



## 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 | SEVEN

- 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  
8.75% tax and 20% service fee

urbanKITCHEN