



The Urban Fresh Menu

V: Vegan / **Vg:** Vegetarian options available

All sandwiches, wraps & burgers are served with house side salad or upgrade to roasted potatoes

Breakfast

Breakfast Burrito V/Vg Roasted potatoes, pico de gallo, avocado, eggs, cheddar, chipotle aioli and choice of wheat or spinach tortilla	\$8.99	Power Wrap V/Vg Roasted red peppers, mushrooms, spinach, cayenne pepper, eggs and choice of wheat or spinach tortilla	\$9.49
Sunrise Panini* Eggs, bacon, cheddar, roasted tomato, aioli on ciabatta	\$8.99	Urban Fresh 2x2 Breakfast* 2 scrambled eggs, 2 bacon strips, 2 sides of toast, jam and rosemary roasted potatoes	\$8.99
Acai Bowl V/Vg Organic low-fat yogurt, acai, almond granola, honey, fresh banana and strawberries	\$7.99	Oatmeal Bowl V Traditional Bowl Apple, raisins, honey and cinnamon	\$5.99
Fruit Bowl V 16 oz seasonal arranged fresh fruits	\$5.99		

Salads

Southwest Steak Salad* Romaine, steak, roasted corn, black beans, avocado, tomato, cucumber, cilantro, scallion and chipotle ranch	\$14.99	Mediterranean Salad* Romaine, tomato, cucumber, black olives, red onions, feta, chick peas, Mediterranean pickles and olive oil/lemon dressing	\$12.95
Antioxidant Salad V Romaine, kale, roasted beets, quinoa, roasted red peppers, blueberries and lemon-ginger vinaigrette	\$12.49	Thai Chicken Salad* Green mix, chicken, cabbage, carrots, cucumber, tomato, peanuts, cilantro, scallion & spicy peanut dressing	\$12.49
Chopped Chicken Salad* Green mix, chicken, boiled egg, cucumber, grilled onions, feta, tomato and balsamic vinaigrette	\$12.49	Urban Turkey Cobb* Romaine, roasted turkey breast, gorgonzola, bacon, avocado, tomato, boiled egg and balsamic vinaigrette	\$12.49
Roasted Beet Salad V/Vg Arugula, roasted beets, grilled onions, raisin, dried cranberry, almond, feta cheese and balsamic vinaigrette	\$11.99	Kale Caesar Salad V/Vg Romaine, kale, parmesan, croutons and caesar dressing	\$10.99
House Salad V/Vg Romaine, green mix, tomato, cucumber, carrots and house dressing	\$7.99		

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Soups

Roasted Mushrooms Roasted fresh mushrooms, sautéed onions blended with cream	\$5.50	Chicken Tortilla* V/Vg Fresh roasted tomato, onions, vegetable broth, cilantro, chicken, tortilla strips and avocado	\$7.50
Soup Of The Day	\$6.50		

Wraps

Salmon Caesar Wrap* Vg Grilled salmon, romaine, parmesan, tomato, caesar dressing and choice of wheat or spinach tortilla	\$11.99	Turkey Spinach Wrap* Roasted turkey breast, gorgonzola, bacon, avocado, boiled egg, tomato, balsamic vinaigrette and choice of wheat or spinach tortilla	\$11.99
Thai Chicken Wrap* V/Vg Grilled chicken, mixed greens, carrots, red & green cabbage, cilantro, scallion, peanuts and peanut dressing and choice of wheat or spinach tortilla	\$11.49	Skinny Chicken Wrap* V/Vg Grilled chicken breast, romaine, swiss, cucumber, tomato, lemon-basil aioli and choice of wheat or spinach tortilla	\$11.49
Wild Mushrooms Wrap V/Vg Marinated mushrooms, gorgonzola, arugula, lemon-basil aioli, and choice of wheat or spinach tortilla	\$10.99	Burrito* Grilled chicken, pico de gallo, lettuce, black beans, rice, corn, chipotle aioli and choice of wheat, flour or spinach tortilla	\$8.99 Steak +\$2.00
Mediterranean Wrap* V/Vg Grilled chicken, house hummus, Mediterranean pickles, lettuce, tomato, parsley, mint, aioli, and choice of wheat or spinach tortilla	\$11.49		

Hot Plates

Teriyaki Chicken Bowl* Vg Sautéed chicken, fresh sautéed vegetables on white or brown rice, featuring our house teriyaki sauce	\$11.99 Steak or Salmon +\$2.00	Tacos* Vg Grilled chicken, lettuce, pico de gallo, avocado, chipotle aioli on corn tortilla	\$7.99 Steak or Salmon +\$2.00
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Hot Sandwiches

