

M E N U | F U L L Y L I C E N C E D

URbAN
Bistro



UNBLEACHED STONE
GROUND FLOUR



DELIVERIES AVAILABLE



NON GMO
BANTING | ARTISAN

URBAN BISTRO & BAKERY

012 751 1777

WWW.URBANBISTRO.CO.ZA

BREAKFAST

SUBWAY WRAP

Filled with free-range egg, melted cheddar & caramelized onions. **CHOOSE YOUR MEAT**

- + CHICKEN
- + BACON
- + RUMP BEEF

VF R 65

R 28

R 28

R 35

METROPOLITAN SUNRISE

2 free-range eggs, bacon, grilled mushrooms, tomato & mozzarella, **SERVED WITH TOAST**

R 92

SUNRISE SURPRIZE

2 free-range eggs, grilled mushrooms, tomato & mozzarella, **SERVED WITH TOAST**

VF R 75

FLATBREAD MELT

Naan Flatbread topped with melted mozzarella, cocktail tomatoes, red onion, garlic, fried egg and drizzled with olive oil and Italian parsley.

VF R 72

BANTING BENEDICT

Cauliflower rosti, poached egg, bacon, hollandaise sauce & avo

LC R 90

OMELETTE

2 EGG & CHEESE FREEWAY **VF** R 55
OMELETTE SERVED WITH TOAST

Free-Range Meats

Bacon (60g)	R 28
Chicken	R 28
Rump (60g)	R 35
Cheese Grillers	R 28
Salami, Ham	R 23

Cheeses

Mozzarella, Cheddar, Parmesan, Feta	R 17
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Vegetarian

Mixed Peppers, Cherry Tomato, Pineapple	R 15
Mushrooms	R 17
Avocado	R 18
Olives	R 16
Caramelized Onions	R 14

Herbs

Chilli, Garlic, Basil Pesto	R 12
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S E R V E D U N T I L 1 1 : 0 0



FRENCH TOAST

MINCE & CHEDDAR

Homemade bread fried in egg, topped with beef mince and melted cheddar

R 85

BACON & HONEY

Homemade bread fried in egg, topped with back bacon and drizzled with honey.

R 80

ALMOND CRUSTED

Homemade bread fried in egg and rolled in flaked almonds, topped with a mixed berry coulis and drizzled with honey.

R 90



TOASTED SANDWICHES

CHOOSE YOUR BREAD

STANDARD

WHITE
BROWN
RYE BREAD

GLUTEN FREE

RICE BREAD R 12
BANTING ROLL **LC** R 25



CHEESE

VF R 40

CHEDDAR, FETA & MOZZARELLA **VF** R 45

MOZZ, TOMATO & BASIL PESTO **VF** R 47

HAM & CHEESE R 63

HAM, CHEESE & TOMATO R 66

CHICKEN MAYO R 68

BACON & CHEESE R 65

BACON, EGG & CHEESE R 72

BACON, AVO, FETA R 74

SALAMI & MOZZARELLA R 68

ADD ZUCCHINI FRIES **VF** R 40

ADD CHIPS SMALL R 35

ADD CHIPS LARGE R 45



WRAPS

FRESHLY ROLLED AND BAKED AT URBAN BISTRO

NO SIDES INCLUDED

HARVEST WRAP

VF R 105

Sundried tomatoes, cabbage, carrots, cauliflower, zucchini, feta & urban island sauce.

CHEEKY CROSSROAD

R 97

Free-range creamy Thai chicken, butter lettuce, fresh avo & feta

SUMMER WRAP

R 97

Chicken or Beef strips, lettuce, pineapple, tomatoes, feta & urban island sauce.

GUILT FREE

GF R 97

Free-Range mince, tomato salsa, fresh home-made guacamole & cream cheese wrapped in butter lettuce



GOURMET BURGERS

FREE-RANGE 100% BEEF PATTIES, HOME MADE

**SERVED ON A BURGER BUN OR BANTING ROLL
NO SIDES INCLUDED**

R 25

URBAN VEGGIE

VF

Homemade vegetarian patty, caramelized onions, lettuce, tomato, gherkins & our Urban burger sauce

R 90

CHEESEBURGER

Homemade free-range beef patty, caramelized onions, lettuce, tomato, gherkins, cheddar cheese & our Urban burger sauce

R 95

BACON & CHEESE

Homemade free-range beef patty, bacon, lettuce, cheddar cheese & garlic mushroom sauce

