



\$15 RESTAURANT WEEK MENU*

STARTER

Choice of:

TOMATO BASIL SOUP

SIDE HOUSE SALAD

SIDE CAESAR SALAD

ENTREE

Choice of sandwich or entree salad:

GRILLED CAGE FREE CHICKEN SANDWICH

GRILLED GRASS FED STEAK SANDWICH

GRILLED PORTOBELLO MUSHROOMS SANDWICH

CLASSIC CRISPY TENDER SANDWICH

NASHVILLE HOT TENDER SANDWICH

GRILLED CAGE FREE CHICKEN CLUB SANDWICH

BLUE CHEESE GRASS FED STEAK SANDWICH

URBAN GRILLED CHICKEN SALAD

ANTIOXIDANT SALAD

MIXED BEET SALAD

WILD AHI NICOISE SALAD

ASIAN CHICKEN SALAD

CHICKEN COBB SALAD

GRILLED STEAK SALAD

CHICKEN CAESAR SALAD

SALMON CAESAR SALAD

DESSERT

Choice of:

CHOCOLATE CHUNK COOKIE

URBAN COWGIRL COOKIE

ALMOND MACAROON

BANANA CREAM PIE

CHOCOLATE FLOURLESS CAKE SLICE

HUMMINGBIRD CAKE SLICE

CHOCOLATE VANILLA LAYER CAKE SLICE

MANGO TART SLICE

*Restaurant Week menu valid for dine-in or takeout orders (placed directly with the restaurant) at the Long Beach location only. Not valid for online, app, delivery, catering, or 3rd party delivery/pickup orders. Cannot be combined with other offers or discounts. Tax and gratuity not included. No cash value. Available from 4/1/2021 to 4/15/2021.

URBAN PLATES

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\$20 RESTAURANT WEEK MENU*

STARTER

Choice of:

TOMATO BASIL SOUP

SIDE HOUSE SALAD

SIDE CAESAR SALAD

ENTREE

Choice of:

GRILLED CAGE FREE CHICKEN PLATE

GRILLED GRASS FED STEAK PLATE

CHIMICHURRI GRASS FED STEAK PLATE

FOUR UP PLATE

CHICKEN 3 TENDER PLATE

WILD AHI TUNA PLATE

GRILLED SUSTAINABLE SALMON PLATE

MEATLESS LOAF PLATE

BLUE CHEESE GRASS FED STEAK PLATE

DESSERT

Choice of:

CHOCOLATE CHUNK COOKIE

URBAN COWGIRL COOKIE

ALMOND MACAROON

BANANA CREAM PIE

CHOCOLATE FLOURLESS CAKE SLICE

HUMMINGBIRD CAKE SLICE

CHOCOLATE VANILLA LAYER CAKE SLICE

MANGO TART SLICE

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