

## Daily Lunch Menu

### Sandwiches

**Tomek's Polish Street Sandwich:** Half \$5.50  
Whole \$8.75

Ham, capicola, salami, swiss and provolone on ciabatta bread with arugula, tomato, pickled red onion and Standard sauce

**Chicken Salad Sandwich:** \$7.25  
Tanglewood Farms chicken breast, pecans and dried cranberries with mixed greens and tomato

**Pimiento BLT:** \$6.55

Homemade pimiento cheese with smoked bacon, mixed greens and tomato

**Grilled Marinated Tofu:** \$7.50

Three seed bread, hummus, english cucumber, arugula and red onion marmalade

**Urban Grilled Cheese:** \$6.45

Three cheeses on white bread served with balsamic jam

**Urban Grilled Combo:** \$7.95

Urban Grilled Cheese Sandwich with 8oz cup of soup

**Wild Mushroom Panino**  
Half \$5.50 Whole \$8.75

Provolone, arugula, truffle oil, roasted garlic mayonnaise.

**Grilled Chicken Panino**  
Half \$5.50 Whole \$8.75

Tanglewood Farms chicken breast, smoked bacon, caramelized onion, goat cheese, and balsamic jam

**Crispy Prosciutto and Fresh Mozzarella Panino**  
Half \$4.95 Whole \$7.25

Prosciutto, fresh mozzarella, shaved red onion, tomato preserves

**Urban Sandwich Combo:** \$7.55

Half a sandwich and a small cup of soup

**Urban Salad Combo:** \$7.55

Any Half Salad with 8 oz cup of Soup  
Add chicken salad \$1.25  
Add bbq chicken \$1.50

**All sandwiches come with a choice of side: Marinated Broccoli, Balsamic orzo salad, Kettle Chips or Polish Coleslaw**

### Salads

**Roasted Fennel Salad**  
\$7.00 (Small \$4.50)

Mixed greens, roasted fennel, goat cheese, pine nuts and honey lemon vinaigrette.

w/chicken salad \$2.50

w/bbq chicken \$3.00 small \$1.50

w/tofu \$2.00 small \$1.25

**Soup of the day:**  
\$4.25 (Cup \$2.95)

Cup of fresh and delicious house-made Urban Standard Soup

**Super Food Salad**

Mixed greens, strawberries, blueberries, toasted walnuts, crumbled feta, blood orange vinaigrette

**\$7.65 (Small \$5.65)**

w/chicken salad \$2.50

w/bbq chicken \$3.00 small \$1.50

w/tofu \$2.00 small \$1.25

**Urban Hummus Dip:** \$4.65

Chickpea hummus served on mixed greens with English cucumber, Kalamata olives and pita chips.