

1127 E. Main St., Cottage Grove, OR**Text or Call - 541-942-7554****Mon-Fri 10:30-7:00 • Saturday 10:30-2:30**

URBAN KITCHEN

217 N. 42nd St., Springfield, OR**Text or Call - 541-844-9090****Mon-Fri 10:30-7:00 • Saturday 10:30-2:30**

TERIYAKI BOXES

Urban Teriyaki Chickenwhite or brown rice & veggies Sm. 5.25 Reg 6.50 Lg 8.75
yakisoba noodles & veggies Sm. 5.75 Reg 6.75 Lg 9.50**Urban Teriyaki Beef**white or brown rice & veggies Sm. 6.00 Reg 7.75 Lg 10.25
yakisoba noodles & veggies Sm. 6.50 Reg 8.00 Lg 11.25**Pan Glazed Sesame Pork**white or brown rice & veggies Sm. 5.75 Reg 7.25 Lg 9.75
yakisoba noodles & veggies Sm. 6.00 Reg 7.50 Lg 10.25**Pan Glazed Sesame Tofu** VGwhite or brown rice & veggies Sm. 5.75 Reg 7.25 Lg 9.50
yakisoba noodles & veggies Sm. 6.00 Reg 7.50 Lg 9.50**Pan Glazed Sesame Tempheh** VGwhite or brown rice & veggies Sm. 6.00 Reg 7.75 Lg 10.00
yakisoba noodles & veggies Sm. 6.00 Reg 8.00 Lg 11.25**Pan Glazed Sesame Veggies** VGwhite or brown rice & veggies Sm. 5.25 Reg 6.50 Lg 8.75
yakisoba noodles & veggies Sm. 5.75 Reg 6.75 Lg 9.50

TERIYAKI RICE WRAPS

Urban Sm. 6.00 Reg 7.25 Lg 9.25 VG
Sweet Chili Sm 6.00 Reg 7.75 Lg 9.25 VG
Mango Salsa Sm 6.25 Reg 7.75 Lg 9.75 VG
Peanut Thai Sm 6.25 Reg 7.75 Lg 9.75 VG
Pineapple Habanero Salsa Sm 6.25 Reg 7.75 Lg 9.75 VG* VEGAN AVAILABLE IN ALL WRAPS VG**Substitute Proteins:****Additional Charges**

	S	R	L
Pork	+.50	+.75	+1.00
Tofu	.50	.75	1.00
Beef	.75	1.00	1.50
Tempheh	.75	1.00	1.50
Black Beans no charge		

**Wraps come with
chicken, rice, fresh
shredded cabbage,
steamed broccoli,
and our house made
teriyaki sauce**

URBAN MACRO BOWLS*

* Please note: Macro bowls take extra time to prepare and are a phone in order.

Guacamole may be substitution without notice. Reg. 6.25 Lg. 8.25* VEGAN AVAILABLE IN ALL BOWLS VG**Urban Black Bean:** brown or white rice, black beans, cheddar cheese, sour cream, guacamole, black olives & red or mango salsa**Spicy Urban:** Brown or white rice, spicy sesame kale, spinach, jalapeno, cilantro, lime, mango salsa, avocado, cucumber, chia seeds, sesame seeds**Urban Rainbow:** quinoa, chickpeas, kale, purple sauerkraut, cucumber, tomatoes, raw broccoli, carrots, avocado, sesame seeds**Urban Grounded:** Herbed yellow potatoes, quinoa, chickpeas, tomatoes, broccoli, spinach, avocado & cashews**Choose Sauce:**Avocado Cilantro Lime
Ginger Tahini
Garlic Tahini
Peanut Thai
Berry Chipotle**Choose Protein:**Chicken +1.75
Pork +2.25
Beef +2.75
Tofu +2.25
Tempheh +2.75
Cheese +.50

SALADS & WRAPS

All Items can be a salad or wrap Small \$5.95 Reg \$6.95 Lg \$8.95

*Tortillas Options: Flour, Wheat, Spinach, Garlic&Herb, Tomato Basil (Except LG- Flour)

Blue Cheese Ranch- Romaine, Blue cheese, your choice of tomatoes, croutons, sunflower seeds, chicken & ranch**Buffalo Blue -**Romaine, blue cheese, your choice of tomatoes, croutons, sunflower seeds, chicken, Frank's Red Hot Sauce & ranch**Caesar-** Chicken, romaine lettuce, parmesan cheese, croutons and Caesar dressing**Chicken Bacon Ranch-** Romaine lettuce, cheddar cheese, bacon, sunflower seeds, croutons, chicken and Ranch**Coach Hibbard-** Romaine, cabbage, cheddar & parmesan cheeses, bacon, croutons, chow mein noodles, sunflower seeds, almonds, chicken, oriental sesame dressing & ranch**Daisy-** Romaine, parmesan cheese, croutons, sunflower seeds, chicken, drizzle of urban teriyaki & caesar**Dominator-** Romaine, cheddar cheese, croutons, bacon, sunflower seeds, chicken, sriracha & ranch**Greek Feta Vinaigrette** – romaine, chicken, black olives, feta cheese, cucumbers, sun dried tomatoes, croutons and feta vinaigrette**Jersey-** Romaine, chicken, bacon, cheddar cheese, sunflower seeds, croutons, sun dried tomatoes, sriracha & Ranch**Mango Salsa Teriyaki-** Romaine, cabbage, carrots, parmesan cheese, almonds, chicken, chow mein noodles, teriyaki and mango salsa & urban teriyaki sauce VG**Marys Madness-** Romaine, cabbage, chicken, carrots, almonds, chow mein noodles, parmesan cheese, Urban teriyaki sauce, ranch & mango salsa**May's BBQ-** Romaine, cabbage, croutons, cheddar cheese, sunflower seeds, bacon, chicken, BBQ sauce, & tangy slaw dressing**Oriental Sesame-** Chicken, cabbage, chow mein noodles, parmesan cheese, almonds & oriental sesame dressing VG**Peanut Thai-** Cabbage, chicken, parmesan cheese, chow mein noodles, almonds & spicy Peanut Thai sauce VG**Sweet Chili** - Chicken, cabbage, almonds, chow mein noodles, parmesan cheese & sweet chili sauce VG**Teriyaki Salad-** Romaine, cabbage, carrots, almonds, chicken, parmesan cheese, almonds, chow mein noodles & Urban teriyaki sauce VG**3 Berry Chipotle-** Chicken, cabbage, romaine, parmesan cheese, almonds, chow mein noodles, spinach & 3 Berry Chipotle sauce VG*Vegan customizations are marked please let us know when ordering.* VG**Drinks:**

- Canned soda 1.00
- Bottled water 1.00
- Organic juice 1.00
- Tea 1.75
- Mango Tea, or Peach Tea 2.25
- Lemonade 2.50
- Peach, Mango or Wild Berry Lemonade 2.75