

Breakfast

Açaí Bowl - Yogurt, açai, banana, strawberry, granola & honey 6.95

Oatmeal Bowl - Oatmeal, raisin, apples, cinnamon & honey 5.95

Egg White Mini - Egg whites, avocado, mixed greens, house dressing, plain mini brioche
Each 3.95 • Three 11.25

Egg Salad Sandwich
Egg salad, lettuce & tomato on sourdough wheat toast 7.95

Egg White Frittata
Egg whites, sautéed mushrooms, roasted peppers & spinach 8.95

Morning Wrap - Eggs, spinach, roasted peppers, sautéed onions & feta on lavash 6.95

All American Scramble
2 eggs scrambled, a side of bacon, roasted potatoes & sourdough wheat toast 7.95

Breakfast Bagel - Bagel, egg, cheddar & your choice of ham, turkey, chicken sausage or bacon 7.95

Breakfast Burrito
Eggs, cheddar, roasted potatoes, avocado, pico de gallo & chipotle aioli on spinach tortilla 6.95

Breakfast Panini - Eggs, bacon, cheddar, arugula & tomato on sourdough wheat toast 7.95

Greek Scramble
Eggs, spinach, sun-dried tomato, olives & feta with sourdough wheat toast 8.95

ADD ON: Egg White Only 1.95

BREAKFAST SIDES: Bacon or Chicken Sausage 3.00 • Fruit Salad 4.00
Roasted Potatoes 3.00 • Bagel 1.95 • Add Cream Cheese or Jam 1.00

Beverages

FULL ORGANIC ESPRESSO BAR AVAILABLE!

Boylan® Fountain Soda 2.50 • Organic Iced Tea 2.95

Fresh Squeezed Lemonade 2.50 • San Pellegrino® (250ml) 1.95 • (500ml) 2.95

Fresh Juices & Smoothies

Beet Retreat - Beets, apples & carrots 5.95

Cucumber Cooler - Cucumber, apple & ginger 6.95

Green Dream - Kale, apple, cucumber & parsley 6.95

Gin & Spice - Lemon, apple, ginger & cayenne 5.95

Rejuvenate - Orange, carrot & celery 5.95

Tropical Breeze - Pineapple, apple & orange 5.95

Fresh Juice - Choice of Orange • Carrot • Apple
Watermelon (seasonal) 5.95

Green Goddess - Kale, pear, banana, yogurt & agave 5.95

Banana Berry - Seasonal berries, banana, yogurt, milk & agave 5.95

Coconut Pineapple
Coconut milk, pineapples & agave 4.95

Green Diablo - Kale, apple, pineapple, cucumber & agave 5.95

Mango Tango - Mango, peaches, strawberries, soy milk & agave 5.95

Energizer - Banana, dates, cinnamon & almond milk 5.95

Açaí Antioxidant - Açai, banana, blueberries, almonds & soy 6.95
(Add Kale 1.50¢)

Breakfast Meal Shake
Granola, banana, apple, cinnamon, yogurt, honey & milk 6.95

Pear-adise - Pear, pineapple, orange, spinach & agave 5.95

Green Mango - Spinach, mango, banana, honey & almond milk 5.95

Passion Peach - Strawberry, peach, banana, yogurt & agave 5.95

Açaí Meal Shake - Açai, banana, strawberry, granola, yogurt, honey & milk 8.50

Soups & Salads Dressings are made in house

Signature Roasted Mushroom Soup 4.95

Soup of the Day - Ask for our daily selection 4.95

House Salad - Mixed greens, shredded carrots, cucumber, tomatoes, house dressing Half 5.95 • Full 9.95

Kale Caesar Salad - Romaine, kale, croutons, parmesan, house Caesar dressing Half 5.95 • Full 9.95

Antioxidant Salad - Romaine, kale, quinoa, roasted beets, roasted red peppers, blueberries, lemon ginger vinaigrette 9.95

Roasted Beet & Goat Cheese Salad

With arugula, mixed greens, walnut, grilled onions, cranberry, raisins & balsamic vinaigrette 10.95

Urban Turkey Cobb Salad
Iceberg, romaine, turkey breast, bacon, avocado, boiled egg, gorgonzola, tomato & gorgonzola dressing 11.95

