



LUNCH MENU

Tel: 082 322 2313 (tel orders)
 Curb Side Collection 076 401 4229 (whatsapp only)
 Email: urbancafeorders@gmail.com

We will endeavour to deliver within Strauss Daly Building subject to operational demands. No delivery between 11:45am and 2pm. Kitchen closes 3.30pm. Open 7am - 4pm weekdays. 1st Floor Strauss Daly Building 45 Richefond Circle Ridgeside. Right of Admission Reserved.

TOASTED SANDWICHES (Farmhouse White, Brown or Sourdough)

CHEESE & TOMATO (V)	43	MOZZARELLA, BACON & TOMATO	51
CHEESE & JALAPENO (V)	43	SAVOURY MINCE	50
CHEESE & MUSHROOM (V)	46	PERI PERI CHICKEN (H)	50
HAM & CHEESE	50	BACON & CHEESE	50
CHEESE & ONION (V)	43	CHICKEN MAYO	50
CHICKEN MOZZARELLA PESTO	44	CHEESE & CHUTNEY (V)	42
EGG MAYO (V)	40	CURRY CHICKEN & CHUTNEY	52
EGG MAYO & CHEESE (V)	44	BACON BANANA	46
EGG MAYO & BACON	50	TUNA & GHERKIN	51



GRILLED PANINIS

PERI PERI CHICKEN (H) chicken breast, tomato, peri peri mayo	71	MEXICAN CHICKEN (H) chicken breast, cheddar, jalapenos, salsa, Mexican sauce	83
CHEESY VEG (V) grilled peppers, caramelised onions, cream cheese, cheddar	72	CHICKEN MOZZARELLA PESTO chicken breast, mozzarella, tomato, basil pesto, mayo	76
CLUB MELT chicken breast, bacon, mozzarella, mustard mayo and fresh salad	78	3 CHEESE JALAPENO cheddar, feta, mozzarella, jalapeno	69
SRIRACHA CHICKEN (H) chicken breast, tomato, sriracha sauce and mayo	74	SMOKED CHICKEN MELT smoked chicken breast, cheddar, tomato and mayo	74
MEDITERRANEAN (V) grilled peppers, butternut, onions, olives, feta, basil pesto, mayo	73	TUNA MELT tuna mayo, cheddar cheese, pickle	85
SMOKEY BBQ CHICKEN & CHEDDAR chicken breast, cheddar, tomato, smokey BBQ mayo	74		



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

HARVEST WRAP (V) avo, cucumber, salad, feta, peppers, spring onion, sunflower seeds, red pickled onion, mayo	75	SMOKED CHICKEN & FETA smoked chicken breast, feta, avo, salad, sweet chilli mayo	84
BBQ CHICKEN chicken breast, cheddar, salad, bbq sauce	80	TUNA MAYO tuna, shredded cabbage, carrot, red pepper, cucumber and mayo	84
CHICKEN & AVO chicken breast, avo, feta, salad, mayo	82	GINGER THAI CHICKEN chicken breast, pickled ginger, salad, coriander, peppers, peanuts, sesame seeds, Thai dressing	80
MEXICAN CHICKEN (H) chicken, cheddar, salad, avo, jalapenos, salsa, mexican sauce	82	CLUB chicken, bacon, mustard mayo	81
CHEESE & AVO (V) cheddar, feta, avo, mayo	72	Add Fries R36	



FRESH SANDWICHES & ROLLS (Farmhouse White or Brown)

	Samie		Wholewheat Roll
CHICKEN MAYO	52	CHEESE & AVO (V)	69
SMOKED CHICKEN & AVO	63	CHICKEN & AVO	84
CLUB SANDWICH	63	CLUB	76
BACON & AVO	63	MEXICAN CHICKEN (H)	78
HAM, CHEESE & TOMATO	52	SMOKED CHICKEN & FETA	85
EGG MAYO (V)	40	TUNA MAYO	84
		EGG MAYO (V)	49

