LUNCH MENU

urban CAFE

GOOD FOOD MADE FRESH.

TOASTED SANDWICHES (Farmhouse White, Brown or Sourdough) Add Fries R39



CHEESE & TOMATO (V)	48
CHEESE & JALAPENO (V)	48
CHEESE & MUSHROOM (V)	54
HAM & CHEESE	55
CHEESE & ONION (V)	48
CHICKEN MOZZARELLA PESTO	58
EGG MAYO (V)	46
EGG MAYO & CHEESE (V)	52
EGG MAYO & BACON	56
MOZZARELLA, BACON & TOMATO	57
SAVOURY MINCE	55
PERI PERI CHICKEN (H)	57
BACON & CHEESE	56
CHICKEN MAYO	56
CHEESE & CHUTNEY (V)	48
CURRY CHICKEN & CHUTNEY	58
BACON BANANA	51
TUNA & GHERKIN	65

GRILLED PANINIS Add Fries R39

PERI PERI CHICKEN (H) 81
chicken breast, tomato, peri peri mayo

CHEESY VEG (V) 80
grilled peppers, caramelised onions, cream cheese, cheddar

CLUB MELT 87
chicken breast, bacon, mozzarella, mustard mayo and fresh salad

SRIRACHA CHICKEN (H) 82
chicken breast, tomato, sriracha sauce and mayo

MEDITERRANEAN (V) 81
grilled peppers, butternut, onions, olives, feta, basil pesto, mayo

SMOKEY BBQ CHICKEN & CHEDDAR 82
chicken breast, cheddar, tomato, smokey BBQ mayo

MEXICAN CHICKEN (H) 92
chicken breast, cheddar, jalapenos, salsa, Mexican sauce

CHICKEN MOZZARELLA PESTO 84
chicken breast, mozzarella, tomato, basil pesto, mayo

SMOKED CHICKEN MELT 82
smoked chicken breast, cheddar, tomato and mayo

3 CHEESE JALAPENO 76
cheddar, feta, mozzarella, jalapeno

TUNA MELT 94
tuna mayo, cheddar cheese, pickle



SALAD WRAPS (incl base of lettuce, carrot & tomato)

HARVEST WRAP (V) 83
avo, cucumber, salad, feta, peppers, spring onion, sunflower seeds, red pickled onion, mayo

BBQ CHICKEN 88
chicken breast, cheddar, salad, bbq sauce

CHICKEN & AVO 91
chicken breast, avo, feta, salad, mayo

CHEESE & AVO (V) 80
cheddar, feta, avo, mayo

MEXICAN CHICKEN (H) 91
chicken, cheddar, salad, avo, jalapenos, salsa, mexican sauce

TUNA MAYO 93
tuna, shredded cabbage, carrot, red pepper, cucumber and mayo



SMOKED CHICKEN & FETA 93
smoked chicken breast, feta, avo, salad, sweet chilli mayo

NEW **SPICY CHICKEN CAESAR (H)** 100
cajun chicken breast breast, pecorino, croutons, caesar dressing

GINGER THAI CHICKEN 88
chicken breast, pickled ginger, salad, coriander, peppers, peanuts, sesame seeds, Thai dressing

CLUB 90
chicken, bacon, mustard mayo

NEW **ROMA** 100
chicken breast, sun dried tomato pesto, cream cheese, pecorino, croutons, creamy dressing

FRESH SANDWICHES & ROLLS

Farmhouse White or Brown bread	Sarmie
CHICKEN MAYO	60
SMOKED CHICKEN & AVO	70
CLUB SANDWICH	70
TUNA MAYO	75
EGG MAYO (V)	45



Wholewheat Roll	
CHEESE & AVO (V)	72
CHICKEN & AVO	87
CLUB	79
MEXICAN CHICKEN (H)	81
SMOKED CHICKEN & FETA	88
TUNA MAYO	87
EGG MAYO (V)	51



BURRITOS (incl cheddar, guacomole, beans, corn, coriander, brown rice)

TEXMEX CHICKEN BURRITO (H) 95
chicken breast, jalapenos, mexican sauce

SMOKEY BBQ MINCE & CHEESE BURRITO 95
mince, smokey BBQ sauce

SAUCY VEGE BURRITO (V) 86
grilled peppers, butternut and onions with tomato relish

Add Fries R39

PERI PERI CHICKEN BURRITO (H) 94
chicken breast, peri peri sauce

TIKKA BEEF BURRITO (H) 94
mince, tikka sauce, feta



LUNCH MENU

GOOD FOOD MADE FRESH.

