



FRESH, FUN AND HIP.

SALADS

Add: Bacon: 2 / Chicken: 4
Steak/Shrimp: 5 / Rare Tuna: 8
Cedar-Planked Salmon: 7

THE URBAN 7.25

fresh greens, golden raisins, sunflower seeds,
goat cheese, and honey white
balsamic vinaigrette

WEDGE 8.00

Romaine heart wedges, tomato, cucumbers,
blue cheese and warm bacon topped
with wasabi-ranch dressing

THE PARK 8.00

baby spinach, pears, walnuts,
caramelized onions, blue cheese,
and balsamic vinaigrette

CAESAR SALAD 7.25

Romaine, croutons and parmesan

ARUGULA, PROSCIUTTO,
AND GOAT CHEESE SALAD 9.00

topped with dried cranberries, walnuts,
and roasted walnut dressing
served with warm flatbread

URBAN CHOP CHOP 9.50

salami, pepperoni, pepperoncini, capers,
smoked gouda, tomatoes, romaine and
oregano vinaigrette

HANDHELDS,
WRAPS AND
FLATWICHES

Flatwiches® are flat-out perfection
folded, sealed and baked

HOUSEMADE MEATBALL 9.75

housemade meatballs stuffed in our
signature garlic bread with
Urban sauce and Caesar salad

CLUB WRAP 7.50

smoked turkey, bacon, lettuce,
tomatoes, mayo and mozzarella with
honey mustard and “The Urban” side salad

FRENCH DIP 9.75

sliced steak with melted provolone on a
toasted garlic baguette with au jus and “The
Urban” side salad or a cup of soup

URBAN CHICKEN SALAD 7.50

signature chicken salad stuffed in a buttery
croissant with honey mustard and
‘The Urban’ side salad

ARTICHOKE, WILD MUSHROOM,
AND GOAT CHEESE FLATWICH 9.00

roasted artichokes, baby spinach, wild
mushroom, roasted red peppers, and
goat cheese served with
‘The Urban’ side salad or soup

MEATLOVERS FLATWICH 10.00

sausage, pepperoni, salami, mozzarella
served with ‘The Urban’ side salad and
Urban sauce

PORTOBELLO MUSHROOM STACK 9.50

marinated Portobello mushroom, roasted red
peppers, provolone cheese, and mixed greens on
a ciabatta bun with red bliss potato salad

BLACKENED MAHI 10.00

on a toasted sourdough roll topped with
coleslaw and served with housemade tartar
sauce and red bliss potato salad

“THE GULCH” 9.75

slowbraised BBQ beef brisket on
toasted ciabatta with cheddar cheese,
lettuce, pickles and tomatoes.

SEASONAL ITEM

Printed on 100%
“TREE FREE” synthetic paper.
100% RECYCLABLE.

18% Gratuity will be added to all parties of 6 or more.
*Eating raw or partially cooked seafood, shellfish or meats
has the potential to cause illness in certain people.

FALLING INTO FLAVOR

Here at URBAN FLATS®, the best part about starting a new season is serving a new menu. You see, our dishes feature the freshest, farm-to-table seasonal and regional ingredients. So those winter vegetables were harvested, not defrosted. Sure, the winter menu still features classic signature selections. But you’ll also spot some exquisite new entries that are destined to become your new favorites. Just don’t get too attached. Because come spring, we’re starting fresh. Again.

STARTERS

FLAT DIPS 8.50

seasonal hummus and spreads served with warm flatbread

CREAMY ARTICHOKE AND SPINACH DIP 8.50

two cheeses with spinach, tomatoes
and warm flatbread

LOBSTER MAC AND CHEESE 8.50

nuggets of lobster, buttery alfredo sauce tossed
with elbow macaroni and served with warm flatbread

LOADED POTATO DIP 8.50

rich sour cream, four cheese, scallions and
bacon with twice-baked red-bliss potatoes

STEAK ON THE STONE 19.00

sliced center cut filet cooked table-side on a sizzling hot stone

EGGPLANT INVOLTINI 9.50

thin sliced and breaded eggplant stuffed with herbed ricotta
baked with Urban sauce

BRUSCHETTA 9.75

vine ripe tomatoes, basil, crumbled goat cheese
and olive tapenade with toasted ciabatta crostini

URBAN ENTREES

Add a 1/2 Caesar or the Urban Side Salad for 2.95

SOLE EN PAPILLOTE 11.50

Sole filet cooked in parchment with fennel, parsley,
haricot verts and baby potatoes in a lemony butter sauce

SESAME CRUSTED TUNA 12.00

seared rare yellowfin tuna with a chilled spinach and shiitake
mushroom salad and teriyaki glaze

URBAN “SLOW ROAST” 10.50

braised beef “pot roast” with root vegetables, over garlic
mashed potatoes in a rich red wine sauce.

