



urban kitchen

Design your own salad!

From more than 70 ingredients
From \$7.29

Step 1 - “LETTUCE” BEGIN! Select your fresh greens.

UK Blend, Iceberg, Romaine, Spring Mix, Spinach

Step 2 - “OLIVE” YOUR FAVOURITES! Choose your 5 favourite toss-ins.

Carrots, Olives, Mushrooms, Celery, Cauliflower, Broccoli, Green Peppers, Green Beans, Red Onions, Cucumbers, Tomatoes, Red Peppers, Kidney Beans, Chick Peas, Spring Onion, Avocado, Strawberries, Kiwi, Mango, Mandarin, Beets, Peas, Bacon Bits, Cherry Tomatoes, Corn, Asparagus, Grated Egg, Tofu, Flaked Tuna, Green Onions, Artichoke Heart, Cranberries, Raisins, House Croutons, Parmesan, Salt, Pepper, Sesame Seeds, Pumpkin Seeds, Chow Mein Noodles, Sunflower Seeds, Almonds, Pecans, Walnuts

Each additional item \$0.75

Step 3 - THE GOURMET STUFF! Order your hearty fixins’.

\$2.49 each Item

Steak Strips, Ham, Turkey, Shrimp, Chicken
Choose from our 6 signature chicken flavours:
Pesto, Jerk, BBQ, Tandoori, Thai, Asian

75¢ each item

Mozzarella, Cheddar, Jalapeño Jack, Feta,
Marble Blend and Goat Cheese

Step 4 - TOSS IT YOUR WAY! Pick your favourite dressing.

1000 Island, French, Greek Feta, Italian Rustico, Ranch, Caesar, Blue Cheese, Sesame Ginger Teriyaki, Asian Sesame Vinaigrette, Balsamic Vinaigrette, Citrus Kiwi Vinaigrette, Italian Light, Sweet Onion Vinaigrette, Light Poppy Seed, Light Raspberry, Balsamic Vinegar, White Vinegar, Olive Oil

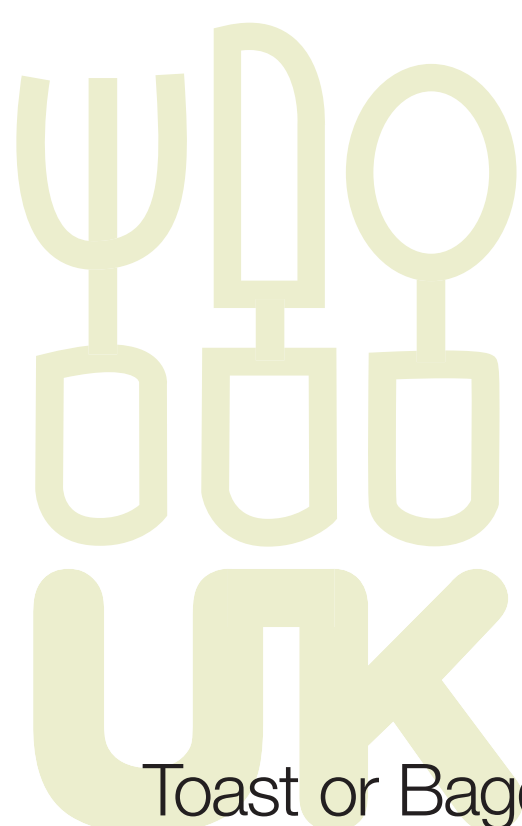
Step 5 - TO CHOP OR NOT TO CHOP

Choose to have your salad chopped or tossed.

Step 6 - THE ULTIMATE CHOICE

On a plate or in a wrap. You decide.

UK MENU



BREAKFAST

- Toast or Bagel... \$1.99
 - Breakfast Sandwich Bagel... \$4.99
 - Designer Breakfast Bowl... \$4.99
 - Waffle with Toppings... \$5.99
 - Toasted Western Sandwich... \$5.49
 - Toast or Bagel with freshly sliced Cheddar, Swiss or Cream Cheese... \$2.69
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SOUP - \$4.49

**Our gourmet soups are served with bagel rounds.
A different four varieties served daily just to keep you guessing.**
Ask server for daily selection.

SANDWICHES & WRAPS

**Our sandwiches and wraps are made
with only the finest artisan breads.**

- Classic Sandwiches – 5.49 (egg, salmon, tuna and chicken salad)
 - Signature Sandwiches – 7.99
 - Panini Sandwiches – 8.49
 - Salad Wraps – 7.29
 - Stir Fry Wraps – 9.99
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PIZZA & PIZZINI - \$8.99

**Our pizzas are prepared on either thin crust or as a
pizzini on focaccia bread.**

- Tandoori, Pesto Chicken, Tangy BBQ Chicken, Sweet Thai Chicken,
Asiago Grilled Steak, Hawaiian, Goat Cheese-Artichoke,
Grilled Vegetarian Medley
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HOT ENTRÉES & STIR FRY

Lunch \$9.99 Supper \$10.99

DESSERT

- Chocolate Brownie Dessert Pizza... \$3.99
 - Waffle with Toppings... \$5.99
 - Assorted squares, pastries and cakes available daily.
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KID'S MEAL

- Grilled Cheese Sandwich... \$3.49
 - Pepperoni Pizza... \$5.99
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