R 105

THE MEXICAN

Homemade free-range beef patty, caramelized onions, lettuce, chilli salsa, sour cream & napolitana jalapeño sauce

R 100

CHICKEN BACON & FETA

Free-Range chicken breast topped with crispy bacon, feta cheese, peppadews & lettuce drenched in Urban burger sauce

R 100



ADD SIDES

CHIPS

R 30

POTATO CROQUETTES

R 35

Served with tzatziki sauce

LOW CARB SIDES

LC

SALAD

R 35

ZUCCHINI CHIPS

VF

R 45

Crumbed in coconut and almond flour



WOOD-FIRED PIZZAS



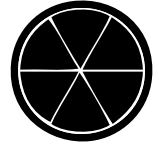
BANTING BASE

R 27

only available in small



Small



Large

MARGHERITA

Mozzarella & oregano



60 | 100

Small Large

REGINA

Mozzarella, hickory ham & mushrooms

70 | 115

BALLITO

Mozzarella, roasted chicken, mixed peppers & pineapple

75 | 125

HAWAIIAN

Mozzarella, ham & pineapple

75 | 115

DOWNTOWN

Mozzarella, salami, caramelized onions, mixed peppers & chilli

90 | 130

VEGGIE LOVER

Mozzarella, caramelized onions, mixed peppers, mushrooms, feta & avocado



106 | 145

FULLY LOADED

Mozzarella, ham, salami, mushroom, pineapple, feta & olives,

120 | 180

MILANO

Mozzarella, roasted bacon, feta & avocado (seasonal)

100 | 140

THE GREEK

Mozzarella, feta & olives



95 | 160

HUNTER

Mozzarella, beef, salami, olives & chili

110 | 175

CREATE YOUR OWN

delightful pizza by adding extra toppings

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Rump (60g)	R 35
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CHEESES

Mozzarella, Cheddar, Parmesan, Feta	R 18
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VEGETARIAN

Mixed Peppers,	
Cherry Tomato, Pineapple	R 15
Mushrooms	R 17
Avocado	R 18
Olives	R 16
Caramelized Onions	R 14

HERBS

Chilli, Garlic, Basil Pesto	R 12
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LIGHT MEALS

CHICKEN STRIPS & CHIPS

R 105

160g Crumbed chicken strips, using free-range chicken breast, fried to a golden crisp

CHICKEN PIE

R 50

Whole Chicken slowly braised in a juicy blend of veggies and spices, shredded and baked In a homemade short crust pastry

BEEF PIE

R 55

180g Beef Brisket slowly braised in a juicy blend of veggies and spices, shredded and baked in a homemade short crust pastry

CHICKEN LIVERS AND DOMBOLO

R50

Hot or not creamy livers with mini steamed bread

JUST CHEESY CHIPS

R 75

Hand cut Potato Chips smothered in Cheese sauce and melted Cheddar cheese

HOT CHEESY CHIPS

R 90

Just Cheesy Chips loaded with Bacon and Chili bits

CHICKEN MAYO PANCAKES

R 55

2 Home-made pancakes filled with shredded slow braised Chicken, home-made Mayo and chopped white onions

MINCE & CHEESE FILLED PANCAKES

R 60

2 Home-made pancakes filled with 100% savory beef mince and rolled with cheddar cheese

CINNAMON SUGAR PANCAKES

R 25

3 fluffy sweet cinnamon sugar pancakes

SALADS

WE USE FRESH SEASONAL INGREDIENTS

HERBIVORE SALAD

VF R 90

Lettuce, cocktail tomatoes, red onions, avocado & halloumi

COUSCOUS SALAD

VF R 90

Lettuce, cucumber, cocktail tomatoes, red onions, cauliflower & feta

QUINOA SALAD

VF R 90

Quinoa, salsa, baby marrow, olives, basil pesto & halloumi

HOT VEG SALAD

VF R 90

Carrots, baby marrow, mixed peppers, red onion, cauliflower, sundried tomatoes, feta & flaked almonds

CHICKEN SALAD

R 90

Lettuce, cucumber, Cocktail tomatoes, peppers, feta, Olives and Chicken

STEAK SALAD

R 100

Lettuce, cucumber, Cocktail tomatoes, peppers, feta, Olives and Steak bits



PASTA

SERVED WITH PENNE / HOME MADE TAGLIATELLI

AL FREDO

Ham & mushrooms engulfed in a butter, cream & garlic sauce topped with parmesan

R 105

SPICY CHICKEN

Spicy Masala free-range chicken, chopped basil, parsley & parmesan

R120

BOLOGNAISE

Free-range beef mince and our home-made napoletana sauce

R 95

TOMATO DELIGHT

Creamy Napolitana Sauce with cherry tomatoes, olives and parmesan

VF

R 92



MAINS



STEAK

200 g Rump Steak served with your choice of Chips or Salad

R 130

NACHO'S

Homemade fried flour tortilla, mince, cheddar, salsa, avocado, mozzarella & sour cream.

