



SALADS, SOUPS, etc.

Dressings: *All dressings are gluten free*
Lemon Dill Ranch, Greek, Caesar, Blue Cheese,
Apple Fig Vinaigrette, Chipotle Ranch,
Balsamic Vinaigrette

*All salads are gluten free except for baguette
Substitute GF crackers upon request*

Add warm rotisserie chicken to any salad, \$2.5

Add chilled grilled salmon to any salad, \$4.5

Garden Salad..... 7.5
Carrot, cucumber, red onion and tomato on top of a bed of spring greens with your choice dressing

Caesar Salad..... 8.5
Romaine iceberg blend topped with parmesan, croutons, and UO&V truffle balsamic glaze with a side of Caesar dressing. (Croutons are not gluten free)

Greek Salad..... 9.5
Romaine iceberg blend, tomato, red onion, cucumber, Kalamata olives, pepperoncini and feta cheese with Greek dressing. Add gyro meat 2.5

Urban Salad..... 9.5
Beets, red onion, granny smith apples, dried cranberries, candied pecans and goat cheese on top of spring greens with house made apple fig balsamic vinaigrette

St Croix Cobb Salad..... 12.5
Romaine iceberg blend, tomatoes, red onion, blue cheese, hardboiled egg, ham, bacon and turkey with your choice of blue cheese, lemon dill or chipotle ranch dressing

Black Bean Quinoa..... 9.5
Red quinoa, tomatoes, roasted red peppers, feta cheese, fresh cilantro, scallions and chili lime black bean salsa on a bed of spinach with a lime wedge

Asparagus Cashew Quinoa..... 9.5
Red quinoa, asparagus, cashews, roasted red peppers, scallions and an orange marmalade coconut honey sauce on a bed of spinach topped with toasted coconut and an orange slice

Soups are served with baguette

Tomato Basil Soup.....GF..... Cup 4.5 / Bowl 7.5
(crostini & baquette not gluten free, request GF crackers)

Mushroom, Onion & Brie Soup..... Cup 4.5 / Bowl 7.5

Soup of the Day..... Cup 4.5 / Bowl 7.5

Soup Sampler: Can't pick just one? Then try 3! 8.5

Chef's Quiche & FruitGF..... 8.5
Rotating flavors of our popular homemade quiche served with fresh fruit and a mini muffin (muffin not gluten free)



URBAN COMBO

Choose Any Two 9.5
Your choice of a small garden, Caesar, Greek salad,
a cup of one of our delicious soups,
or homemade gluten free quiche

Paninis & wraps served with veggies and lemon dill ranch dip

Add 1 bag of kettle chips per sandwich, \$1.25

Add 1 small garden or Caesar salad or
cup of soup per sandwich, \$3.5

PANINIS

Choice of flatbread or ciabatta: white or wheat
All paninis are gluten free except for bread
Substitute gluten free bread for \$2

Urban Fig & Chicken..... 8.5
Rotisserie chicken, fig spread, Havarti cheese and spring mix

Grown Up Grilled Cheese..... 7.5
Havarti and Swiss cheese, granny smith apples and honey

Smoked Pork Philly..... 9.5
Pulled smoked pork, caramelized onions, roasted red peppers, and provolone cheese with a chipotle cherry barbeque sauce and mustard seeds

Cranberry Turkey & Swiss..... 8.5
Turkey breast, Swiss cheese, caramelized onions, dried cranberries, spring greens and house made cranberry aioli

Cuban..... 9.5
Baked ham, pulled smoked pork, Swiss cheese, pickles, mayo and mustard

Tuscan Salami..... 8.5
Italian salami, roasted red peppers, sun dried tomatoes, provolone cheese, pesto aioli and spring mix

Portabella Veggie..... 8.5
Roasted portabellas, roasted red peppers, sun dried tomatoes, caramelized onions, dill, provolone cheese, spring mix and St. Croix Valley onion & garlic sauce

WRAPS

All wraps are gluten free except for tortilla
Substitute gluten free wrap for \$2
Sub chilled salmon in any chicken wrap \$2.5

Chicken Caesar Wrap..... 8.5
Romaine, tomato, parmesan, cold rotisserie chicken and Caesar dressing tossed and wrapped in a spinach tortilla

Spicy Asian Chicken Wrap..... 9.5
Romaine, cabbage, cilantro, red pepper, cold rotisserie chicken and spicy Thai peanut sauce wrapped in a spinach tortilla

Avocado BLT Wrap..... 8.5
Crumbled bacon, romaine lettuce, tomato, red onion and avocado aioli wrapped in a spinach tortilla