

SALAD & WRAP MENU



CHICKEN CAESAR 8.75

romaine lettuce, cucumber, boiled egg, croutons, shaved parmesan, crispy bacon, smoked chicken breast
dressing: caesar dressing or low fat buttermilk ranch dressing

smoked salmon instead of chicken +1.20

TUNA NIÇOISE 8.75

romaine lettuce, cherry tomato, green olives, boiled egg, haricots verts, red onion, capers, anchovy, tuna
dressing: extra vergine olive oil

ORDINARY GREEK (V) 8.75

arugola mix, cucumber, green olives, red onion, red pepper, oregano, courgette, feta
dressing: extra vergine olive oil & balsamic vinegar

ASIAN CHICKEN 8.75

arugola mix, white cabbage, cucumber, carrot, mushrooms, bean sprouts, jalapeños, smoked chicken breast
dressing: soy-sesame vinaigrette

grilled steak, smoked salmon or king prawns instead of chicken +1.20

CAPRESE (V) 9.75

arugola mix, a lot of cherry tomatoes, pumpkin & sunflower seeds, pesto, avocado, mozzarella
dressing: extra vergine olive oil

URBAN BEEF 9.75

romaine lettuce, red cabbage, cucumber, cherry tomato, red onion, red pepper, jalapeños, grilled steak
dressing: truffle dressing

DETOX DELICIOUS (V) 8.75

spinach, red cabbage, white cabbage, beetroot, cucumber, carrot, broccoli, goat cheese
dressing: lime vinaigrette

IRON ENERGY (VG) 8.75

spinach, white cabbage, broccoli, quinoa, dried cranberries, raisins, walnuts, grapes
dressing: raspberry vinaigrette

add some goat cheese or blue cheese +1.20

OMEGA-3 9.75

arugola mix, red cabbage, cherry tomato, beetroot, red onion, seeds, smoked salmon
dressing: balsamic vinaigrette

GADO GADO 9.75

romaine lettuce, white cabbage, carrot, green peas, boiled egg, bean sprouts, crispy onions,
grilled chicken thigh or tempeh

dressing: peanut-coconut dressing

“CREATE YOUR OWN” 7.75

create your own favorite salad or wrap