

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

URbAN  
Bistro



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	R 28
+ BACON	R 28
+ RUMP BEEF	R 35

## METROPOLITAN SUNRISE

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

## SUNRISE SURPRIZE

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

## GRILLED CHEESE

## BANTING BENEDICT

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

# OMELETTE

## 2 EGG & CHEESE FREEWAY 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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# FRENCH TOAST

## MINCE & CHEDDAR

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

## BACON & HONEY

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



# TOASTED SANDWICHES

## CHOOSE YOUR BREAD

### STANDARD

WHITE  
BROWN  
RYE BREAD

### GLUTEN FREE

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



### CHEESE

CHEDDAR, FETA & MOZZARELLA **VF** R 42

MOZZ, TOMATO & BASIL PESTO **VF** R 44

HAM & CHEESE R 60

HAM, CHEESE & TOMATO R 63

CHICKEN MAYO R 65

BACON & CHEESE R 62

BACON, EGG & CHEESE R 68

BACON, AVO, FETA R 70

SALAMI & MOZZARELLA R 65

ADD ZUCCHINI FRIES **VF** R 40

ADD SMALL CHIPS R 15

ADD LARGE CHIPS R 40



# WRAPS

## FRESHLY ROLLED AND BAKED AT URBAN BISTRO

### NO SIDES INCLUDED

#### HARVEST WRAP

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

**VF** R 105

#### CHEEKY CROSSROAD

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

R 92

#### SUMMER WRAP

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

R92

### GUILT FREE

Free-Range mince, tomato salsa, fresh home-made guacamole & cream cheese

**GF** R 92



# 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 15

### 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

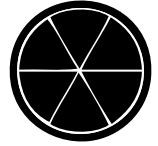


## BANTING BASE (only available in small)

Cauliflower R 52 Extra  
Olive & Baby Marrow R 52 Extra



Small



Large

## FOCACCIA

Garlic butter R 60  
Mixed cheese R 78

Small Large

### MARGHERITA

Mozzarella & oregano



60 100

### REGINA

Mozzarella, hickory ham & mushrooms

70 125

### 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

### MILANO

Mozzarella, roasted bacon, feta & avocado (seasonal)

100 140

### THE GREEK

Mozzarella, feta & olives



95 140

### VEGGIE LOVER

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



106 145

### TIA AMO

Bacon, mushroom, salami, ham & peppers

110 148

### FULLY LOADED

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

110 165

### HUNTER

Mozzarella, beef, salami, olives & chili

120 170

### GRANDE BELLISSIMA

Bacon, ham, salami, mushroom, onions, jalapeno, & garlic

120 170

## CREATE YOUR OWN

delightful pizza by adding extra toppings

### 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 18

### VEGETARIAN

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

### HERBS

Chilli, Garlic, R 12  
Basil Pesto



# LIGHT MEALS

## CHICKEN STRIPS & CHIPS

R 100

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

## CHICKEN LIVERS AND DOMBOLO

R 50

Hot or not creamy livers with mini steamed bread

## JUST CHEESY CHIPS

R 70

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

## HOT CHEESY CHIPS

R 85

Just Cheesy Chips loaded with Bacon and Chili bits

## CHICKEN MAYO PANCAKES

R 50

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

## MINCE & CHEESE FILLED PANCAKES

R 58

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

## CINNAMON SUGAR PANCAKES

R 23

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

R 120

### BOLOGNAISE

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

R 95



# MAINS

### MEAT BASKET

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

R 120

### H & M BASKET

Crumbed mushrooms and fried halloumi with tartar sauce.

VF

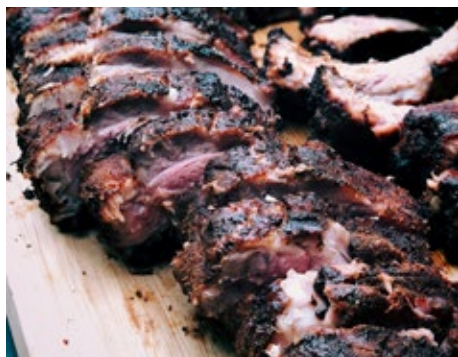
R 82

### RIB & WING COMBO

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

LC

R 150



# MILKSHAKES AND SMOOTHIES

## GOURMET MILKSHAKES

Chocolate brownie  
 Double belgian chocolate  
 Fresh strawberry & mint  
 Fresh banana & peanut butter  
 Bubblegum  
 Dark choc & roasted hazelnut  
 Coffee milkshake  
 Salted caramel  
 Popcorn milkshake

REGULAR | GIANT  
**R40 | R55**

## MIXED BERRIES

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

**R 65**

## BANANA PROTEIN

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

**R 65**

## PINA COLLADA

Mango, pineapple, coconut milk

**R 55**

## APPLE GINGER VITA CARROT

Fresh ginger, apple juice, carrot & Vitamin C

**R 55**

# COLD DRINKS

## ICED TEA

Peach R 24  
 Lemon R 24  
 Berry R 24

## CORDIALS

Passion Fruit  
 Cola Tonic  
 Lime

R5

## ASSORTED SOFT DRINKS

Soft Drinks & Tonics R 20

## SIR JUICE

Mango R 28  
 Orange R 28  
 Cranberry R 28

## WATER

Valpre' Still R 20  
 Valpre' Sparkling R 20

## TIZER'S

Red Grapetizer R 25  
 Appletize R 25

# H O T CHOCOLATES

## CHOCOLATE MELT

Belgium chocolate melted inside a cup of steamed milk

**R 50**

## RED RABBIT

Red espresso with melted white Belgium chocolate with a splash of vanilla and cinnamon