LUNCH BOWLS

MEXI BOWL (H) 105
grilled chicken breast, avo, carrot, beans, corn, jalapenos, coriander & mexican sauce served on brown rice

DURBAN CURRY BOWL (H) 98
Durban chicken curry served with brown rice and salsa



TERIYAKI CHICKEN BOWL (H) 112
grilled chicken breast dressed with a teriyaki sauce, peas, steamed broccoli, toasted sesame seeds served on brown rice

CHINESE CHICKEN BOWL 113
grilled chicken breast breast dressed with a honey soy sauce, roasted vege, steamed broccoli served on brown rice

PERI PERI PROTEIN BOWL (H) 97
grilled chicken breast breast coated in peri sauce, brown rice, corn and side salad

WARM WRAPS (served warm in a tortilla wrap) Add Fries R39

KOREAN CHICKEN WRAP (H) NEW 93
spicy gochujang chicken strips, red cabbage, red onion, carrot, coriander,cucumber, mayo

SPICY CHICKEN (H) 85
grilled chicken breast, cheddar cheese, salsa & mayo

TZATZIKI CHICKEN SWARMA NEW 99
chicken, fries, tzatziki, lettuce, tomato, onion & peri sauce in a tortilla wrap

CHICKEN TWISTER WRAP 88
southern coated chicken breast, cheddar, lettuce, spring onion, cucumber and bbq mayo

MEXICAN CHICKEN & CHIPS (H) 80
chicken, fries and mexican sauce in a wrap

BURGERS,TRAMEZINNI, FRIES etc

GRILLED CHICKEN BURGER & FRIES 94
grilled chicken breast on a brioche bun, lettuce, tomato and burger sauce.



CHEESE BURGER & FRIES 125
beef burger on a brioche bun, cheese, lettuce, tomato and burger sauce

MEXI BURGER & FRIES 133
beef burger on a brioche bun, cheddar, jalopenos, lettuce, tomato and Mexi sauce

Add:

jalapenos	10
bacon	24
caramelised onion	17
avo	21
mozzarella	19

CHEESY FRIES 58
fries smothered in cheese sauce. Choose your toppings

BOWL OF FRIES 39

CHICKEN STRIPS & CHIPS 91
crumbed chicken strips, sriracha mayo and fries

CHICKEN SCHNITZEL & FRIES 99
crumbed chicken schnitzel, salad and fries

CHICKEN SCHNITZEL BURGER & FRIES 99
crumbed chicken breast burger on brioche bun, lettuce, tomato, mayo and fries

NEW **CHICKEN WINGS & FRIES** 93
4 crumbed chicken winglets served with mayo and fries



NEW **TRAMEZINNI CLASSIC & FRIES** 93
chicken mayo, cheddar, caramelised onions served with fries

NEW **TRAMEZINNI PERNAISE & FRIES** 93
chicken mayo peri peri, mozarella, jalopenos served with fries

salsa	6
bacon bits	11
jalapenos	10
cheddar	19

SALADS (base of leafy greens, carrot, tomato & cucumber)

THAI CHICKEN 85
sliced chicken breast, pickled ginger, red cabbage, coriander, sesame seeds with a thai dressing

MEXICAN CHICKEN (H) 87
chicken breast, cheddar, jalapenos, avo, salsa, creamy dressing and mexican sauce

SMOKED CHICKEN, FETA & AVO 91
smoked chicken breast, avo, feta, creamy dressing, sweet chilli sauce

CHICKEN & AVO 90
sliced chicken breast, avo, pickled red onion, creamy dressing

MEDITERRANEAN SALAD (V) 75
grilled Mediterranean vege, feta, pesto, olives, creamy dressing

WARM CAJUN CHICKEN (H) 83
warm sliced cajun chicken breast, coriander, red onion, pickle, feta with a creamy dressing

SPICY CHICKEN CAESAR (H) NEW 95
cajun chicken breast, pecorino, croutons, caesar dressing



(V) Vegetarian | (H) Hot & Spicy | **ALLERGENS:** Menu contains traces of nuts, gluten, dairy, eggs, seafood, soy, sesame seeds amongst others.

Delivery Fee R12 between 11-2pm
Open 7 - 4pm (Mon - Fri)