Steak & Provolone Panini* Marinated steak, mushrooms, grilled onions, provolone, tomato, aioli on ciabatta	\$14.49	Chipotle Chicken Panini* Pulled chipotle marinated chicken breast, lettuce, avocado, tomato, chipotle aioli on ciabatta	\$12.49
Cubano* Pulled roasted pork, ham, swiss, red & green cabbage, pickles, aioli, mustard, on ciabatta	\$12.49	BLT & Avo* Bacon, lettuce, tomato, avocado, aioli on ciabatta	\$10.99
Grilled Veggie Panini V/Vg Grilled zucchini, roasted tomato, grilled onions, arugula, lemon-basil aioli on ciabatta	\$10.99		

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Cold Sandwiches

Turkey Havarti Sandwich* Roasted turkey breast, havarti, avocado, lettuce, tomato, aioli on ciabatta	\$11.99	Tuna Salad Sandwich* Vg House tuna salad, provolone, tomato, aioli on ciabatta	\$9.99
Vegetarian Sandwich Vg Swiss, havarti, lettuce, cucumber, tomato, avocado. Lemon-basil aioli on ciabatta	\$9.99		

Burgers

Ahi Tuna Burger* Vg Seared, sesame covered Ahi tuna fillet, red and green cabbage, tomato, avocado, aioli on sesame brioche	\$12.99	Salmon Burger* Vg Grilled salmon fillet, red & green cabbage, tomato, aioli on sesame brioche	\$12.99
Urban Fresh Vegan Burger* V Beans, corn, quinoa, beets & brown rice patty, grilled onions, avocado, lettuce, tomato and aioli on sesame brioche	\$12.99	Urban Fresh Burger Combo* Your choice of Urban Fresh Burger or Turkey Burger with a fountain drink and a bag of chips	\$12.99
Turkey Burger* 1/3 lbs. turkey patty, swiss, grilled onions, tomato, arugula, aioli on sesame brioche	\$11.99	Urban Fresh Burger* 1/3 lbs. beef patty, cheddar, grilled onions, lettuce, tomato, pickles, ketchup, mustard on sesame brioche	\$11.99

Extras

Chicken sausages 2ea	\$3.99	Sautéed Kale	\$3.99	Marinated Steak	\$6.99
Bacon, 3ea	\$3.99	Sautéed Spinach	\$3.99	Ahi Tuna Filet	\$6.99
Turkey Bacon, 3ea	\$3.99	Sautéed Veggie	\$4.50	Salmon Filet	\$6.50
Eggs any style, 2ea	\$3.00	House Hummus	\$3.99	Chicken Breast	\$4.99
Fruit Salad, 8oz	\$4.50	Brown Rice	\$2.50	Beef Patty	\$5.99
Rosemary Fries	\$2.99	White Rice	\$2.25	Turkey Patty	\$5.99
Yucca Wedges w/dip	\$3.99	Red/White Quinoa	\$3.99	Vegan Patty	\$5.99
"Dirty" Chips	\$2.25	House Salad	\$4.99	Tuna Salad 5oz	\$3.99
				Tuna Salad 8oz	\$6.49

The Urban Fresh Menu

We only serve best organic coffee and teas

Beverages

HOT			COLD		SMOOTHIES	
	S	L		Large		Large
Organic drip Coffee	\$1.99	\$2.49	Fresh Orange Juice	\$5.49	Green Diablo	\$6.99
Americano	\$2.49	\$3.29	Fresh Watermelon Juice	\$4.99	Green Goddess	\$6.99
Espresso	\$2.49	\$2.99	Fresh Squeezed Lemonade	\$4.09	Banana Berry	\$6.99
Macchiato	\$2.99	\$3.49	Arnold Palmer	\$3.59	Acai Antioxidant	\$7.99
Latte	\$3.29	\$4.29	Organic Iced Tea	\$2.99	Mango Tango	\$6.99
Mocha Latte	\$3.99	\$4.39	Organic Iced Coffee	\$2.49	Coconut Pineapple	\$6.49
Cappuccino	\$3.29	\$4.19	Organic Iced Latte	\$3.49	Energizer	\$6.99
Steamer	\$1.99	\$2.49	Mocha Frappe	\$3.99		
Hot Chocolate	\$2.79	\$3.29	Caramel Frappe	\$3.99		
Chai Tea Latte	\$3.79	\$4.79	Fountain Drinks	\$1.95		
Organic Hot Tea		\$3.09	Bottled Beverages	\$2.50		

**Disclaimer: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.*

November 2019 – Prices are subject to change