

Urban Fresh Menu

BREAKFAST

Breakfast Burrito* \$8.99 V/Vg

Roasted potatoes, pico de gallo, avocado, eggs, cheddar, chipotle aioli and choice of wheat or spinach tortilla

Urban Fresh 2x2 Breakfast* \$8.99

2 scrambled eggs, 2 bacon strips, 2 sides of toast, jam and rosemary roasted potatoes

Sunrise Panini* \$8.99

Eggs, bacon, cheddar, roasted tomato, aioli on ciabatta

Fruit Salad \$5.99 V

Fresh arranged seasonal fruits

Steal Cut Oatmeal \$6.99 V

with brown sugar, raisins and dry cranberries

SALADS

Choice of Protein: Steak +\$3.99, grilled chicken +\$2.99, turkey +\$2.99, Ahi tuna filet +\$3.99, salmon filet +\$3.99, shrimps +\$3.99

Southwest Salad* \$11.49

Romaine, roasted corn, black beans, avocado, tomato, cucumber, cilantro, scallion and chipotle ranch

Antioxidant Salad \$12.49 V

Romaine, kale, roasted beets, quinoa, roasted red peppers, blueberries and lemon-ginger vinaigrette

Thai Salad* \$10.49 *add chicken +\$2.00*

Green mix, cabbage, carrots, cucumber, tomato, peanuts, cilantro, scallion & spicy peanut dressing

Urban Cobb* \$10.49 *add chicken or turkey +\$2.00*

Romaine, gorgonzola, bacon, avocado, tomato, boiled egg and balsamic vinaigrette

Roasted Beet Salad \$11.99 V/Vg

Arugula, roasted beets, grilled onions, raisin, dried cranberry, almond, feta cheese and balsamic vinaigrette

SOUPS

Roasted Mushrooms \$6.50 V

Roasted fresh mushrooms, sautéed onions

Chicken Tortilla* \$7.50 V/Vg

Fresh roasted tomato, onions, vegetable broth, cilantro, chicken, tortilla strips and avocado

Soup Of The Day \$6.50

HOT PLATES

Choice of Protein: Chicken +\$2.00, shrimps +\$2.99, Salmon +\$2.99, steak +\$3.99

Teriyaki Bowl \$9.99

Fresh sautéed vegetables on white or brown rice, featuring our house teriyaki sauce

Tacos \$7.99 *steak, salmon, shrimps or caviar +\$2.00*

Chicken, lettuce, pico de gallo, avocado, chipotle aioli, corn tortilla

WRAPS

*Choice of Protein: Chicken +\$2.00, turkey +\$2.49
Ahi tuna filet +\$2.99 or salmon filet +\$2.99, steak +\$3.99*

Skinny Wrap* \$9.49 V/Vg

Romaine, swiss, cucumber, tomato and lemon-basil aioli on spinach or wheat tortilla

Thai Wrap* \$9.49 V/Vg

Mixed greens, carrots, red & green cabbage, cilantro, scallion, peanuts and peanut dressing

Burrito* \$8.99 *steak or shrimps +\$2.99*

Grilled chicken, pico de gallo, lettuce, black beans, rice, corn, chipotle aioli on spinach, wheat or flour tortilla.

COLD SANDWICHES

Tuna Salad Sandwich \$9.99 Vg

House tuna salad, provolone, tomato, aioli on ciabatta

Vegetarian Sandwich \$9.99 Vg

Swiss, havarti, lettuce, cucumber, tomato, avocado. Lemon-basil aioli on ciabatta

Urban Fresh Avocado Toast \$12.49 Vg

Grilled 7-grain bread, pea shoot salad, roasted tomatoes, pickled onions, kale, green beans and lemon Dijon dressing.

