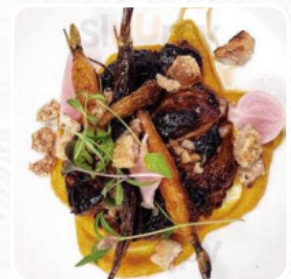
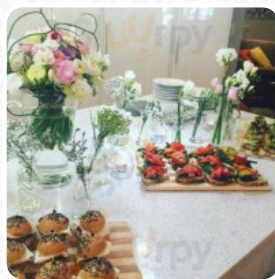




Urban Grind Cafe Menu

<https://menulist.menu>

145 Balgownie Rd | Shop 2, Wollongong, New South Wales 2519, Australia, BALGOWNIE
+61242841430,+61242857477 - <https://www.facebook.com/Urban-Grind-Cafe-157922324260750/>



On this webpage, you can find the **complete [menu](#) of Urban Grind Cafe** from BALGOWNIE. Currently, there are **20** dishes and drinks available. For **changing offers**, please contact the owner of the restaurant directly. You can also contact them through their website. What **User** likes about Urban Grind Cafe:

Seating is inside or alfresco and it's a fairly quiet cafe nestled up the main street in 'Bally Village'. We had a delicious BLAT on Turkish bread, a wonderful banana nut bread and two well made espresso coffees that had plenty of body. Prices are reasonable and sharing is possible like we did. Our Turkish was on two plates once we told the young lady we were sharing. The cafe isn't sleek or modern but a bit eclectic... [read more](#). What **User** doesn't like about Urban Grind Cafe:

Ordered a toasted sandwich with ham cheese and tomato. It was an open sandwich on a Turkish bread. It cost \$12! Was not worth \$12. Has gone down hill since been taken over. Won't be going again. Can get a steak chips n salad from collies \$17 [read more](#). At Urban Grind Cafe in BALGOWNIE, there's a hearty brunch for breakfast where you can indulge feast, Furthermore, you can get sweet treats, cake, simple snacks and chilled refreshments and hot drinks here. Look forward to the enjoyment of *fine vegetarian meals*, And of course, you should also try the delicious burgers, with sides such as fries, salads, or wedges provided.

Urban Grind Cafe Menu



Eggs & Pancakes

OMELETTE

Salad

CAESAR SALAD

Hot Drink

HOT CHOCOLATE

Nigiri and Sashimi

EGG OMELETTE

Restaurant Category

GLUTEN FREE

Coffee

ESPRESSO

CAFÉ

Salads



CHICKEN CAESAR

CHICKEN CAESAR SALAD

CAESAR SALAD

Ingredients Used

CHICKEN

EGG

CHOCOLATE

BANANA

These types of dishes are being served

PANINI

SALAD

WRAP

BREAD

FISH

Urban Grind Cafe Menu



Urban Grind Cafe

145 Balgownie Rd | Shop 2,
Wollongong, New South Wales
2519, Australia, BALGOWNIE

Opening Hours:

Monday 07:30 -16:00
Tuesday 07:30 -16:00
Wednesday 07:30 -16:00
Thursday 07:30 -16:00
Friday 07:30 -16:00
Saturday 07:30 -14:00
Sunday 07:30 -12:00

Made with menulist.menu

 gallery image