BURRITOS

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

TEXMEX CHICKEN BURRITO (H) chicken breast, jalapenos, mexican sauce	86	PERI PERI CHICKEN BURRITO (H) chicken breast, peri peri sauce	85
TIKKA BEEF BURRITO (H) mince, tikka sauce, feta	85	ITALIAN CHICKEN BURRITO chicken breast, tomato salsa sauce	85
SMOKEY BBQ MINCE & CHEESE BURRITO mince, smokey BBQ sauce	86		
SAUCY VEGE BURRITO (V) grilled peppers, butternut and onions with tomato relish	78		

Add Fries R36



LUNCH BOWLS

<p>MEXI BOWL (H) grilled chicken breast, avo, carrot, beans, corn, jalapenos, coriander & mexican sauce served on brown rice</p> <p>CHINESE CHICKEN BOWL grilled chicken breast dressed with a honey soy sauce, roasted vege, steamed broccoli served on brown rice</p>	<p>95</p> <p>102</p>	<p>TERIYAKI CHICKEN BOWL (H) grilled chicken breast dressed with a teriyaki sauce, peas, steamed broccoli, toasted sesame seeds served on brown rice</p> <p>DURBAN CURRY BOWL (H) Durban chicken curry served with brown rice and salsa</p> <p>PERI PERI PROTEIN BOWL (H) grilled chicken breast coated in peri sauce, brown rice, corn and side salad</p>	<p>101</p> <p>89</p> <p>88</p>
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HOT WRAPS (served warm in a tortilla wrap)

<p>MEXICAN CHICKEN & CHIPS (H) chicken, fries and mexican sauce in a wrap</p> <p>CHEESE & CHIPS WITH CURRY SAUCE (H) cheese, fries and curry sauce in a wrap</p> <p>CURRY & FRIES (H) chicken curry & fries in a wrap</p> <p>CHICKEN TWISTER WRAP southern coated chicken breast, cheddar, lettuce, spring onion, cucumber and bbq mayo</p>	<p>72</p> <p>62</p> <p>80</p> <p>74</p>	<p>SPICY CHICKEN (H) grilled chicken breast, cheddar cheese, salsa & mayo</p> <p>CHICKEN CURRY (H) chicken curry, brown rice, chutney and salsa</p>	<p>77</p> <p>85</p>
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BURGERS, FRIES etc

<p>GRILLED CHICKEN BURGER grilled chicken breast on a burger bun, lettuce, tomato and burger sauce. Pick Sauce: peri peri, mexican, tikka, BBQ</p> <p>Add Extras: jalapenos bacon caramelised onion avo mozzarella</p> <p>CHICKEN STRIPS & CHIPS crumbed chicken strips, fries and sriracha mayo</p> <p>CHICKEN SCHNITZEL chicken schnitzel, salad and fries</p>	<p>62</p> <p>8</p> <p>20</p> <p>14</p> <p>18</p> <p>16</p> <p>82</p> <p>84</p>	<p>CHICKEN SCHNITZEL BURGER crumbed chicken breast burger, lettuce, tomato, mayo and fries</p> <p>BOWL OF FRIES</p> <p>CURRY FRIES fries smothered in curry sauce</p> <p>CHEESY FRIES fries smothered in cheese sauce</p> <p>Add Extras: Salsa Bacon Bits Jalapenos</p>	<p>85</p> <p>36</p> <p>52</p> <p>52</p> <p>5</p> <p>10</p> <p>8</p>
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SALADS (base of leafy greens, carrot, tomato & cucumber)

<p>THAI CHICKEN sliced chicken breast, pickled ginger, red cabbage, coriander, sesame seeds with a thai dressing</p> <p>MEXICAN CHICKEN (H) chicken breast, cheddar, jalapenos, avo, salsa, creamy dressing and mexican sauce</p> <p>SMOKED CHICKEN, FETA & AVO smoked chicken breast, avo, feta, creamy dressing, sweet chilli sauce</p> <p>CHICKEN & AVO sliced chicken breast, avo, pickled red onion, creamy dressing</p> <p>MEDITERRANEAN SALAD (V) grilled Mediterranean vege, feta, pesto, olives, creamy dressing</p> <p>WARM CAJUN CHICKEN (H) warm sliced cajun chicken breast, coriander, red onion, pickle, feta with a creamy dressing</p>	<p>77</p> <p>79</p> <p>82</p> <p>81</p> <p>68</p> <p>75</p>
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FRESH SIMPLE DELICIOUS