshuka 22.0

gfo

2 poached eggs, spiced capsicum tomato, pork, chorizo, carrot, sesame, pumpkin seeds with garlic bread



Fried chicken pandan waffle 29.5

southern fried chicken, fried egg & maple bacon



Asian crispy noodle salad 24.5

crispy noodle, slaw salad, mixed lettuce, crispy onions, peanuts, sesame, coriander, mint

• **Grilled BBQ steak**

• **Lemongrass chicken**

• **Grilled halloumi**



Taro Pancakes 23.0

vegetarian

Stack of 2 taro & buttermilk pancakes, house-made berry compote, taro sauce & vanilla ice-cream
+Add fresh banana or strawberry 5.0
+Add maple bacon +7.0



Superfood Smoothie bowls

vegan

vegetarian

gluten-free

seasonal fruits, banana, granola, chia seeds, shredded coconut

• **Acai bowl (Antioxidant)** 18.0

acai smoothie & almond milk

• **Tropical Delight (Vitality)** 19.5

dragon fruit, mango, pineapple, berries, passionfruit & coconut milk

• **Power Brekkie (Energy)** 19.5

banana, peaches, oats, dates, cacao nibs, cinnamon & almond milk

10% SURCHARGE APPLIES ON SUNDAYS

15% SURCHARGE APPLIES ON PUBLIC HOLIDAYS

* Please inform our friendly staff of any allergies you may have prior to ordering :)

** Menu item ingredients cannot be substituted. We do offer add-ons for customisation.

DRINKS MENU

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Black coffee	Our black coffee is served with premium, seasonal single-origin varieties.	
	black coffee	5.2 - 6.2 - 7.2
	batch brew	6.5
	pour over (please ask staffs what is available)	POA

White coffee	Your choice of coffee blends:	
	1. House Blend: Broadway (Toby's Estate)	5.2 - 6.2 - 7.2
	2. Barista's Blend: A unique seasonal blend with a distinctive sensory profile	+1

Barista's breakfast	A seasonal selection featuring single-origin espresso, magic, and batch brew (3)	15.0
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coffee extras

1.0

- Extra shot
- Decaf
- Alt milk: Zymil, Oat, Almond, Soy, Coconut
- Syrup: Vanilla, Caramel, Hazelnut

Cold	cold brew	6.7
	iced latte/ iced long black	6.7
	iced coffee	9.0
	(with ice-cream & whipped cream)	
	matcha hojicha strawberry cloud	10.5
	matcha hojicha taro cloud <small>tu signature</small>	10.5
	rosie cloud lychee	10.0
	coconut pandan matcha <small>tu signature</small>	10.5
	coconut taro	10.0
	frappé	10.0
	• coffee chocolate	
	• oreo	
	biscoff iced latte	10.5
	tiramisu latte	10.5
Viet iced Coffee	cà phê sữa đá (viet iced coffee)	9.0
	cà phê muối (salted foam coffee)	10.5
	bạc xỉu (viet white coffee)	9.0
	cà phê dừa (coconut iced coffee)	10.5

Refer to specials board for seasonal drinks

Soft drink	Coke range Nippy's juice range	4.8
	Iced teas	5.8
	Mountain Fresh Juice	5.8
	San Pel Chinotto	6.0
	Sparkling water 330ml or 1000ml	4.5 / 8.0

Tea	ebt green earl grey chamomile peppermint lemongrass & ginger	5.0
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Specialty drink	Cup Mug	Large T/A	Iced
chocolate	5.2	6.2	7.2
spiced chai	5.2	6.2	7.2
red velvet	-	7.5	-
blue matcha	-	7.5	-
taro	-	7.5	-
turmeric chai	6.2	7.2	8.2
hojicha (Japan)	-	8.0	-
matcha (Japan)	-	8.0	-
sticky chai		9.0	

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

Fresh pressed juice	summer days	11.0
	orange, pineapple, watermelon	12.0
	get your green on	
	spinach, celery, cucumber, green apple, lemon, ginger	
	immune boost	11.0
	ginger, carrot, orange	
	fresh orange juice	10.0
	D.I.Y juice (up to 3 ingredients)	12.0
	orange, pineapple, green apple, watermelon, spinach, celery, cucumber, lemon, ginger, carrot	

Smoothie	berry smoothie	12.0
	berries, oats, ice-cream & milk	
	mango smoothie	12.0
	mango, mint, ice-cream & milk	
	(we highly recommend coconut milk! +1.0)	
	banana smoothie	12.0
	banana, honey, chia seeds, ice-cream & milk	

Milkshake	chocolate strawberry vanilla caramel banana	8.0
	coffee	+1
	mocha	+2
	thickshake	+3

Cocktail	Gin & Tonic	10.0
	Aperol Spritz	15.0
	Mimosa	15.0

Wine	Jacob's creek sparkling pinot noir	13.0
	chardonnay	13.0
	Wicks estate sauvignon blanc	13.0
	St Hallett gamekeeper's shiraz	13.0
	Bowden Draught	13.0

Beer	Bowden Session Ale	13.0
	Bowden IPA	14.0

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