

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	R 26
+ BACON	R 26
+ RUMP BEEF	R 33

METROPOLITAN SUNRISE

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

SUNRISE SURPRIZE

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

FLATBREAD MELT

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

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 26
Chicken	R 26
Rump (60g)	R 33
Cheese Grillers	R 26
Salami, Ham	R 21

Cheeses

Mozzarella, Cheddar, Parmesan, Feta	R 15
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Vegetarian

Mixed Peppers, Cherry Tomato, Pineapple	R 12
Mushrooms	R 16
Avocado	R 17
Olives	R 15
Caramelized Onions	R 12

Herbs

Chilli, Garlic, Basil Pesto	R 10
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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 72

BACON & HONEY

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

R 67

ALMOND CRUSTED

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

R 80



TOASTED SANDWICHES

CHOOSE YOUR BREAD

STANDARD

WHITE
BROWN
RYE BREAD

GLUTEN FREE

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



CHEESE **VF** R 35

CHEDDAR, FETA & MOZZARELLA **VF** R 38

MOZZ, TOMATO & BASIL PESTO **VF** R 40

HAM & CHEESE R 55

HAM, CHEESE & TOMATO R 58

CHICKEN MAYO R 58

BACON & CHEESE R 56

BACON, EGG & CHEESE R 63

BACON, AVO, FETA R 65

SALAMI & MOZZARELLA R 60

ADD ZUCCHINI FRIES **VF** R 40

ADD CHIPS R 25



WRAPS

FRESHLY ROLLED AND BAKED AT URBAN BISTRO

NO SIDES INCLUDED

HARVEST WRAP **VF** R 90

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

CHEEKY CROSSROAD R 80

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

SUMMER WRAP R 80

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

GUILT FREE **GF** R80

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 75

CHEESEBURGER

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

R 80

BACON & CHEESE

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

R 90

THE MEXICAN

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

R 80

CHICKEN BACON & FETA

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

R 85



ADD SIDES

CHIPS

R 25

POTATO CROQUETTES

R 30

Served with tzatziki sauce

LOW CARB SIDES

LC

SALAD

R 25

ZUCCHINI CHIPS

VF

R 40

Crumbed in coconut and almond flour



WOOD-FIRED PIZZAS



BANTING BASE

R 27

only available in small



Small



Large

MARGHERITA

Mozzarella & oregano



Small | Large

55 | 90

REGINA

Mozzarella, hickory ham & mushrooms

66 | 110

BALLITO

Mozzarella, roasted chicken, mixed peppers & pineapple

65 | 110

HAWAIIAN

Mozzarella, ham & pineapple

66 | 103

DOWNTOWN

Mozzarella, salami, caramelized onions, mixed peppers & chilli

80 | 120

VEGGIE LOVER

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



95 | 138

FULLY LOADED

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

100 | 155

MILANO

Mozzarella, roasted bacon, feta & avocado (seasonal)

80 | 122

THE GREEK

Mozzarella, feta & olives



90 | 155

HUNTER

Mozzarella, beef, salami, olives & chili

95 | 155

CREATE YOUR OWN

delightful pizza by adding extra toppings

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VEGETARIAN

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Avocado	R 17
Olives	R 15
Caramelized Onions	R 12

HERBS

Chilli, Garlic, Basil Pesto	R 10
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LIGHT MEALS