**R 50**

## COFFEE

Small Med Lrg

### ESPRESSO

**20 25**

### AMERICANO

**25 33 40**

### CAPPUCCINO

**30 38 48**

### RED CAPPUCCINO

**30 37 47**

### CAFE MOCHA

**52 64**

### CAFE LATTE

**40 48**

### CAFE LATTE FLAVOURED

**44 52**

Vanilla, Roasted Hazelnut, Caramel

### ICED COFFEE

**44**

Vanilla, Roasted Hazelnut, caramel

### RED RIDING HOOD

**40 52**

Red espresso poured over ice with a splash of crisp refreshing apple juice

### CHAI LATTE

**44 50**

### ADD ALMOND MILK

**7**

## TEAS

### FIVE ROSES

**R 20**

### ROOIBOS

**R 23**

### EARL GREY

**R 23**

### GREEN TEA

**R 25**

### PEPPERMINT

**R 25**

### ADD HONEY

**R 5**



# 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 R120**

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 White Blend R120**

This aromatic lighter bodied wine with its combination of tropical fruit flavours, citrus, yellow pear, granny smith apple, lemon grass and crisp acidity.

### **Tinta Barocca R130**

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 R140**

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 R120**

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 45

### MACARONS

Ask your waiter for flavours of the day

R 20

### CAKES OF THE DAY

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

R 50

### COOKIES

Ask your waiter for flavours of the day

R 15



## ASSORTED MUFFINS

An assortment of freshly made muffin.

R 22 each

**BREAKFAST**

**DOUBLE CHOCOLATE**

**CAPPUCCINO**

**WILD BERRY**

**BRAN**

**LEMON POPPIE**

**CHERRY**

**APPLE CINNAMON**

**BANANA**

**VANILLA**

**STRAWBERRY**

**BANANA AND PECAN NUT**

**BLUEBERRY**

**BUTTERSCOTCH**

**CRANBERRY**

**CARROTS AND RAISINS**

**CHOCOLATE CHIP**

## ASSORTED CUP CAKES

A selection of cupcakes.

R 22 each

**STRAWBERRY**

**CHOCOLATE**

**RED VELVET**

**CARAMEL**

**CARROTS**

**TIRAMISU**

**VANILLA**

**LEMON MERINGUE**

**RAINBOW**

## SWEET PLATTERS

An assortment of sweet treats.

**LEMON CURD**

R 20

**MILKTARTS**

R 15

**FUDGE**

R 12.50

**CHOCOLATE PUDDING**

R 20

**MILLIONAIRE BAR**

R 12.50

**APPLE PIE**

R 35

**BROWNIES**

R 12.50

**PECAN PIE**

R 35

**LEMON BARS**

R 30

**MALVA**

R 20

## MUFFINS AND CROISSANTS

Jumbo muffins with an assortment sweet croissants.

R 340

## SCONES

An assortment of filled scones.

R 120

*\*Min order 10*

## SCONES AND MUFFINS

An assortment of filled scones with muffins.

R 340

## SWEETS ASSORTMENT

Cupcakes and a selection of sweets of the day, to make the perfect platter.

MARSHMALLOW	R 6	OREO TRUFFLE	R 7
DATES	R 8	WHITE CHOCOLATE HAZEL NUT	R 8
CARAMEL CONES	R 15	MACAROONS	R 20
KOEKSISTER	R 6	CHOCOLATE ÉCLAIR	R 12
LEMON CURD	R 7	COCONUT CLUSTER	R 9
PEPPERMINT CRISP	R 7	CARAMEL TREAT	R 7

## BISCUITS PLATTER

An assortment of freshly made biscuits.

R 200

*\*Min order 30 pax*

VANILLA	SHORT BREAD	BISCOTI
CHOCOLATE CHIP	RED VELVET	JAM COOKIES
CHOCOLATE	NUTTY CRUST	BUTTER SCOTCH
LEMON CREAM	OAT BISCUITS	GINGER

## CAKES & DESSERTS

Our cakes are standard size 20cm with 4 layers.

CARROT	R 350	RAINBOW	R 350
MILK TART	R 350	BLACK FOREST	R 350
CHEESE CAKE	R 350	FRUIT CAKE	R 450
BANANA LOAF	R 350	MOIST FUNFETTI	R 350
VANILLA	R 300	LEMON	R 350
STRAWBERRY	R 300	CHOCOLATE ALMOND	R 500
CHOCOLATE	R 300	PASSION FRUIT	R 350
CARAMEL	R 350	CHOCOLATE MINT CARAMEL	R 500
RED VELVET	R 400	OREO CHEESE CAKE	R 500
CHOCOLATE MOUSSE	R 450	CHOCOLATE PEANUT BUTTER	R 500
VANILLA BAKED CHEESE CAKE	R 350	GRANADILLA CHEESE CAKE	R 400

VEGAN AND DIARY FREE CAKES AND BISCUITS OPTIONS ARE AVAILABLE ON REQUEST

NB Deposits on platters and dishes

# 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**

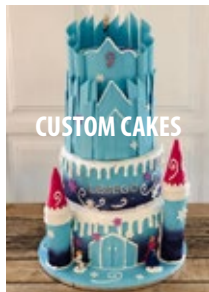


**COOKIES**

**MACARONS**



**PLATTERS**



**CUSTOM CAKES**



**ADULT CAKES**