

STARTERS

*Hummus: home-made roasted red pepper hummus — served with fresh tomatoes, cucumbers and grilled pita bread
8.

Shrimp & Crab Bake: a combination of jumbo white crab, garlic & dill with grilled shrimp — served with toasted sourdough bread
9.

*Bruschetta: lightly seasoned, toasted bread topped with tomatoes, onions, garlic & cilantro
8.

Chicken Tenders: breaded chicken strips — served with fries & choice of sauce
9.

*Spinach & Artichoke Dip: a blend of fresh spinach, artichoke hearts & Parmesan cheese — served with pita chips
7.5

Market Sampler: grilled pita bread & our famous chicken salad, surrounded by fresh fruit, swiss, cheddar & brie cheeses
10.

Calamari: breaded calamari rings garnished with roasted red pepper sauce on a bed of mixed greens
9.

**Vegetarian Dish*

SALADS

*URBAN SPRING SALAD: dried cherries, bleu cheese crumbles & candied walnuts on a bed of mixed greens topped with honey mustard dressing
8.5

GRILLED PINEAPPLE & SHRIMP SALAD: grilled pineapple wedges, shrimp, avocado, red onions & sesame seeds with fresh mixed greens, finished with home-made pineapple vinaigrette dressing
10.

STRAWBERRY CHICKEN SALAD: mixed greens with grilled chicken breast, strawberries, mandarin oranges, bleu cheese crumbles & candied walnuts, & our raspberry vinaigrette dressing
9.

GRILLED SALMON SALAD: 6 oz Atlantic salmon filet, cucumbers, tomatoes & croutons tossed with a mix of greens & crumbled bleu cheese dressing
10.

*AVOCADO SALAD: avocado, walnuts, bleu cheese, red onions, cucumbers, and greens, drizzled with home-made mustard vinaigrette dressing
8.5

CHICKEN TENDER SALAD: A delicious blend of greens, breaded chicken tenders, tomatoes, cucumbers, bacon, croutons & honey mustard dressing
9.

ENTREES

Blackened Salmon: 6 oz Atlantic salmon filet, charbroiled with Cajun spices & choice of side
10.

Blackened Tilapia: charbroiled 8 oz tilapia filet with your choice of side
9.5

Salmon Cakes: lightly browned salmon cakes on a layer of cream spinach
10.

Provolone Chicken: grilled chicken breast, topped with provolone cheese & home-made roasted red pepper & tomato marinara with a choice of salad
10.

*BLEU CHEESE PASTA: Rotini pasta & Chickpeas smothered in a creamy Bleu Cheese sauce topped with walnuts
10.
with GRILLED CHICKEN
12.

DRESSINGS

Ranch (made in house)

Bleu Cheese

Honey Mustard

Pineapple Vinaigrette (made in house)

Raspberry Vinaigrette

SIDES

French Fries

Fresh Fruit

Asparagus

Cream Spinach

Side Salad

Grilled Squash

Onion Straws

URBAN ELEMENT

901 North Pennsylvania Street - 317.602.8726

SANDWICHES & WRAPS

served with chips, substitute French Fries or Onion Rings for 2.

*GRILLED EGGPLANT WITH BLEU CHEESE: lightly grilled eggplant topped with melted bleu cheese crumbles, grilled onions, tomatoes & mixed greens between a toasted Kaiser bun
8.

*GRILLED BRIE: melted brie, spinach, tomatoes & grilled onions on toasted wheat bread
8.5

TURKEY FLORENTINE: grilled sourdough bread with turkey breast, cream cheese, spinach & tomatoes
6.5

CHICKEN SALAD: a mixture of cilantro seasoned grilled chicken breast, grapes, walnuts & apples on wheat bread
6.5

CURRIED CHICKEN SALAD: green curry paste & scallions blended with grilled chicken on toasted pita bread & mixed greens
7.

*VEGGIE SANDWICH: a combination of cheddar & swiss cheeses topped with lettuce, cucumbers, avocado, tomatoes, red onions & mayo on wheat bread
6.5

BLT: your classic bacon, lettuce, tomato & mayo on grilled wheat bread
7.5

BLACKENED TILAPIA: charbroiled tilapia with Cajun spices, topped with tomatoes & lettuce on a Kaiser bun & a side of tartar
8.

URBAN BURGER: 1/3 lb beef patty on a Kaiser bun, with your choice of toppings
7.

DELI SANDWICH: create your favorite, with ham or turkey, with choice of bread & toppings, served hot or cold
6.

*HUMMUS WRAP: home-made roasted red pepper hummus, diced cucumbers, tomatoes & onions rolled in a wheat tortilla
6.5

GRILLED CHICKEN SPRING WRAP: grilled chicken breast, spring greens, tomatoes, cucumbers, red onions & spicy mayo in a wheat tortilla
7.5

BEVERAGES

Coke, Diet Coke, Root Beer, Sprite, Mr. Pibb

Iced Tea (sweet & unsweetened)

Lemonade

Milk

Beer

Wine

DESSERTS

Home-made Cookies

Home-made Cakes

(whole cakes available—ask server for details)

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