R 100

MEAT BASKET

Chicken strips, cheese grillers, potato croquettes, meatballs & sweet chili sauce.

R120

H & M BASKET

Crumbed mushrooms and fried halloumi with tartar sauce.

VF

R82

RIB & WING COMBO

300g Sweet & Sticky pork ribs accompanied by our special marinated wings and chips

LC

R 155

WINGS AND CHIPS

R 120



GOURMET MILKSHAKES

REGULAR GIANT

GOURMET MILKSHAKES

R45 | R55

CHOCOLATE BROWNIE
 DOUBLE BELGIAN CHOCOLATE
 FRESH STRAWBERRY & MINT
 FRESH BANANA & PEANUT BUTTER
 BUBBLEGUM
 DARK CHOC & ROASTED HAZELNUT
 COFFEE MILKSHAKE
 SALTED CARAMEL
 POPCORN MILKSHAKE



S M O O T H I E S

F R E S H A N D H E A L T H Y



MIXED BERRIES

R 65

A mix of frozen berries, banana, honey & double cream yogurt

BANANA PROTEIN

R 65

Fresh banana, peanut butter, cocoa, whey powder & coconut milk

PINA COLLADA

R 65

Mango, pineapple, coconut milk

APPLE GINGER VITA CARROT

R 55

Fresh ginger, apple juice, carrot & Vitamin C

C O L D D R I N K S

VARIETY OF SODAS AVAILABLE ON REQUEST

ICED TEA

Peach R 24
 Lemon R 24
 Berry R 24

TIZER'S

Red Grapetizer R 25
 Appletizer R 25

WATER

Valpre' Still R 20
 Valpre' Sparkling R 20

ASSORTED SOFT DRINKS

Soft Drinks & Tonics R 20

SIR JUICE

Mango R 28
 Orange R 28

CORDIALS

Passion Fruit R5
 Cola Tonic
 Lime

H O T B E V E R A G E S

SOME HEROES WEAR CAPES, SOME MAKE COFFEE

COFFEE	Small	Large	TEAS	
ESPRESSO	22	27	FIVE ROSES	R 20
AMERICANO	27	33	ROOIBOS	R 23
CAPPUCCINO	33	38	EARL GREY	R 23
RED CAPPUCCINO	33	37	GREEN TEA	R 25
CAFE MOCHA		52	PEPPERMINT	R 25
CAFE LATTE		40	ADD HONEY	R7
CAFE LATTE FLAVOURED		44		
Vanilla, Roasted Hazelnut, Caramel				
ICED COFFEE		44		
Vanilla, Roasted Hazelnut, caramel				
RED RIDING HOOD		40		
Red espresso poured over ice with a splash of crisp refreshing apple juice				
CHAI LATTE		44		
ADD ALMOND MILK		7		



H O T C H O C O L A T E S

CHOCOLATE MELT	R 50	RED RABBIT	R50
Belgium chocolate melted inside a cup of steamed milk		Red espresso with melted white Belgium chocolate with a splash of vanilla and cinnamon	



WE PRIDE OURSELVES ON THE QUALITY OF OUR COFFEE FROM THE SOURCING OF THE BEST BEANS, TO THE TRAINING OF OUR BARISTA, WE ENSURE THAT EVERY CUP SPEAKS TO YOU IN A SPECIAL WAY

FOR THE LOVE OF COFFEE WE USE ONLY THE FINEST BEANS FROM SUPPLIERS WHO SUPPORT FARMERS AND THEIR ENVIRONMENT

ALCOHOLIC BEVERAGES

All fruit utilised in crafting the range of **Boplaas wines** is hand harvested at dawn, to ensure that only the best quality grapes make their way to the Cellar. Tried and tested traditional wine making (vinification) techniques are adhered to in the production of all our wines. White wines undergoing slow cold fermentations in stainless steel tanks to preserve maximum fruit intensity and aromatics; while red wines are fermented in temperature controlled open top cement fermenters called legars to coax colour and maximum flavour from the skins prior to maturation in oak barrels



WINES (BOPLAAS):

Stoepsit Sauvignon Blanc R130

Fresh fruit flavours of lime and lemongrass on the nose. Lovely tangy lime-flavours with good weight and a crisp dry finish on the palate.