CHICKEN STRIPS & CHIPS

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

R 90

HOT CHEESY CHIPS

Just Cheesy Chips loaded with Bacon and Chili bits

R 80

CHICKEN PIE

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

R 40

CHICKEN MAYO PANCAKES

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

R 48

BEEF PIE

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

R 45

MINCE & CHEESE FILLED PANCAKES

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

R 55

JUST CHEESY CHIPS

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

R 68

CINNAMON SUGAR PANCAKES

3 fluffy sweet cinnamon sugar pancakes

R 20

SALADS

WE USE FRESH SEASONAL INGREDIENTS

HERBIVORE SALAD

Lettuce, cocktail tomatoes, red onions, avocado & halloumi

VF

R 80

COUSCOUS SALAD

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

VF

R 80

QUINOA SALAD

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

VF

R 80

HOT VEG SALAD

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

VF

R 80

CHICKEN SALAD

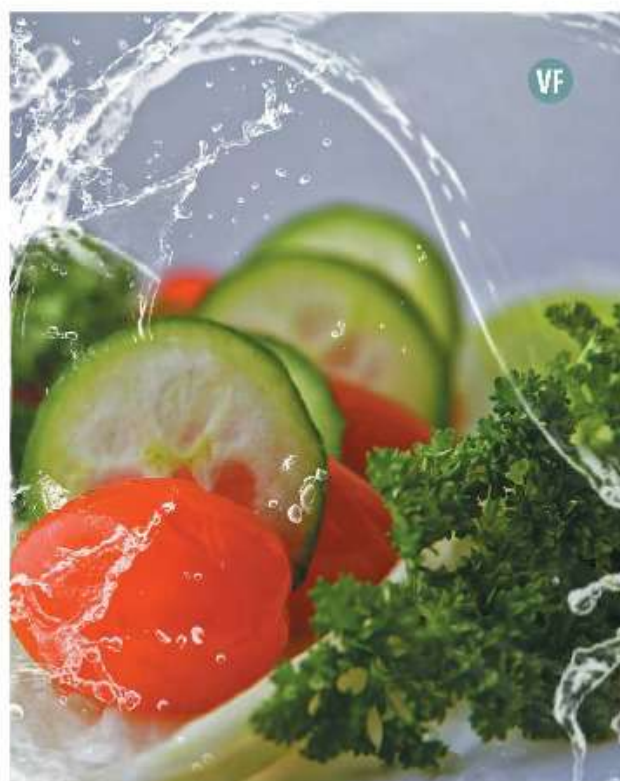
Lettuce, cucumber, Cocktail tomatoes, peppers, feta, Olives and Chicken

R 80

STEAK SALAD

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

R 90



PASTA

SERVED WITH PENNE / HOME MADE TAGLIATELLI

AL FREDO

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

R 95

SPICY CHICKEN

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

R110

BOLOGNAISE

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

R 80

TOMATO DELIGHT

Creamy Napolitana Sauce with cherry tomatoes, olives and parmesan



R 80



MAINS



STEAK

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

R 110

NACHO'S

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

R 90

MEAT BASKET

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

R105

H & M BASKET

Crumbed mushrooms and fried halloumi with tartar sauce.



R70

RIB & WING COMBO

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



R 140



GOURMET MILKSHAKES

REGULAR | GIANT

GOURMET MILKSHAKES

R40 | 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

CHIA ME UP

R 55

Mixed berries, banana, chia, lemon & honey

APPLE GINGER VITA CARROT

R 50

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 R 5
 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

ESPRESSO	20	25
AMERICANO	25	30
CAPPUCCINO	30	36
RED CAPPUCCINO	30	35
CAFE MOCHA		50
CAFE LATTE		38
CAFE LATTE FLAVOURED		41
Vanilla, Roasted Hazelnut, Caramel		
ICED COFFEE		41
Vanilla, Roasted Hazelnut, cramel		
RED RIDING HOOD		37
Red espresso poured over ice with a splash of crisp refreshing apple juice		
CHAI LATTE		41
ADD ALMOND MILK		5

TEAS

FIVE ROSES	R 20
ROOIBOS	R 23
EARL GREY	R 23
GREEN TEA	R 25
PEPPERMINT	R 25
ADD HONEY	R 5



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

CHOCOLATE MELT

R 45

Belgium chocolate melted inside a cup of steamed milk

RED RABBIT

R 48

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 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

R 40

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

CAKES OF THE DAY

R 45

BOOZY CAKES

R 55

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

COOKIES

R 15

Ask your waiter for flavours of the day

MACARONS

R 18

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



URBAN BISTRO & BAKERY

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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

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