

# Urbean SINCE 2014

## ALL DAY ~ breakfast ~

### URBEAN BIG BREAKFAST 24.90

2 eggs of your choice, baked beans, gourmet sausage, grilled cherry tomatoes, grilled mushrooms, sautéed spinach, home cooked potatoes serve with wholemeal toast

### EGG BENEDICT WITH SMOKED SALMON & SPINACH 29.90

Poached eggs, sautéed spinach, smoked salmon, hollandaise sauce, alfalfa sprout, wholemeal toast & side salad

### FRENCH BREKKIE **V** 22.90

2 eggs of your choice, smoked salmon served with warm butter croissant & grilled cherry tomatoes

### URBEAN VEGE BREAKFAST **V** 21.90

2 eggs of your choice, baked beans, quinoa patties, grilled cherry tomatoes, pesto mayo, home cooked potatoes serve with wholemeal toast

### GRANOLA BOWL **V** 24.90

Plain yogurt, granola, banana, blueberry, strawberry, honey

### EGG BENEDICT WITH SAUTEED MUSHROOM **V** 20.90

Poached eggs, sautéed button mushrooms, hollandaise sauce, wholemeal toast & side salad  
\*Add on roast beef RM12

### MEXICAN OMELETTE **V** 18.90

With black beans, green chili, tomato salsa & cheddar cheese, wholemeal toast & side salad

### PANCAKE WITH CARAMELIZED BANANA **V** 21.90

Fluffy pancake topped with caramelized banana & fresh fruits

## WARM sandwiches

### ROAST BEEF WITH PICKLED ONION 25.90

Toasted wholemeal bread, roast beef, mustard, pickled onion and melted cheddar

### SMOKED SALMON WITH CREAM CHEESE & CHIVE 25.90

Toasted wholemeal bread, smoked salmon, cream cheese & chive

\*Add on Avocado RM8

### WARM TUNA MELT WITH PICKLED GHERKINS 19.90

Toasted wholemeal bread, tuna mousse, red cheddar, pickled gherkins

### JUICY CHICKEN BREAST WITH PESTO MAYO 19.90

Toasted wholemeal bread, chicken breast, pesto mayo  
\*Add on mozzarella cheese RM5

## Super Food



### MULTI LAYER QUINOA PATTIES **V/G** 24.90

Quinoa patties, homemade hummus, alfalfa sprout, sunny side up, roasted eggplant & side salad

### PROTEIN PACK **G** 24.90

Quinoa, alfalfa sprout, sweet corn, green peas, tomato salsa, chicken breast, cucumber & toasted almond flakes in lemon vinaigrette

### ROASTED PUMPKIN & CHICKEN **G** 24.90

Quinoa, chicken breast, roasted pumpkin, green peas, capsicum, red cabbage, green sprout, toasted pumpkin seed tossed in balsamic vinegar & olive oil

### ROASTED VEGGIE VEGAN **V/G** 23.90

Quinoa, spiced Cauliflower, grilled eggplant, peas, cucumber, tomato salsa & pumpkin seed tossed in lemon vinaigrette

### VEGGIE BURGER **V** 23.90

Quinoa patties, homemade hummus, tomato salsa, alfalfa sprout, wholemeal toast & carrot salad

### AVOCADO & SMOKED SALMON **G** 34.90

Quinoa, avocado, smoked salmon, alfalfa sprout, tomato salsa, carrot, toasted almond flakes in lemon vinaigrette

### MEXICAN **V/G** 22.90

Quinoa, spiced black beans, tomato salsa, sweet corn, roasted pumpkin, in lemon vinaigrette with sunny side up

### MEDITERRANEAN **V/G** 23.90

Quinoa, tomato salsa, black olive, chickpea, beetroot, cucumber, grilled eggplant in lemon vinaigrette with toasted almond flakes

# Pasta & Mains

<b>ROSEMARY GRILLED FISH FILLET</b>	<b>25.90</b>
Pan seared tilapia fillet marinated with local spice served with rosemary & black olive sauce, pesto mashed potato & buttered vegetables	
<b>LAMB MEAT BALL</b>	<b>25.90</b>
Juice homemade lamb meatball serve with quinoa salad and yoghurt mint sauce	
<b>SEAFOOD SPAGHETTI S</b>	<b>34.90</b>
Fresh mussel & prawns cooked in homemade tomato sauce & fresh basil & parmesan	
<b>BAKED VEGE PASTA V</b>	<b>24.90</b>
Yellow & red capsicum, eggplant, green peas, mushroom, red onion, fresh basil in tomato cream sauce with mozzarella cheese	
<b>LINGUINE PUTTANESCA S</b>	<b>23.90</b>
Chicken breast, cooked with homemade tomato sauce, fresh basil, black olive & parmesan	
<b>CHICKEN &amp; MUSHROOM BOW TIE</b>	<b>23.90</b>
Chicken breast, white button mushroom, cherry tomatoes & spinach cooked in cream sauce & parmesan	
<b>PESTO LINGUINE V</b>	<b>26.90</b>
Fresh homemade pesto with a sprinkle of toasted pumpkin seed	
<b>SPAGHETTI AGLIO OLIO WITH CHILI FLAKES V/S</b>	<b>20.90</b>
Classic garlic & olive oil with cherry tomatoes & chili flakes	

