

LUNCH

URBAN BURGER G (Gluten free bread available on request) **12.9**

Marinated Chicken Breast

Avocado, cheese, mixed lettuce, semi dried tomato and cucumber with a sweet chili mayonnaise served on a Turkish roll

BLAT

Bacon, mixed lettuce, avocado and tomato with mayonnaise served on a Turkish roll

Aussie

Seasoned beef, bacon, egg, beetroot, cheese, mixed lettuce, tomato, cucumber with a homemade tomato relish served on a Turkish roll

Steak Sandwich

Grain fed organic beef, marinated feta, caramelized onion, mixed lettuce and tomato with home made bbq sauce served on a Turkish roll

Thai Tofu V

Marinated in Thai green curry and coconut milk, mixed lettuce, tomato and cucumber with avocado, served on a mixed grain roll

Butternut Pumpkin

Honey roasted pumpkin, goat's cheese, roast capsicum, Spanish onion, spinach, pesto and mayo on a mixed grain roll

SALAD

Tiger Prawn, spiced macadamia, orange segments, Spanish onion, cucumber and spinach finished with a light citrus vinaigrette G **16.9**

Crispy prosciutto, cherry tomatoes, pecorino cheese, Spanish onion, cucumber, finished with a dijon and oregano dressing G **14.9**

Peppered rare beef, watercress, Spanish onion, cucumber, shaved fennel, cherry tomato and horseradish aioli G **15.9**

Pear, spinach, walnut, camembert, Spanish onion in balsamic dressing G **13.9**

SIDE

Crispy chat potatoes seasoned with a herb infused sea salt V G **6.9**

Rocket and Parmesan salad with a balsamic and maple dressing **5.9**

Chick pea salad with lemon juice, coriander, cumin, turmeric, garlic, spanish onion, tomato, cucumber and rocket V G **5.9**

Garden salad with a balsamic dressing V G **5.9**

V Vegetarian

G Gluten free, Gluten free bread available on request

URBANFOOD

STORE + CAFE