Cape Portuguese Verdehlo R135

An innovative white wine consisting of 100% Verdehlo - an exotic Portuguese variety, which thrive in the Calitzdorp region. This aromatic lighter wine with it's combination of tropical fruit flavours, citrus, yellow pear, granny smith apple, lemon grass and crisp acidity.

Touriga Barocca R140

This aromatic medium bodied wine with its combination of ripe plum, mulberries, juicy raspberry jam, bright spice and tell-tale undercurrent of cocoa powder typical of Tinta, all wrapped in soft tannins.

Tinta Nacional R150

This accessible, medium bodied Touriga Nacional showcases the varietals heady aromatics with ripe black plum, kirsch, vibrant five spice, fynbos & notes of coco nib and charcuterie on the palate. The tannins are firm, but yielding offering years of enjoyment ahead.

Moscato R130

A delicious fruity natural-sweet wine bursting with sweet scented floral notes on the nose and ripe stonefruit on the palate. The gentle sparkle, Frizzante, in the wine brings a playful citrus and delicate raspberry twist to the palate. Perfect for any occasion.

COCKTAILS:

- Margarita R75
- Mojito R70
- Pina Colada R75
- Pina Colada Royale R80
- Strawberry Daiquiry R75

SIGNATURE COCKTAILS:

Blue Island Ice tea R80

A blend of Vodka, Gin, Tequila and Light Rum with Blue Curaçao, Apricot and Tonic water

Signature GFG R75

Grapefruit Gin shaken with Red Grapefruit pulp and Tonic water

The Urban Cocktail R70

Single Espresso shaken with Chocolate Cookies, Cream and Klipdrift

LAGERS:

- Devil's Peak R30
- Devil's Peak Light R30

SHOTS & OTHERS:

- Amarula R25
- Cactus Jack R25
- Urban Gin R25
- Grape Fruit Gin R25
- PO10C R28
- Klipdrift R25
- Jägermeister R30
- Urban Vodka R20
- Olmeca Tequila Blanco R30
- Urban White Rum R20
- Urban Bourbon Whiskey R25

CAKES AND TREATS

CHOCOLATE BROWNIE

An absolute favourite made with real belgium chocolate, bite into pure joy

R 50

FUDGE

R 50

CAKES OF THE DAY

R 50

BOOZY CAKES

R 60

Freshly baked daily. Ask your waiter for flavor of the day.

COOKIES

R 20

Ask your waiter for flavours of the day

MACARONS

R 20

Ask your waiter for flavours of the day



ON ORDER

PLATTERS, CAKES & GIFT BASKETS

LET US DELIGHT YOUR GUESTS . Whatever your occasion we can custom create it for you. Let Us Delight You With One Of Our Thoughtful And Creative Baskets Or Request A Custom Basket Design And Have It Branded To Be Extra Personal. Choose from our platter catalogue or request a custom selection of items.

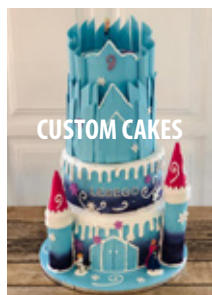
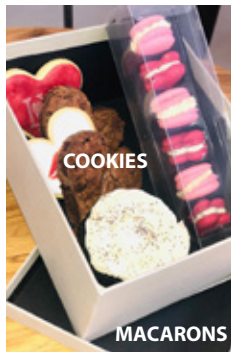
WEDDINGS

BIRTHDAYS

HIGH TEA

KIDS PARTIES

CUSTOM MADE



FUNCTIONS & EVENTS

Let us plan your event and host it with both inside and outside options. We offer a full range of catering options and the option of a professional events planner who can prepare the theme, entertainment or more to make your event unique and extra special.

- BIRTHDAYS**
- BABY SHOWERS**
- HIGH TEA**
- COMPANY EVENTS**
- PAINT NIGHTS**
- FASHION SHOWS**



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Bistro



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OPERATING HOURS: Mon - Thur , 07:30 - 16:30, Fri 7:30 - 18:00
EVENT HOSTING AVAILABLE: Mon - Fri 15:00 - 20:00, Sat - Sun 08:00 - 22:00

E-mail: coffee@urbanbistro.co.za | **Tel:** 012 751 1777

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