

HEADLINE: eating in or taking out all serve ware is single use. our delicious food is served in single use eco friendly containers.

Lunch Bowls

NOODLE BOWL **veg/vegan**
NONE OF THE VEGETABLES CAN BE REMOVED!!!!
soba noodles, green cabbage, red cabbage, carrots, brussels sprouts, squash, edamame, sesame seeds, tamari, teriyaki glaze 11.50 add grilled chicken 5.50 extra

PASTA BOWL **veg** whole wheat penne, basil pesto, fresh baby spinach, cherry tomatoes, shaved parmesan cheese 11.50 add grilled chicken 5.50 extra

BURITTO BOWL **veg/gf** basmati rice, pico de gallo, guacamole, crema, corn tortilla 11.50 add grilled chicken 5.50 extra
MAKE IT VEGAN: REMOVE CREMA

Breakfast Bowls

STEAK AND EGG BOWL **gf**
PEPPERS AND ONIONS CAN NOT BE REMOVED!!!!
jalapeno, red bell peppers, green peppers, poblano peppers and red onions, sliver sliced marinated steak, potatoes, spinach, grape tomatoes, sharp cheddar, topped with two over easy eggs, toasted multigrain 15.50

Lunch Sammies

FALAFEL BURGER **veg** arugula, grilled haloumi cheese, vegan harissa aioli, masala nan, greens 12.50
MAKE IT VEGAN: REMOVE HALOUMI CHEESE

PULLED CHICKEN slow roasted pulled spicy chicken, sharp cheddar, blue cheese slaw, vegan harissa aioli, brioche bun, greens 12.50

URBAN BURGER ground beef by J. Sacco and Sons, bacon, yellow american cheese, lettuce, tomato, raw onion, sweet and tangy sauce, brioche bun, greens 12.75

GRILLED CHICKEN PANINI slow roasted red tomatoes, fresh mozzarella, arugula, balsamic glaze, ciabatta, greens 12.50

CHICKEN QUESADILLA tomatoes, jack and cheddar, flour tortilla, guacamole, salsa, sour cream 12.50

Breakfast Sammies and Toasts

BRIE AND APPLE GRILLED CHEESE **veg**
fresh baked granny smith apples, brie cheese, multigrain, greens 11

MULTIGRAIN AVOCADO TOAST **veg** 1 thick Sliced, EGG in the basket, grilled multigrain, avocado, grape tomatoes, salt and pepper, crushed red pepper flakes, cold pressed extra virgin olive oil 11.50
MAKE IT VEGAN: REMOVE EGG

SALADS

URBAN salad **veg/gf** romaine lettuce, spinach, kale, apples, candied walnuts, dried cranberries, grape tomatoes, cucumbers, red onions, fresh mozzarella cheese, side of tomato vinaigrette 13.50
MAKE IT VEGAN: REMOVE FRESH MOZZARELLA CHEESE

GREEK salad grilled chicken, romaine lettuce, tomatoes, cucumbers, green peppers, red onions, imported Greek feta cheese, kalamata olives, masala nan, side of extra virgin olive oil dressing 14

KALE and GRAIN salad grilled chicken, kale, carrots, red cabbage, feta cheese, sunflower seeds, farro, quinoa, side of garlic and honey champagne vinaigrette 14

ARCADIAN HARVEST salad **gf** slow roasted pulled spicy chicken, petite whole leaf lettuce, arugula, roasted corn, roasted red peppers, black beans, grape tomatoes, strawberries, side of strawberry and poppy vinaigrette 14

URBAN ORIGINALS

CANDIED BELLY BITES **gf** 3 skewers of our pork belly smothered in pure maple syrup and brown sugar 12.50

APPLE TART fresh baked granny smith apples with all the fall spices, folded with granola into an egg washed egg roll, served with a side of our sweet glaze 8

GRIT CAKES and MAPLE PORK BELLY **gf**
savory grit cakes and pork belly smothered in pure maple syrup topped with a sunny side up egg 16.50

OMELETS

BUFFALO CHICKEN OMELET **gf** grilled buffalo chicken, cheddar cheese, creamy buffalo bleu, home fries and toasted multigrain 14.50 **included toast not gf**

TORTILLA OMELET **gf** chorizo, black beans, jalapenos, shredded jack and cheddar, sour cream, salsa, shredded tortilla, home fries and toasted multigrain 14.50 **included toast not gf**

