



ORDER NOW VIA DELIVEROO AND CAREEM



WWW.URBANBISTRO.AE



BOWLS OF HEALTH

SQUASH, AVOCADO, QUINOA 39

Mixed leaves, roasted butternut squash, avocado, pumpkin seeds, toasted quinoa, maple balsamic dressing

ZINGY CHICKEN 34

Gem lettuce, shredded red & white cabbage, honey ginger sesame chicken, radish, lime, sweet chili sauce

KALE FLAKES 41

Kale leaves, edamame, baby spinach, flaked salmon, crushed almonds, acai, creamy poppy seed lemon dressing

SOBA ROOTS 35

Shredded beetroot, taro, carrots, cucumber, gem lettuce, avocado, soba noodles in sesame soy and pomegranate sauce

CUCUMBER LENTILS 35

Lemon herbs green lentil, cucumber, arugula, cherry tomatoes, flaked feta, chopped parsley, coriander in Dijon sauce

MORNING FUEL

OMEGA SMOKE 39

Flaked hot smoked salmon, poached eggs, cucumbers, dill labneh, protein bread

BEAN ME UP 34

White beans casserole, fried eggs, sauteed kale, spicy peppers

PROTEIN IRON MUFFIN 24

Egg whites, broccoli florets, wilted spinach, cheddar, confit tomatillos with green herbs pesto



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CARBO LOADS

POKE THAT VEG'S BROWN RICE 37

Shredded beetroot, carrots, edamame, spring onion, black sesame, crispy tofu, ginger, charred corn, peanuts

BEEF ME UP 39

Egg pasta ribbon, braised beef ribs ragout, roasted portobello, wilted spinach parmesan cheese

IRONMAN 39

Roasted kale, broccoli and spinach baked pasta, parmesan and Provolone cheese crust

FIRY GLASS 39

Rice noodle tossed with shrimps in chili garlic turmeric sauce, bean sprouts with chopped peanuts and coriander

NO BREAD

LAMB EGG ROLL 29

Hummus, mint, roasted lamb shoulder, cucumbers, herbs, honey feta rolled in thin egg sheets

KALIFORNICATION 32

Marinated salmon, avocado, crisp vegetables, tamagoyaki, quinoa in rice paper wrap



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DESSERTS

COFFEE CREAM JAR	21
VANILA MILK CREAM RASPBERRY	19
3 CHOCO MOUSSE	21
NEW YORK VELVET	21

JUICES

ORANGE	18
GRAPEFRUIT	18
MANGO	18
WATERMELON	18
PINEAPPLE	18
LEMONADE	18
LEMON AND MINT	18

SOFT DRINKS

COCA COLA CAN (330ml)	7
COCA COLA LIGHT CAN (330ml)	7
SPRITE CAN (330ml)	7
SPRITE LIGHT CAN (330ml)	7
FANTA ORANGE CAN (330ml)	7

SAN PELLEGRINO SPARKLING FRUIT

ROSSA ARANCIATA CAN (330ml)	13
ORANGE ARANCIATA CAN (330ml)	13

SMOOTHIES

BLUEBERRY	22
RASPBERRY	22
BLACKBERRY	22
STRAWBERRY	22
MIXED BERRIES	22

WATER

ARWA (500ml)	5
PERRIER (330ml)	11
ACQUA PANNA (500ml)	12
SAN PELLEGRINO	13

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