



The Urban Fresh Menu

Specials

Burrito Your choice of grilled chicken or marinated steak, lettuce, pico de gallo, on spinach or wheat tortilla.	\$10.00	Mediterranean Wrap Grilled chicken, housemade hummus, Mediterranean pickles, tomato, lettuce, & basil aioli.	\$10.99
Tacos Your choice of chicken, steak, or salmon, corn tortilla, shredded lettuce, pico de gallo, avocado, & chipotle aioli.	\$6.99	Veggies & Grilled Protein Your choice of grilled steak, chicken, salmon, or ahi tuna along with freshly roasted vegetables.	\$8.74

Soups

Roasted Mushroom Soup Cream-based blended roasted mushroom and sauteed onion soup served with a side of toast.	\$5.95	Soup of the Day Call the restaurant to check availability	\$6.95
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Salads

Kale Caesar Salad Kale, romaine lettuce, croutons, Parmesan cheese, and house Caesar dressing.	\$10.95	Chopped Chicken Salad Organic mixed greens, grilled chicken, boiled egg, cucumber, grilled onions, feta cheese, tomato, balsamic vinaigrette dressing.	\$11.95
Antioxidant Salad Romaine, kale, quinoa, roasted beets, roasted red peppers, blueberries, and lemon ginger vinaigrette.	\$14.98	Urban Turkey Cobb Romaine, roasted turkey breast, gorgonzola, bacon, avocado, boiled egg, tomato, balsamic vinaigrette dressing.	\$11.95
Roasted Beet Salad Arugula, roasted beets, sliced almonds,	\$11.95	Southwest Steak Salad Romaine lettuce, marinated grilled steak, roasted	\$14.50

grilled onions, dried cranberries, raisin, feta cheese, and balsamic vinaigrette.		corn, cucumber, tomato, black beans, cilantro, scallions, chipotle ranch.	
Thai Chicken Salad Organic mixed greens, grilled chicken, red and green cabbage, carrots, tomato, cucumber, peanuts, cilantro, scallions, and peanut sauce.			\$11.50
<h2>Hot Sandwiches/Wraps</h2> <p>Served with mixed greens or upgrade to roasted potatoes.</p>			
Wild Mushroom Wrap Marinated sauteed mushrooms, gorgonzola cheese, arugula, tomato & lemon basil aioli on spinach or wheat.	\$14.73	BLT & Avo Sandwich Bacon, lettuce, tomato, avocado, & aioli on ciabatta.	\$10.95
Cubano Sandwich House-made pulled pork, ham, Swiss cheese, red and green cabbage, pickles, mustard & aioli on Ciabatta.	\$11.95	Chipotle Chicken Panini Shredded chipotle marinated chicken, tomato, avocado, lettuce & chipotle aioli on ciabatta.	\$14.99
Steak & Provolone Panini Marinated skirt steak, sauteed mushrooms, caramelized onions, provolone cheese, tomato & aioli on ciabatta.	\$14.50	Salmon Cesar Wrap Grilled salmon, romaine, parmesan cheese, Cesar dressing on spinach or wheat tortilla.	\$11.50
Grilled Veggie Panini Grilled zucchini, roasted tomato, grilled onions, arugula & lemon basil aioli on ciabatta.	\$10.95	Skinny Chicken Wrap Grilled chicken, romaine, cucumber, tomato, swiss & lemon basil aioli on spinach or wheat tortilla.	\$10.95
<h2>Cold Sandwiches/Wraps</h2> <p>Served with mixed greens or upgrade to roasted potatoes.</p>			
Tuna Salad Sandwich House-made tuna salad, tomato & provolone & aioli on ciabatta.	\$9.95	Vegetarian Sandwich Swiss cheese, Havarti cheese, lettuce, cucumber, tomato, avocado, lemon basil aioli on ciabatta.	\$9.95
Thai Chicken Wrap Grilled chicken, mixed greens, carrots, house-made Thai peanut dressing, cilantro, scallions, & peanuts on spinach or wheat tortilla.	\$10.95	Turkey Havarti Sandwich Roasted Turkey, Havarti cheese, avocado, lettuce, tomato & aioli on ciabatta.	\$12.25

Turkey Spinach Wrap Roasted turkey breast, bacon, avocado, gorgonzola, boiled egg, tomato, romaine lettuce, balsamic dressing on a spinach tortilla.	\$11.95
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Burgers

Served with mixed greens or upgrade to roasted potatoes.

Urban Fresh Burger ½ lb beef patty, cheddar cheese, lettuce, caramelized onions, tomato, pickles, ketchup & mustard on a sesame brioche.	\$11.95	Veggie Burger House-made veggie patty, Havarti cheese, sauteed onions, lettuce, tomato, & chipotle aioli on a sesame brioche.	\$11.95
Mushroom Swiss Burger ½ lb beef patty, Swiss cheese, sauteed mushrooms, sauteed onions, & aioli on a sesame brioche.	\$11.95	Salmon Burger Salmon fillet, red and green cabbage, tomato, & aioli on a sesame brioche.	\$11.95
Turkey Burger ½ lb house-made turkey patty, swiss, arugula, sauteed onions & aioli on a sesame brioche.	\$11.95	Ahi Tuna Burger Lightly seared ahi tuna fillet covered with sesame seeds, red and green cabbage, & aioli on a sesame brioche.	\$12.95

Juices & Smoothies

Green Diablo Smoothie Kale, cucumber, pineapples, apples, agave.	\$6.95	Mango Tango Smoothie Mango, strawberry, blueberries, agave.	\$6.95
Green Goddess Smoothie Kale, apple, banana, yogurt, agave.	\$6.95	Energizer Smoothie Banana, dates, almond milk, cinnamon.	\$6.95
Banana Berry Smoothie Banana, strawberry, blueberries, yogurt, milk & agave.	\$6.95	Acai Antioxidant Smoothie Acai, banana, blueberries, almonds, agave & soy milk.	\$8.00
Coconut Pineapple Smoothie Coconut milk, pineapples, agave.	\$5.95	Fresh Orange Juice Fresh squeezed orange juice made to order.	\$6.95

Cold Beverages

Fountain Soda	\$3.00	Iced Coffee	\$2.25
Fresh Squeezed Lemonade	\$2.50	Iced Latte	\$2.95

Iced Tea	\$2.95	Mocha Frappe	\$3.95
Arnold Palmer	\$2.95	Caramel Frappe	\$3.95