Add salmon or poached egg +\$2.99

HOT SANDWICHES

Cubano* \$12.49

Pulled roasted pork, ham, swiss, red & green cabbage, pickles, aioli, mustard on ciabatta

Steak & Provolone Panini* \$14.49

Marinated steak, mushrooms, grilled onions, provolone, tomato, aioli on ciabatta

BLT & Avo* \$10.99

Bacon, lettuce, tomato, avocado and aioli on ciabatta

Ultimate Grilled Chicken Sandwich* \$12.49

Fresh grilled chicken, bacon, cabbage, tomato, avocado, aioli

Fried Chicken Sandwich* \$12.49

Chicken breast, bacon, swiss, cabbage, tomato, avocado, aioli

BURGERS

*Choice of Protein: Beef, Turkey, Ahi tuna filet, salmon filet
Choice of dressing: special house sauce or aioli*

Urban Fresh Burger* \$11.99 (Turkey or Beef)

1/3 lbs. patty, cheddar, grilled onions, lettuce, tomato, pickles, ketchup, mustard on sesame brioche

Urban Fresh Vegan Burger \$12.99 Vg

Beans, corn, quinoa, beets & brown rice patty, grilled onions, avocado, lettuce, tomato, pickles, mustard, ketchup on sesame brioche

Urban Fresh Fish Burger* \$12.99 (Salmon or Ahi Tuna)

1/3 lbs. patty, cabbage, avocado, tomato, aioli, on sesame brioche

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

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EXTRAS / SIDES			EXTRAS / SIDES	
Italian Chicken Sausages	\$3.99		White Rice	\$2.25
Smoked Applewood Bacon, 3ea	\$3.99		Brown Rice	\$2.50
Smoked Turkey Bacon, 3ea	\$3.99		Marinated Steak	\$6.99
Eggs any style, 2ea	\$3.00		Ahi Tuna Filet	\$6.99
Fruit Salad, 8oz	\$4.50		Salmon Filet	\$6.50
Rosemary Potatoes	\$3.99		Shrimps	\$6.99
French Fries	\$2.49		Chicken Breast	\$4.99
Sautéed Kale	\$3.99		Beef Patty	\$5.99
Sautéed Spinach	\$3.99		Turkey Patty	\$5.99
Sautéed Veggie	\$4.50		Vegan Patty	\$5.99
Sautéed Broccoli	\$3.99		Tuna Salad 5oz	\$3.99
Steamed Cauliflower	\$3.99		Tuna Salad 8oz	\$6.49
Roasted Brussels Sprouts	\$3.99			

BEVERAGES			BEVERAGES	
HOT			COLD	
	S	L		Large
Organic Drip Coffee	\$1.99	\$2.49	Fresh Orange Juice	\$5.49
Americano	\$2.49	\$3.29	Fresh Watermelon Juice seasonal	\$4.99
Espresso	\$2.49	\$2.99	Fresh Squeezed Lemonade	\$4.09
Macchiato	\$2.99	\$3.49	Mint-Cucumber Lemonade	\$4.99
Latte	\$3.29	\$4.29	Melon Lemonade	\$4.99
Mocha Latte	\$3.99	\$4.39	Strawberries Lemonade	\$4.99
Cappuccino	\$3.29	\$4.19	Arnold Palmer	\$3.59
Steamer	\$1.99	\$2.49	Organic Iced Tea	\$2.99
Hot Chocolate	\$2.79	\$3.29	Organic Iced Coffee	\$2.49
Chai Tea Latte	\$3.79	\$4.79	Organic Iced Latte	\$3.49
Organic Hot Tea		\$3.09	Mocha Frappe	\$3.99
			Caramel Frappe	\$3.99
			Fountain Drinks	\$1.95
			Bottled Beverages	\$2.50

SMOOTHIES		Large	SMOOTHIES		Large
Green Diablo		\$6.99	Acai Antioxidant		\$7.99
Green Goddess		\$6.99	Mango Tango		\$6.99
Banana Berry		\$6.99	Coconut Pineapple		\$6.49
			Energizer		\$6.99

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V: Vegan / **Vg:** Vegetarian - All burgers served with French Fries, all wraps and sandwiches served with a side of green salad.

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