CHIPOTLE RUBBED BISTRO STEAK 12.00

seared medium rare with twice baked red bliss potatoes,
asparagus and parsley chimichurri

CEDAR-PLANKED SALMON 12.00

glazed with maple mustard
nestled on seasonal vegetables

URBAN “BUTTER” BURGER 10.00

8 oz of seasoned angus beef with housemade blue cheese
butter, and pancetta on a toasted sourdough roll with
twice baked red bliss potatoes and our potato dip

BAJA MAHI TACOS 10.50

four blackened mahi whole wheat tacos, topped with a sesame
slaw, pico de gallo, and avocado salsa

MUSHROOM RAVIOLI 11.00

ravioli stuffed with portobello and shiitake mushrooms
tossed with roasted garlic butter sauce and asparagus

SANTA FE BABY BACK RIBS 13.00

southwest dry rubbed ribs brushed with Chipotle BBQ sauce,
mac and cheese gratin and toasted garlic bread

URBAN CHICKEN PARMESAN 10.50

thinly pounded chicken breast lightly breaded on a bed of
angel hair with Urban sauce, basil and provolone

FLATS

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For centuries, the flatbread has been a culinary staple of cultures across the globe. At URBAN FLATS®, our whole-wheat flatbreads are the canvas on which we create gourmet masterpieces. Lightly brushed with infused oils. Delicately layered with farm-fresh ingredients. Lovingly prepared and baked to a finish in a stone-hearth oven known as “the heart of the house.” We’re talking flat-out perfection.

THE BLACK AND BLUE 11.50

tender sliced steak and blue cheese, bell peppers,
and spinach baked with mozzarella cheese and roma tomatoes
finished with a balsamic glaze

CLASSIC 7.50

basil pesto and Roma tomatoes,
topped with fresh mozzarella cheese

CHEESEBURGER 9.50

dijon mustard, Angus beef topped with shredded romaine,
tomato-pickle relish

STANDBY 8.00

Urban sauce, pepperoni, and mozzarella cheese

FIG AND PROSCIUTTO 9.50

freshly made fig jam, prosciutto,
and blue cheese topped with
mozzarella and garnished with scallions

SPICY SHRIMP AND CHORIZO 9.75

Cajun shrimp with chorizo sausage on
chipotle sauce, topped with blue cheese
and roasted red peppers with mozzarella

OVEN ROASTED VEGETABLE 8.50

sun-dried tomato pesto topped with
roasted vegetables and parmesan cheese

MOROCCAN FLAT 10.00

curried chicken, parmesan cheese, mozzarella cheese,
red onion, Kalamata olives and diced red peppers

SOUTHWEST 9.50

Angus beef, tomato chipotle sauce, sweet onion, jalapeno,
pepper jack and cheddar cheeses and a sour cream drizzle

CHICKEN CAESAR 10.50

BBQ chicken, Caesar dressed romaine lettuce, and
parmesan cheese garnish

TURKEY, PEAR, AND BRIE 9.50

sliced smoked turkey breast, pears,
and brie cheese
sweetened with a honey-mustard drizzle

WHITE OUT 8.50

mozzarella, feta, parmesan and oregano
with crushed red pepper

ITALIAN SAUSAGE 9.50

sun-dried tomato pesto, Italian sausage,
and caramelized onions topped with
mozzarella and parmesan cheeses

MELANZANA 9.25

urban sauce, breaded eggplant,
topped with fresh mozzarella

BUFFALO CHICKEN 9.00

roasted chicken with blue cheese,
sweet onions, smoked gouda and wing sauce
garnished with celery hearts

MEATBALL FLATBREAD 10.00

housemade meatballs with
our urban sauce,
mozzarella and fresh oregano

MIDWESTERN FLAT 11.00

tender sliced steak and roasted potatoes
with cheddar and mozzarella cheeses, red onion,
bacon bits, scallions and a sour cream drizzle

[**DESSERT**]

CHOCOLATE FONDUE 8.5

CHOCOLATE MOLTEN LAVA CAKE 6.5
WITH VANILLA BEAN ICE CREAM

DESSERT FLAT OF THE DAY 7

SINFUL CHEESECAKE 5

XANGO 6

sweet wrap of cheesecake stuffed
with chocolate

POACHED PEAR 6

a halved pear poached in white wine
with a ginger cream cheese filing

[**MARTINIS & MORE**]