ADD ONS: Chicken 2.99 • Steak or Salmon 3.99 • Tuna Salad 2.99

Deli Salads 1/2 pint 4.00

Pasta Salad • Fruit Salad • Dill Potato • Cucumber Salad
Hummus - Served with Lavash • Couscous Salad

Urban Fresh Combos

Choice of Sandwich, Soup or Salad 9.95

1/2 Sandwich - Turkey Havarti
Tomato Avocado & Cheddar • BLT & Avo
Chipotle Chicken Panini • Vegetarian
Tuna or Chicken Salad

Soup - Signature Roasted Mushroom
Soup of the Day

Salad - 1/2 House or Kale Caesar Salad

Cold Sandwiches

Tuna Salad Sandwich - Tuna salad, tomato, bean sprouts & provolone on sourdough wheat toast 8.95

Chicken Salad Sandwich
Chicken salad, mixed greens & tomato on baguette 9.95

Thai Chicken Wrap - Grilled chicken, mixed greens, carrots, bean sprouts, peanuts, Thai peanut dressing & cilantro/scallion mix on lavash 10.50

Turkey Spinach Wrap - Turkey, bacon, avocado, gorgonzola, boiled egg, tomato, romaine, iceberg & gorgonzola dressing on Spinach tortilla 9.95

Skinny Chicken Wrap - Grilled chicken, romaine, cucumber, tomato, Swiss & lemon basil aioli on lavash 10.95

Greek Salmon Wrap - Salmon, Kalamata olives, onions, romaine, feta cheese, tomato, tzatziki sauce on a spinach tortilla 11.95

Vegetarian - Swiss, havarti, lettuce, bean sprouts, cucumber, tomato, avocado & lemon basil aioli on baguette 9.95

Turkey Havarti - Turkey, havarti, avocado, bean sprouts, lettuce, tomato & aioli on sourdough wheat toast 10.95

Hot Sandwiches

Cubano - Pulled pork, ham, Swiss cheese, cabbage, pickles, mustard & aioli on baguette 10.95

Steak & Provolone - Steak, sautéed mushrooms, caramelized onions, provolone, tomato & aioli on ciabatta 13.95

Tomato Avocado & Cheddar
Roasted tomato, avocado, cheddar, bean sprouts & aioli on ciabatta 9.95

Burgers All burgers are made from scratch

Urban Fresh Burger

1/3lb. beef patty, cheddar, lettuce, caramelized onions, tomato & special sauce on a sesame brioche 11.95

Mushroom Swiss Burger

1/3lb. beef patty, Swiss, sautéed mushrooms, sautéed onions & aioli on a sesame brioche 11.95

Turkey Burger

1/3lb. house made turkey patty, Swiss, arugula, sautéed onions & aioli on a sesame brioche 11.95

Veggie Burger

House made veggie patty, havarti, sautéed onions, iceberg, tomato & chipotle aioli on a sesame brioche 10.95

Salmon Burger

Salmon fillet, cabbage & tzatziki sauce on a sesame brioche 11.95

ADD ONS: Mushrooms, Bacon or Avocado 1.00 ea.

Signature & Burger Minis

Tuna Salad Mini

With mixed greens on a sesame brioche 4.95

BLT & Egg

Bacon, lettuce, tomato, egg & aioli on a ciabatta 4.95

Classic Caprese

Mozzarella, tomato, basil & pesto on ciabatta 4.95

Turkey & Swiss

Turkey, Swiss, tomato & mixed greens on a knot brioche 4.95

Chicken Salad Mini

With mixed greens on a brioche 4.95

Ham & Swiss

Ham, Swiss & mustard on ficelle 4.95

Prosciutto & Brie

Prosciutto, brie & arugula on ficelle 5.95

Chipotle Chicken Mini

A slider of chipotle chicken, arugula & chipotle ranch on a sesame brioche 4.95

BURGER MINIS - Minis served with pickles & mixed greens on a sesame brioche Each 5.95 • Three 16.95

Mini Beef Burger - All beef patty

Mini Turkey Burger - White meat turkey patty

Mini Veggie Burger - Black bean & corn patty