



RESTAURANT AND BAR

Looking for Gluten Free? Ask our staff for a our Gluten Free Menu!

## Sharable Plates

|                                                                                                                                                                                                                       |                       |                                                                                                                                                                                |                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Bone-in <u>or</u> Boneless Wings                                                                                                                                                                                      | 17                    | Slider Trio                                                                                                                                                                    | 13                    |
| Seven (7) wings tossed in your choice of Buffalo, Sweet Thai Chili, Spicy Garlic Teriyaki, or Honey BBQ sauce served with carrots & celery. Extra sauces \$.85 each                                                   |                       | Choice of fried chicken <u>or</u> beef, cheddar cheese, pickle, and burger sauce. Extra toppings \$1.00                                                                        |                       |
| Coconut Prawns                                                                                                                                                                                                        | 18                    | Chicken Lettuce Cups                                                                                                                                                           | 15                    |
| Seven (7) Hand battered coconut crusted prawns served with a sweet Thai chili sauce                                                                                                                                   |                       | Chicken, apple, onion, cranberry, almond, parmesan, house made aioli in fresh iceberg cups                                                                                     |                       |
| Nachos                                                                                                                                                                                                                | 17                    | Cheese Planks                                                                                                                                                                  | 12                    |
| Tri color tortilla chips, nacho & shredded cheese, black beans, jalapenos, black olives, pico de gallo, topped with sour cream and green onions with your choice of chicken or ground beef. Served with side of salsa |                       | Mozzarella cheese planks served with house made Marinara sauce. Extra sauces \$.85 each                                                                                        |                       |
|                                                                                                                                                                                                                       | *Substitute steak - 5 | Bavarian Pretzel                                                                                                                                                               | 14                    |
| Urban Potstickers                                                                                                                                                                                                     | 14                    | Traditional 10oz pretzel served with house beer cheese sauce Extra sauces \$.85 each                                                                                           |                       |
| Stuffed with chicken, lemongrass, corn, and scallion served with a citrus ponzu.                                                                                                                                      |                       | Hummus Plate                                                                                                                                                                   | V 16                  |
| Onion Rings                                                                                                                                                                                                           | V 14                  | Traditional hummus served with carrots, celery, tomato, cucumber, marinated tri color olives and toasted pita bread                                                            |                       |
| Panko breaded onion rings served with ranch dressing                                                                                                                                                                  |                       | Quesadilla                                                                                                                                                                     | 16                    |
| Urban Fries / Tots                                                                                                                                                                                                    | Side -5 / Large - 7   | A fajita style quesadilla stuffed with sauteed onions & peppers and cheddar jack cheese with choice of chicken, ground beef, or veggie. Served with side of salsa & sour cream |                       |
| Served with ketchup, ranch <u>or</u> BBQ                                                                                                                                                                              |                       |                                                                                                                                                                                | *Substitute steak - 5 |

## Greens & Soup

|                                                                                                                                     |                |                                                                                                                                                                            |                                        |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| Soup, Chili, or Chowder                                                                                                             | cup 6   bowl 8 | Chicken Caesar Salad                                                                                                                                                       | 20                                     |
| Clam Chowder & Chili everyday! Ask your service person about daily house made soup                                                  |                | Crisp romaine, char-grilled or crispy chicken, parmesan cheese & croutons tossed in creamy Caesar dressing                                                                 |                                        |
| The Garden                                                                                                                          | V 8            |                                                                                                                                                                            | *Substitute salmon <u>or</u> steak - 5 |
| Romaine lettuce, red onion, cucumber, tomato, cheddar jack, croutons, and choice of dressing                                        |                | Southwest Chicken Salad                                                                                                                                                    | 21                                     |
| Caesar Salad Starter                                                                                                                | 8              | Blackened chicken, romaine lettuce, avocado, tomato, crispy tortilla strips, black beans, roasted corn, cucumber, bacon, cheddar jack cheese, served with a chipotle ranch |                                        |
| Romaine, parmesan, croutons, tossed with Caesar dressing                                                                            |                |                                                                                                                                                                            | *Substitute salmon <u>or</u> steak - 5 |
| Spring Strawberry Chicken Salad                                                                                                     | 22             | *Urban Chef Salad                                                                                                                                                          | 21                                     |
| Marinated chicken, Romaine, Feta, onion, tomato, cucumber, almonds, strawberries, croutons served with house strawberry vinaigrette |                | Turkey, ham, bacon, hard boiled eggs, cheddar jack cheese, tomato, onion, cucumber, croutons, sliced almonds, served with choice of dressing                               |                                        |

Please allow additional preparation time for special requests.  
\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness; especially if you have certain medical conditions.  
Extra sauces \$.85 each

V=Vegetarian, but ask your service person about other vegan options  
Groups of 10 or more will have a 20% gratuity added to their bill.

