

LUNCH MENU



Fresh | Organic | Homemade | Locally Grown

ALL DAY ORGANIC EGGS BREAK FAST

Chili white Omelette	44
Four egg whites, spinach, roasted peppers, and chili	
Avocado (V)	50
Eggs baked in avocado, topped with paprika + parmesan, Micro salad	
Healthy Breakfast	64
Two poached eggs, smoked salmon, avocado, beetroot, slow roasted tomatoes+ Portobello mushroom, served with brown toast	

MARKET SPECIALS OF THE DAY

Market Soup	20
Daily special soup made based on local market availability	
Market salad	44
Daily special salad made based on local market availability	
Market main	
Chicken	65
Beef Seafood	75
Daily special main course made with locally sourced ingredients	
Market Quiche	44
Daily special Quiche made with seasonal ingredients +salad/ fries	

SOMETHING LIGHT

Steamed Edamame (GF) (V)	26
Steamed edamame + salt flakes	
Tortilla Chips (UBs) (V)	28
Homemade tortilla chips, freshly prepared guacamole, Curry Ketchup	

Avocado on Toast	40
Multi seed toast, Sriracha mascarpone, beet chutney + poached egg	
Top up your Avocado on Toast with	
Poached egg	7
Tuna Tataki/Smoked salmon/ /Seared beef /Prawns	18

LEAF, VEGETABLES + GRAINS

Super Green	42
Shaved asparagus, crisp fennel, fine beans, avocado, arugula, iceberg lettuce, edamame + green onion, herb chili lemon dressing	
Asian Quinoa and Edamame (V) (N)	46
Organic quinoa, raisins, apricot, charred bell pepper and edamame with chili soya honey dressing	
Roasted Beets, Carrot and Zaatar (GF) (V) (N)	44
Baby spinach, crunchy pecans, Persian feta, zaatar leaves, raspberries, Baby gem + vine tomato with a raspberry balsamic.	
Teriyaki Chicken and Pickled Mushroom (N)	54
Chinese cabbage, Asian vegetable, peanut, buckwheat noodles, pickled mushroom, homemade sesame ginger teriyaki dressing	
Kale Broccoli and Brussels' Sprout	54
Apple, cos lettuce, candied walnut dressing, parmesan cheese	
Marinated Steak and Roasted Veg Salad	62
Quinoa, kale, red onion, peppers, Parmesan, honey Balsamic	
Sesame Tuna Tataki "COBB"	68
Cos lettuce, arugula, Kalamata, fine beans, olives, Organic egg + blue cheese	
Charred Zucchini and Burrata	68
Red onion, sweet peppers, arugula', candied seeds, pesto, parmesan	
Rainbow Power salad	46
Zucchini, carrots, beets, roasted chick peas, avocado dressing + gruyere	
Purple Fiber Salad	46
Red cabbage, carrots, figs, toasted pumpkin seeds	
Top up your favorite salad with	
+ Healthy seeds- 5gms (Pumpkin, Flax, Chia)	5
+ Chicken/ quinoa/ buck wheat	12
+ Prawns/Smoked Salmon/Tuna Tataki/Seared beef	18

SANDWICHES

All the sandwiches are served with either Classic Fries, Mixed Fries, Salad or Half soup

Chicken Avocado Wrap (UBs)	46
Cumin chicken, avocado mousse, tomatoes, pickled pepper, sumac labneh	
Pacific Wrap (UBs)	48
Prawns, smoked salmon, cucumber, green leaves, blue cheese, grilled onions + orange infused raisins	
Grilled Veg, Zaatar and Feta S/W	44
Pesto grilled veggies, red onion, feta crumble, and pomegranate reduction	
Big Urban Club (UBs)	54
Roasted chicken, turkey bacon, organic boiled egg, Colby cheese + mustard mayo on multi grain bread	
Slow Braised Pulled Beef Sandwich (UBs)	52
Caramelized onion, gruyere, pommery, rocket, ciabata bread	
Grilled Soya ginger beef in Black Sesame bread	54
Avocado, grilled mushroom, charred pepper, peanut sauce + parmesan	

CHECK OUR BLACK BOARD FOR DAILY SPECIALS AND THREE COURSE BUSSINESS LUNCH!!!

THE URBAN BURGERS

Wagyu Beef (UBs)	68
Marinated Chicken Breast	60
Portobello Mushroom + Fried Egg	50
Skinny Burger	74
Fine beans, sun dried tomato, quinoa	
Top up your favorite burger with	
+Mild Cheddar/ Blue cheese	5/10
+Guacamole	10
+Portobello	10
+KALE slaw – Kale Coleslaw/Avocado	10
All Urban Burgers (except skinny) served on a homemade whole meal bun, with lettuce, tomato, pickles, grilled onions + mild Cheddar cheese, choice of homemade CURRY Ketchup or honey mustard mayo and served with fries or salad.	

MAINS

Buckwheat with Wild Mushroom and Edamame (GF)	64
Charred broccoli, mix mushroom, edamame and Parmesan	
Quinoa Linguine with Seafood and Bacon Crumble (GF)	72
Organic quinoa linguine, prawns, calamari, Brussels sprout, pesto + Kalamata	
Wagyu Bolognaise	56
Linguine pasta, homemade chunky meat sauce + parmesan cheese	
Red Thai Chicken Curry (GF)	62
Mild red Thai chicken curry, coconut cream, spices, vegetable +coriander rice	
Red Thai Prawn Curry (GF)	72
Mild red Thai prawn curry, coconut cream, spices, vegetable +coriander rice	
Organic Sriracha Salmon (GF)	72
Garlic Kale, dehydrated figs, seasonal greens, charred pepper, chorizo and Hoisin emulsion.	
Wild Sea Bass on Peanut Soba	74
Pan fried sea bass, stir fried soba+ spicy peanut sauce	
Half Boneless Grilled Zaatar Chicken (25 Minutes Process)	68
Half corn fed chicken, warm quinoa, tomato aioli/ wild mushroom puree	
Steak N Chips	95
Grain fed strip loin, Portobello, sweet fries, and truffle mushroom sauce	

SIDES FOR MAINS

Steamed Greens (edamame, broccoli, snow peas, beans)	20
Sautéed Portobello (garlic, parsley)	20
Baked Sweet Potato (sour cream)	20
Classic Fries with UB CURRY Ketchup	13
Sweet Potato Fries with UB CURRY Ketchup	18

ASK FOR OUR CATERING MENU DESIGNED TO MEET YOUR SPECIAL OCCASION

NOTIFY YOUR SERVER OF ANY SPECIAL DIETARY REQUIREMENTS AND WE WILL DO OUR BEST TO ACCOMMODATE

(UBs) Urban Bistro Specialty (GF) Gluten Free (V) Vegetarian (N) Contains nuts (VV) Vegetarian Version

Timing: 11:30 AM – 5:45 PM