

Urban Beet

Real Food Café

UB Beetsmart Specials

Beetsmart is our in house healthy eating program designed to provide you with a balance of carbohydrates, proteins, fat and calories. All plates are approximately 400 calories.

Beetsmart Salad Plate Green Salad, Beet Quinoa, Bulgur Lentil Salad.	11
Beetsmart Turkey Burger Plate Turkey Burger, Green Salad, choice of Beet Quinoa Salad or Bulgur Lentil Salad	12
Beetsmart Salmon Platter Local Wild Salmon Filet, Green Salad, choice of Beet Quinoa Salad, or Bulgur Lentil Salad	13

Panini's

French Panini Brie Cheese, Sautéed Onions & Mushrooms, Truffle Mayo, Tomato and Spinach	10
Swiss Panini Baked Ham, Swiss Cheese, Tomato, Mustard Aioli	10
American Panini Sirloin Beef, Sautéed Onions, Parsley Aioli, Beef Juis	10

* Served with choice of Fries, Salad or Soup

Bowls

Bowls are served with your choice of either Soba Noodles Cous Cous or a Quinoa/Rice mix

Moroccan Pepper Beef Bowl Pepper Sirloin Beef, Carrots, Red Peppers, Red Onion Served Cous Cous	15	12
Miso Tuna Pineapple Bowl Seared Albacore Tuna, Served on a bed of Fresh Vegetables	16	13
Falafel Bowl with Curry Tahini Deep Fried Falafel Served on a bed of Fresh Vegetables	15	12
Chicken Bowl with Peanut Sauce Stir Fried Chicken Served with Fresh Vegetables	15	12
Risotto of the Day	11	15

Extras

Dips for Fries	.50
Truffle Mayo	
Parsley Aioli	
Sriracha Ketchup	
Bacon Mayo	
Grainy Dijon	
Sweet Chili Lime Sour Cream	
Sundried Tomato Feta	
Apricot Roasted Garlic	

Burger Extras

Apple Smoked Bacon	2
Fried Egg	
Aged Cheddar	
Goats Cheese	
Swiss Cheese	
Sautéed Onion	

Beverages

Soda Pop
Juice
San Pellegrino
Milk

Coffee
Tea
Latte
Cappuccino

*Wine, Beer and Spirit List available upon request

Side Orders

Fries	4
Yam Fries	5

Sweets

Chocolate Pecan Pie	7
Key Lime Pie	6
Dutch Apple Pie with Cheddar Pastry	7

Hours of Operation:

Tuesday - Thursday 11 am - 9 pm
Fridays 11 am - 10 pm
Saturdays 9 am - 10 pm
Sundays 9 am - 4 pm

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Starters

Warm Bruschetta with Goat Cheese & Balsamic Glaze served on Artisan Bread	10
Grilled Apple BBQ Ribs	12
Truffle Fries with Truffle Oil, Parmesan Cheese and Parsley	7
Crispy Plantains served with mild Sriracha Dip	6
Cheddar Ale Dip served with Corn Chips	10
Chicken Ajili Mojili - Marinated Chicken served with a Roasted Red Pepper Salsa	11

Soup

Soup of Day	Cup	Bowl
	4	5

Salads

House Salad, Roasted Beets, Pea Shoots, Sunflower Seeds, Aged Cheddar on Mixed Greens	6/11
UB Caesar Salad, Yogurt Lime Chipotle Dressing, Cornbread Croutons	6/11
Bulgur Lentil Salad	8
Beet Quinoa Salad	8

House Made Gourmet Burgers

All Burgers are served with your choice of a Whole Wheat Bun or White Sesame Bun and either Fries, Salad or Soup

UB Bacon Cheddar Burger	13
Grass Fed Beef, Apple Smoked Bacon, Cheddar Cheese, Sautéed Onions, Lettuce & Tomato, finished with a Grainy Mustard Mayo	
Grilled Pork Burger	13
House made Ground Pork with Maple BBQ Sauce Patty, Lettuce, Tomato and Sriracha Sauce	
Cajun Chicken Burger	13
Apricot Roasted Garlic Mayo, Lettuce, Tomato and Aged Cheddar	
Salmon Burger	14
Grilled Salmon, Cucumber, Tomato, Sweet Lime Sauce	
UB Veggie Burger	13
Vegetarian Cilantro Patty, Sautéed Onions, Pea Shoots, Tomato, Aged Cheddar	
Lamb Burger	14
Ground Lamb with Fresh Mint & Rosemary, Feta Mayo, Mint Sauce, Lettuce and Tomato	
Turkey Burger	13
Ground Turkey with Fresh Sage and Ginger, Lettuce, Tomato, Grainy Mustard Aioli and finished with a Orange Cranberry Relish	
Falafel Burger	12
House Made Falafel, Lettuce, Tomato, Feta Sundried Tomato Mayo served on a Whole Grain Pita Bun	

*If you have any allergies please let your server know

Tacos (2 tacos per serving)

UB Fish Taco	12
Snapper tossed in Cajun Spice, Cucumber, Tomato, Lettuce and Sweet Chili Lime Sauce	
Chili Chicken Taco	12
Chicken tossed in Chili Spice, Roasted Corn and Sundried Tomato Salsa, Lettuce and Sour Cream	
Pepper Beef Taco	12
Pepper Beef, Tomato, Red Onion, Lettuce and Cilantro Jalapeno Mayo	
Veggie Taco	10
House made Refried Beans, Sautéed Mushrooms, Roasted Corn and Sundried Tomato Salsa	
*choice of either a soft shelled corn tortilla or a soft shelled flour tortilla	

Kids Menu

Grilled Cheese	6
Chicken and Cheese Quesadillas	7
Cheese Burger	7
Chicken Morsals and Fries	7

*all served with choice of salad, soup or fries