# Sandwiches

*Sandwiches & burgers served with choice of:* fries or tots  
*Upgrade side:* soup or salad - 3.5 / onion rings - 4.5  
*Add on:* avocado or bacon - 2    Extra sauces: \$.85

**Allenmore B.L.T.** 18  
Candied bacon, iceberg lettuce, mayo, and tomato on toasted sourdough bread.

**Urban Elk Club** 20  
Black forest ham, smoked turkey, bacon, iceberg lettuce, tomatoes, red onion, mayo, and cheddar cheese between sourdough bread.

**Grilled Chicken Sandwich** 21  
Grilled chicken, Swiss cheese, lettuce, tomato, onion, Pesto Aioli on toasted Ciabatta bread

**Prime Rib Dip** 21  
Slow roasted prime rib, Swiss cheese, and caramelized onions served on a toasted French roll with au jus.

**Turkey Bacon Avocado** 20  
Smoked turkey, bacon, Swiss cheese, iceberg lettuce, red onion, tomatoes, mayo, and avocado on toasted sourdough.

**\*Jalapeno Smash Burger** 21  
8oz Certified Angus patty topped with Cheddar cheese, caramelized onions, fried jalapenos, onion aioli on a toasted brioche bun.

**Rustic Reuben** 20  
Corned beef brisket, sauerkraut, Swiss cheese, and 1000 island dressing on marble rye bread.

**Chicken Sandwich** 19  
Hand battered crispy or char-grilled chicken breast topped with Swiss Cheese, iceberg lettuce, red onion, tomatoes with charred scallion aioli on a toasted brioche bun.

**T-Town Cod Tacos** 22  
Blackened Wild Alaskan Cod, coleslaw, cheddar jack cheese, Pico de Gallo, and sriracha aioli on flour tortillas and served with chips & salsa.

***SPICY* Chicken Sandwich** 19  
Spicy hand battered chicken topped with pepper jack cheese, iceberg lettuce, tomato, red onion, and sriracha aioli on a toasted brioche bun.

**\*Classic Burger** 19  
8oz Certified Angus patty topped with cheddar cheese, red onion, iceberg lettuce, tomatoes, and burger aioli on a toasted brioche bun.

**\*Cowboy Burger** 21  
8oz Certified Angus patty topped with cheddar & pepper jack cheese, bacon, fried onion rings, and BBQ sauce on a toasted brioche bun.

# Entrées

**\*T-Town Steak Dinner** 26  
8 oz Strip Loin Steak topped with Black Garlic Truffle butter served with garlic mashed potatoes & seasonal vegetable

**\*Chimichurri Steak** 25  
8 oz Marinated Skirt Steak topped with house made Chimichurri and served with mashed potatoes & seasonal vegetable.

**\*Flat Iron Steak** 25  
8 oz hand cut steak topped with green peppercorn cream sauce and served with mashed potatoes & seasonal vegetable.

**\*Chef Doug’s Salmon Dinner** 25  
Pan seared Salmon topped with citrus maple butter, served with garlic mashed potatoes & seasonal vegetable.

**Wild Alaskan Cod & Chips** 21  
Three (3) piece, beer battered Wild Alaskan Cod served with coleslaw, fries and house-made tartar sauce

**Chicken Carbonara** 22  
Caramelized onions, bacon, cream, garlic, Parmesan cheese & fettucine pasta, topped with grilled chicken served with garlic bread

### URBAN RICE BOWLS...

|                                                                                                                                                                                        |          |           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----------|
| <b>The Mediterranean Bowl</b>                                                                                                                                                          | <b>V</b> | <b>18</b> |
| A bed of white or brown rice, topped with tomato, cucumber, Feta, olives, red onion, lentils, fig, pine & pistachio nuts, pepperoncini with extra virgin olive oil & balsamic vinegar. |          |           |
| <b>*Northwestern Rice Bowl</b>                                                                                                                                                         |          | <b>20</b> |
| A bed of white or brown rice, topped with fresh carrots, cucumber, onion, chick peas, fried shallots, candied walnuts, apple, and topped with sesame vinaigrette and grilled chicken   |          |           |
| <b>*Add salmon <u>or</u> steak - 5</b>                                                                                                                                                 |          |           |

# Sweet Stop

**Ice Cream**   One Scoop **4** | Two Scoop **6**  
Ask your server for our special flavors

**Grit City Root Beer Float** 10  
Diamond Knot Root Beer in a 20 oz iced mug with a oversized serving of Vanilla Ice Cream

**Laurie’s Seasonal House Cobbler** 9  
Ask your service person about flavors

**Flourless Chocolate Torte** 10  
Gluten free dark chocolate torte topped with salted caramel and crème chantilly

**House Bread Pudding** 11  
House made with brioche bread - ask server for current selection of the tasty treat

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