All cocktails are \$8

Van Gogh®
VODKA
www.vangoghvodka.com

LADY GOGHDIVA

Raspberry vodka, white
chocolate liqueur, white crème de cacao,
raspberry with a dash of cream

NUTTY COCONUT

Coconut vodka, amaretto liqueur,
dark crème de cacao with a dash of cream

POMEGRANATE SUNRISE

Pomegranate vodka, orange juice
with a splash of grenadine

CARAMEL APPLETINI

Van Gogh apple vodka, butterscotch
schnapps, apple liqueur, cranberry juice
with a swirl of caramel

BANANA SPLITINI

Vanilla vodka, banana vodka,
crème de banana, white crème de cacao,
splash of pineapple juice and
grenadine with a swirl of chocolate

CHOCOLATE COVERED CHERRY

Black cherry vodka, cranberry juice,
with a swirl of chocolate

TIRAMISU

Double espresso vodka, dark crème
de cacao with a splash of cream

AÇAÍ FLIRTINI

Acai blueberry vodka, raspberry
liqueur and sparkling wine

PINK FLO-RIDA

Acai blueberry vodka and pink lemonade

BERRY MOIITO

Acai Vodka, fresh berries, lime,
cane sugar, fresh mint & sparkling water

[**BOTTLED BEER**]

Amstel Light

Beck's (non-alcoholic)

Budweiser / Bud Light

Coors Light

Corona

Heineken / Heineken Light

Michelob Ultra

Miller Light

Sierra Nevada

Sam Adams Boston Lager

[**DRAUGHTS**]

Bud Light

WIDMER

Yuengling

Guinness

Orange Blossom Pilsner

Stella Artois

Newcastle

Drifter Pale Ale

Sam Adams Seasonal

Widmer Deadlift IPA



[**BUBBLY**]

These vivacious wines tickle the tongue and provide a lively complement to savory dishes.
The effervescent refreshment balances well with fresh seafood and farm greens.

Banfi Brachetto d’Acqui “Rosa Regale”
2006 Piedmont Italy (split) 15

Maschio Prosecco NV Veneto Italy 8/30

Moët & Chandon “Imperial”
NV Champagne France (split). 25

Gruet Brut NV New Mexico 45

François Montand Blanc de Blancs
Brut NV France. 7/26

Domaine Chandon Brut Rosé
NV California 10/38

Veuve Clicquot Brut
“Yellow Label” NV
Champagne France. 80

Dom Pérignon Brut
1999 Champagne France 265

[**FRAGRANT WHITES**]

Delicately sweet, these wines offer crisp refreshment that pairs perfectly with spicy festive foods.

A to Z Wineworks
Pinot Gris 2007 Oregon 8/30

Gunderloch Riesling Spätlese “Diva”
2007 Rheinhessen Germany 48

Urban Riesling
2009 Mosel Germany 7/26

Trimbach Gewürztraminer
2006 Alsace France 40

King Estate Pinot Gris 2007 Oregon. 42

Urban Uco Torrontes
2009 Valle de Cafayate Argentina 6/22

Clean Slate Riesling
2009 Mosel Germany 6/22

Ad Lib Tree Hugger
No Oak Chardonnay
2008 Western Australia. 8/30

[**BRIGHT WHITES**]

These medium bodied wines burst forth with vibrant and zesty flavor. Perfect for sipping
alongside fresh salads, poultry and seafood.

Yealands Sauvignon Blanc
2008 Marlborough New Zealand 7/26

Alois Lageder Pinot Grigio
delle Venezie “Riff” 2008 Italy 42

Maso Canali Pinot Grigio
2008 Trentino Italy. 9/34

Natura Sauvignon Blanc
2009 Casablanca Valley Chile 7/26

Mulderbosch Chenin Blanc
2008 Stellenbosch South Africa 9/34

Kim Crawford
Sauvignon Blanc
2009 Marlborough New Zealand 48

Labouré Roi Chardonnay
Pouilly Fuissé 2006 Burgundy France 55

Clayhouse Vineyards “Adobe White”
Central Coast, 2008 California. 12/46

Castello Banfi Pinot Grigio
Toscana “San Angelo”
2007 Tuscany Italy. 48

Mulderbosch Sauvignon Blanc
Stellenbosch 2007 South Africa 58

[**ROUND WHITES**]

These elegant whites are known for their delicately balanced blend of flavors and the
smooth, delicious finish. Try them with farm greens, salmon or shrimp.