PESTO CHICKEN OMELET **gf** grilled chicken, roasted red peppers, fresh mozzarella cheese, basil pesto, home fries and toasted multigrain 14.50 **included toast not gf**

EGG PLATTERS

EGG PLATTER **gf** 2 eggs home fries and toasted multigrain 7.50 **included toast not gf**

SIDES
PORK BACON 5.75 TAYLOR HAM 4.75
TURKEY SAUSAGE 4.75 TURKEY BACON 4.75
CHORIZO 5.25

PANCAKES, FRENCH TOAST, WAFFLE (NEW RECIPES)

PANCAKES a medley of TRADITIONAL buttermilk and CAKE BATTER buttermilk pancakes topped with FRESH STRAWBERRIES and BANANAS, served with a MAPLE BUTTER SYRUP 9

FRENCH TOAST challah french toast WEDGES topped with FRESH STRAWBERRIES and BANANAS, served with a MAPLE BUTTER SYRUP 9

WAFFLES belgian waffle wedges topped with FRESH STRAWBERRIES and BANANAS, served with a MAPLE BUTTER SYRUP 9

YOGURT and OATS

BAKLAVA YOGO BOWL yogurt, chopped baklava, honey 7

STRAWBERRY AND GRANOLA YOGO BOWL yogurt, strawberries, granola, blue agave 7

GRANOLA FRUIT BOWL strawberries, bananas, granola, yogurt glaze 7

RAMEN BOWL **veg**
NONE OF THE VEGETABLES CAN BE REMOVED!!!!
hot and sour vegetable broth, ramen noodles, bok choy, sno peas, kale, spinach, carrots, hard boiled egg, tofu 12.50 add pork belly 7.00 extra add spicy pulled chicken 5.50 extra
MAKE IT VEGAN: REMOVE EGG

BULGOGI BOWL **gf**
NONE OF THE VEGETABLES CAN BE REMOVED!!!!
onions, red bell and poblano, peppers, sliver sliced marinated steak, stir fry of green and red cabbage, carrots, brussels sprouts, edamame, basmati rice, green onions, toasted sesame seeds, sunny side up egg 14.50

CHORIZO HASH BOWL **gf** chorizo, queso blanco, poblano peppers, potatoes, red bell peppers, jalapenos, chipotle crema, poached eggs, scallions, toast 14.50

STUFFED TURKEY BURGER spinach and feta stuffed burger, arugula, tomato, basil pesto aioli, brioche bun, greens 12.75

PULLED PORK PANINI pulled pork, caramelized onions, smoked gouda, challah bread, greens 12.50

PORTOBELLO PANINI **veg** portobello mushroom, fresh mozzarella cheese, fresh spinach, balsamic glaze, ciabatta, greens 12.50
MAKE IT VEGAN: REMOVE FRESH MOZZARELLA CHEESE

CORNED BEEF REUBEN sauerkraut, swiss cheese, whole grain dijon mustard, rye bread, greens 13

FIG JAM GRILLED CHEESE brie cheese, fried green tomatoes, fig jam, multigrain, greens 12

SMOKED SALMON TOAST **RAW COLD**
SMOKED SALMON (no we can't cook it) pecan raisin bread, capers, scallions, cream cheese, slow roasted red tomatoes 16

CLASSIC EGG AND CHEESE two eggs, yellow american cheese, brioche bun 4.25

ADD
PORK BACON 4 TAYLOR HAM 4
TURKEY SAUSAGE 4 TURKEY BACON 4

SIDES

MAC & CHEESE bacon fat used in our recipe fontina, white cheddar, smoked gouda 6

HOME FRIES **veg/gf**
seasoned with an array of spices 4.75

SRIRACHA YUKA FRIES (spicy) **veg/gf**
seasoned with sriracha seasoning by McCormick, served with parmesan and garlic aioli 5.50

FRENCH FRIES **veg/vegan/gf** seasoned with seasoned salt and pepper 4.75

SWEET POTATO FRIES **veg/gf** seasoned with an array of spices and honey 5.25

side KALE SALAD **veg** kale, carrots, red cabbage, sunflower seeds, farro and red quinoa side of garlic and honey champagne vinaigrette 5.25

BREAKFAST NACHO BASKETS **gf** 3 nacho baskets filled with egg, chorizo, black beans, jalapenos, corn, jack and cheddar cheese, salsa, crema 12.50

JERZY EGG ROLLS 2 hand rolled egg rolls, stuffed with taylor ham, egg and cheese, served with a side of cranberry ketchup 12.50

