



URBAN GRIND

ESPRESSO • EATERY • BAR

START OR SHARE

Garlic Turkish Bread.....	9.5
serves 2-3	
Duck Salad.....	17.0
fried 5 spice duck w/ asian slaw and peanuts	
Tempura Soft Shell Crab.....	18.0
w/ ponzu & chilli mayo	
Blue Cod Sliders (3).....	18.0
w/ pickled onion & jalapeno mayo	
Pork Belly Bao Bun (3).....	18.0
chinese steamed soft bun w/ pickled carrot, coriander, hoisin & chilli sauce	
Fried Pickles & Marinated Olives Selection.....	9.0

MAINS

Super Summer Salad.....	22.0
w/ haloumi, fresh seasonal vegetables, green beans, peas, edamame, broccolini, balsamic reduction & dukkah	
The Grind Burger.....	23.0
w/ chorizo style pork pattie, cheese, iceberg lettuce, roast tomato & pepper salsa w/ fries	
Fish Tagine.....	29.0
chermoula marinated blue cod, green peppers, cherry tomatoes & potatoes	
Chinese Style Braised Pork Belly.....	30.0
w/ green pawpaw salad	
Scotch Fillet.....	33.0
w/ asparagus & roast lemon, tomato & pomegranate salsa	
House Smoked Salmon.....	29.0
w/ new potato salad and pickled cucumber	

ON THE SIDE

Fresh Seasonal Salad.....	9.0
Seasonal Vegetable Dish.....	8.5
Truffle Fries.....	8.0





SMOOTHIES / FRAPPES

available until 4.30

Very Berry - Raspberries, boysenberries, blackberries, apple, banana.....	8.9
Banana - Whole banana, cinnamon, honey, milk.....	8.9
Mango Tango - Mango, apple, banana.....	8.9
Chocolate Mocha Coffee Frappe.....	8.9

JUICES / SOFT DRINKS

Premium Orange Apple Tomato Juice.....	4.5
Coke Coke No Sugar Lemon Lime & Bitters Ginger Beer Natural Lemonade.....	4.5
Antipodes Sparkling Water 500ml 1000ml.....	6 11

BOTTLED BEER / CIDER

Heineken Lager 330ml.....	9.0
Corona 330ml.....	9.0
Heineken Light 330ml.....	7.5
Zeffer Crisp Apple Cider 330ml.....	9.5

TAP BEER

Garage Project, Beer, Pale Lager, 4.8% (Wellington).....	10.5
Garage Project, Hapi Daze, Pacific Pale Ale, 4.6% (Wellington).....	10.5
Garage Project, Pils 'n' Thrills, Pilsner, 5.5% (Wellington).....	10.5
Three Boys, Pilsner, 5% (Christchurch).....	10.5
Guest Craft Beers / Ciders, Please see wait staff.....	10.5

JUGS & JARS

	Jar 500ml	Jug 1000ml
Krackin Dark & Stormy, Krakin spiced rum, ginger beer & citrus fruit.....	12.0	19.0
UG Pimms, Ginger ale, lemonade & mixed fruits.....	12.0	19.0
Berry & Mint Caprioska, Vodka, seasonal berries, soda, mint garnish.....	12.0	19.0

WINES

For a full range of wine see full drinks menu