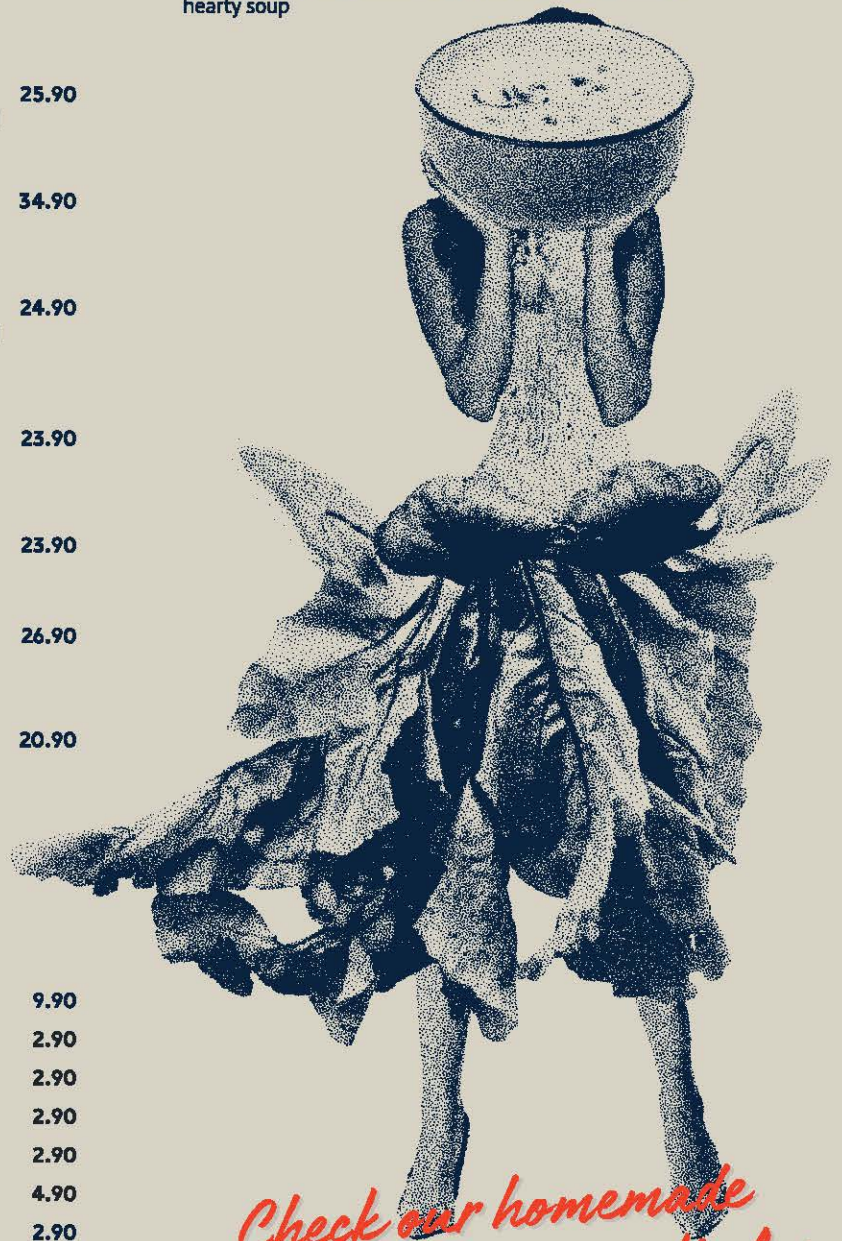
## Add on

<b>Smoked Salmon</b>	<b>9.90</b>
<b>Egg</b>	<b>2.90</b>
<b>Gourmet Sausage</b>	<b>2.90</b>
<b>Cheddar</b>	<b>2.90</b>
<b>Cream Cheese</b>	<b>2.90</b>
<b>Avocado</b>	<b>4.90</b>
<b>Mushroom</b>	<b>2.90</b>
<b>Side Salad</b>	<b>5.90</b>
<b>Home Cooked Potatoes</b>	<b>4.90</b>
<b>Roasted Pumpkin</b>	<b>4.90</b>
<b>Black Olive</b>	<b>4.90</b>
<b>Butter Croissant</b>	<b>5.90</b>
<b>Whole Meal Toast</b>	<b>2.90</b>
<b>Gluten Free Bread</b>	<b>3.90</b>
<b>Almond Flakes</b>	<b>1.90</b>
<b>Pumpkin Seed</b>	<b>1.90</b>
<b>Chicken</b>	<b>4.90</b>
<b>Season Vegetables</b>	<b>3.90</b>

# Soup

OUR SOUPS ARE HOMEMADE FROM GENUINE INGREDIENTS

<b>SPICED PERSIAN SOUP</b>	<b>21.90</b>
Hearty clear soup with Persian spices, lentils, barley, chicken & herb	
<b>SOUP OF THE DAY</b>	<b>15.90</b>
The chef will pick a seasonal vegetable & turn it into a hearty soup	



Check our homemade Cakes & Pastries on display

Ask for our gluten free, vegetarian and vegan options, as well as having catering or an event with us.

BYO Box FREE  
Takeaway Box +1

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