SPINACH AND FETA OMELET **gf** fresh baby spinach and imported feta cheese, home fries and toasted multigrain 14.50 **included toast not gf**

KALE and GOAT CHEESE OMELET **gf** caramelized kale and onions, slow roasted red tomatoes, fresh garlic, goat cheese, arugula, balsamic glaze, home fries and toasted multigrain 14.50 **included toast not gf**

CORNED BEEF HASH AND EGGS **gf** two eggs, homemade hash, home fries and toasted multigrain 13.50 **included toast not gf**

TURKEY HASH AND EGGS **gf** two eggs, homemade hash, home fries and toasted multigrain 12.50 **included toast not gf**

drip COFFEE, TEA

URBAN SINGLE BREW - WE GROUND AND BREW EACH AND EVERY CUP TO ORDER

DEEP DARK fair trade organic deep roast Arabica beans sourced from Indonesia, Central and South America 16oz. 4.00

GUATEMALA microlot medium roast from the Jalapa region of Guatemala 16oz. 4.00

BRAZIL TWO DIAMONDS medium roast from Minas Gerias, Brazil 16oz. 4.00

GRAMERCY PARK COLOMBIAN medium roast from Huila, Colombia 16oz. 4.00

RED DEN fair trade organic, light roast, swiss water DECAF blend, 16oz. 4.00

HOT HERBAL TEA rishi fair trade organic 16oz. 4.00 single bag

GREEN TEAS: jade cloud - matcha super green tea - jasmine

BLACK TEAS: english breakfast - earl grey

CAFFEINE FREE: blueberry hibiscus - chamomile medley - turmeric ginger

HOT TEA black - decaf black 16oz. 3.00 single bag

COLD BREW ICED COFEE brewed small batch in house for 24 hours 16oz. 4.00

ESPRESSO smooth ny style espresso double 3.50

AMERICANO smooth ny style espresso brewed over steaming hot water 10oz 3.50

Lattes

HOT COCOA 100% Pure cocoa, milk powder, cane sugar, milk 16oz. 5.00

CAPPUCCINO ny style espresso, milk, foam - hot or iced 16oz. 5.00

LATTE ny style espresso, milk - hot or iced 16oz. 5.00

CHAI LATTE organic spicy chai, milk - hot or iced 16oz. 5.00

GREEN TEA LATTE organic sweet Japanese matcha, milk - hot or iced 16oz. 5.00

MACCHIATO latte macchiato, milk, foam, ny style espresso - hot or iced 16oz. 5.00

iced TEA, juice, SODA

ICED GREEN CITRUS TEA 20oz. 3 **ICED BLACK TEA** 20oz. 3

DIET PEPSI 20oz. 3 **PEPSI** 20oz. 3 **SIERRA MIST** 20oz. 3

ORANGE JUICE 20oz. 4 **APPLE JUICE** 20oz. 4 **CRANBERRY JUICE** 20oz. 4

COCKTAIL crowslers (cocktails are crafted in a crowler (can) fresh inhouse each morning)

SPIKED OJ orange cream liqueur, vodka, orange juice 8oz. crowler 9

BRUNCH PUNCH white wine, brandy, orange liquor, apple liquor, cranberry juice 8oz. crowler 9

COCOA NIB crème de cocoa liqueur, walnut liqueur, cold brew coffee, evaporated milk 8oz. crowler 9

URBAN'S MORNING FIX coconut rum, crème de cacao liqueur, cold brew coffee, evaporated milk 8oz. crowler 9

MIMOSA champagne, orange juice 8oz. crowler 9

PINEAPPLE BLISS caribbean pineapple liqueur, champagne 9

JUST PEACHY peach liqueur, champagne 8oz. crowler 9

URBAN PASSION passion fruit liqueur, champagne 8oz. crowler 9

APEROL SPRITZ aperol, champagne, soda 8oz. crowler 9

BLOODY MARY house made bloody mary 8oz. crowler 9

craft BEER and hard CIDER

FOUNDERS, ALL DAY IPA
Easy Drinking Session IPA 12oz Can 6

21ST AMENDMENT, HELL OR HIGH WATERMELON
American Wheat Beer Brewed with Watermelon 12oz can 6

ACE CIDER, PINK GUAVA **gf**
Semi-dry apple cider with pink guava juice 12oz can 6

ACE CIDER, MANGO **gf**
Semi-dry apple cider with mango juice 12oz can 6

ACE CIDER, PERRY **gf**
Semi-sweet apple cider with pear juice 12oz can 6