



BISTRO MENU | Lunch Boxes on the run

SALAD | ONE

- freshly baked bread | spread
- **mediterranean steak** | tomato | red onion
roasted pepper | arugula | horseradish crème
- seasonal dessert

SALAD | TWO

- freshly baked bread | spread
- **olive oil poached salmon** | artichoke heart
orange | asparagus | mâche | citrus vinaigrette
- seasonal dessert

SALAD | THREE

- freshly baked bread | spread
- **grilled chicken breast** | tomato | avocado
applewood smoked bacon | blue cheese
- seasonal dessert

SALAD | FOUR

- freshly baked bread | spread
- **seared ahi tuna** | jicama | sweet pea | carrot
mizuna | crispy noodle | ponzu vinaigrette
- seasonal dessert

SALAD | FIVE

- freshly baked bread | spread
- **roasted vegetables** | mixed green | pine nut
olive | feta | creamy red wine vinaigrette
- seasonal dessert

SALAD | SIX

- freshly baked bread | spread
- **grilled shrimp caesar** | garlic crouton
shaved parmesan | traditional dressing
- seasonal dessert

SALAD | SEVEN

- freshly baked bread | spread
- **panko crusted tofu** | japanese eggplant
carrot | shiitake mushroom | sweet soy ginger
- seasonal dessert

SALAD | EIGHT

- freshly baked bread | spread
- **minted lamb loin** | olive couscous | chick pea
golden raisin | spinach | feta | harissa vinaigrette
- seasonal dessert

SANDWICH | ONE

- pack of chips | piece of fruit
- **fresh mozzarella** | marinated red pepper
arugula | basil pesto | french baguette
- crushed potato, veg couscous or 3 bean salad
- seasonal dessert

SANDWICH | TWO

- pack of chips | piece of fruit
- **brie and apple** | applewood smoked bacon
watercress | honey mustard | ciabatta
- crushed potato, veg couscous or 3 bean salad
- seasonal dessert

SANDWICH | THREE

- pack of chips | piece of fruit
- **strip steak wrap** | pear and onion relish
spinach | blue cheese dressing
- crushed potato, veg couscous or 3 bean salad
- seasonal dessert

SANDWICH | FOUR

- pack of chips | piece of fruit
- **curried chicken** | toasted almond
apple | arugula | butter lettuce | ciabatta
- crushed potato, veg couscous or 3 bean salad
- seasonal dessert

SANDWICH | FIVE

- pack of chips | piece of fruit
- **smoked turkey** | cranberry jam | swiss cheese
french baguette
- crushed potato, veg couscous or 3 bean salad
- seasonal dessert

SANDWICH | SIX

- pack of chips | piece of fruit
- **peppered albacore tuna** | pickled cucumber
avocado | wasabi lime aioli | sesame kaiser roll
- crushed potato, veg couscous or 3 bean salad
- seasonal dessert

Lunch Boxes range from \$18 to \$26 per person
x12 minimum per item

Includes plastic ware, napkin and packaging
Additional \$2 | 1 each water bottle and soda
7.75% tax and 20% service fee

urbanKITCHEN