King Estate Pinot Gris 2007 Oregon. 42

Honig Sauvignon Blanc
Napa Valley 2008 California 40

Cape Indaba Chardonnay
2008 Western Cape South Africa 6/22

McManis Chardonnay
River Junction 2008/2009 California 7/26

Franciscan Oakville Estate Chardonnay
Napa Valley 2008 California 45

Benziger Family Winery
Chardonnay Carneros
2007 California 8/30

Newton Unfiltered Chardonnay
Napa Valley 2006 California 95

Sonoma Cutrer Chardonnay
“Russian River Ranches”
Sonoma Coast 2008 California. 55

Cloudy Bay Sauvignon Blanc
2009 Marlborough New Zealand 60

Cakebread Cellars Chardonnay
Napa Valley 2007 California 85

Casa Lapostolle Chardonnay
Casablanca Valley 2005
Aconcagua Chile. 48

La Cana Albarino
2008 Rias Baixas Spain 10/38

[**LIGHT REDS**]

The little black dress of the wine list. These wines are lush and sumptuous, yet simple
and balanced. These pair best with pork, red meat and prosciutto.

Bodegas Borsao Rose Campo de Borja
2008 Zaragoza Spain 25

Angeline Pinot Noir Sonoma Coast
2007 California 9/34

Ciacci Piccolomini Sangiovese
2007 Tuscany Italy. 7/26

A by Acacia Pinot Noir
2007 California 45

Rex Hill Pinot Noir
Willamette Valley 2005 Oregon 65

Buena Vista Pinot Noir Carneros
2006 California 60

Primarius Pinot Noir
2008 Oregon 10/38

Bearboat Pinot Noir Russian River
Sonoma 2006 California 50

Fantinel Celebrate Life Merlot
2007 Friuli Italy. 9/34

Viña Santa Ema Merlot “Reserve”
Maipo Valley 2007
Central Valley Chile. 6/22

Urban Ribera Tempranillo
2007 Ribera Del Duero Spain 8/30

Concha y Toro
Cabernet Sauvignon
“Xplorador” Maipo Valley
2008 Central Valley Chile 6/22

[**SPICY REDS**]

Bold. Complex. Assertive. Good qualities in people. Even better in wines. These energetic
selections satisfy even the spiciest of appetites and stand up to the strongest of flavors.

Paso A Paso Tempranillo
La Mancha 2007 Spain. 6/22

Cline Zinfandel 2007 California. 8/30

Woop Woop Shiraz
2007 South Eastern Australia 8/30

Clayhouse Vineyard
Petit Syrah Paso Robles
2006 California 45

Markham Merlot Napa Valley
2005 California 55

Trivento Amado Sur
2008 Mendoza Argentina 9/34

Bookwalter “Subplot”
Cabernet Blend Multi-Vintage
Columbia Valley Washington 45

Tinto Pesquera Tempranillo
Ribera del Duero Crianza 2006
Castilla Y León Spain 70

Bodegas Muga Tempranillo “Reserva”
2005 Rioja Spain. 55

Cain “Cuvée NV5” Napa Valley
NV California 75

Cape Mentelle Shiraz
Margaret River 2006
Western Australia 75

Leese-Fitch Cabernet Sauvignon
2009 California 7/26

Louis M. Martini Cabernet Sauvignon
Sonoma County 2007 California. 9/34

Shafer Merlot Napa Valley
2007 California 85

Gaja Rosso Toscana
“Promis Pieve Santa Restituta”
2005 Tuscany Italy. 95

Stella Maris Columbia Valley
2005 Washington. 95

Castello Banfi Sangiovese
Brunello di Montalcino
2006 Tuscany Italy. 150

Mulderbosch Faithful Hound
2006 Stellenbosch South Africa 50

[**DARK REDS**]

Intense and daring these diverse reds stand up to the strongest of flavors.

De Toren “Fusion V” 2006 Coastal Region
South Africa. 90

Chappellet “Mountain Cuvee”
Napa Valley 2006 California 15/58

Château Le Conseiller
2004 Bordeaux France 55

Seghesio Zinfandel Sonoma County
2008 California 55

Tres Sabores Zinfandel ‘Porque No’
Napa 2006 California 55

Hendry Zinfandel “Block 7 & 22”
Napa Valley 2006 California 75

Monte Oton Granache
2008 Campo De Borja Spain. 6/22

Merryvale Cabernet Sauvignon
2005 Napa Valley California 70

Vine Cliff Cabernet Sauvignon
Oakville 2004 California 125

Quintessa Rutherford
2005 California 160

Fontanafredda Barolo
Nebbiolo “Serralunga d’Alba”
2004 Piedmont Italy. 90

Aquinas Cabernet Sauvignon
2009 Napa Valley California 9/34

Marchesi di Barolo Nebbiolo
Barbaresco 2005 Piedmont Italy 85

Opus One Napa Valley
2006 California 230