

SALADS, SOUPS, & QUICHE

Add warm or cold shredded chicken to any salad \$4
Add cold smoked salmon to any salad \$6
Add warm or cold marinated tofu to any salad \$4

Dressings: All dressings are gluten free - Blue Cheese, Lemon Dill Ranch, Greek, Caesar, Chipotle Ranch, Apple Fig Vinaigrette, Balsamic Vinaigrette. (\$1 upcharge for extra dressing)

 All salads are Gluten Free except for baguette and croutons. Substitute GF crackers.

 **Garden Salad** \$13
Carrot, cucumber, red onion, and tomato on top of a bed of spring greens with your choice of dressing

Caesar Salad \$15
Romaine iceberg blend topped with Parmesan cheese, croutons, and truffle balsamic glaze with a side of Caesar dressing. (Croutons are not gluten free)

Greek Salad \$16
Romaine iceberg blend, tomato, red onion, cucumber, Kalamata olive, banana pepper, and feta cheese with Greek dressing. Add warm sliced gyro for \$3.50

Urban Salad \$16
Beets, red onion, granny smith apple, dried cranberry, pecans, and goat cheese on top of spring greens with house made apple fig balsamic vinaigrette

St. Croix Cobb Salad \$20
Romaine iceberg lettuce blend, tomato, red onion, blue cheese, hard-boiled egg, ham, bacon, and turkey with your choice of dressing

Black Bean Quinoa Salad \$16
Purple rice blend & red quinoa, roasted red pepper, fresh cilantro, green onion, feta cheese and chili lime black bean salsa on a bed of spinach with a lime wedge

 **Asparagus Cashew Quinoa Salad** \$16
Purple rice blend & red quinoa, diced asparagus, cashews, roasted red pepper, green onions and an orange marmalade coconut sauce on a bed of spinach topped with toasted coconut and an orange slice

Today's Soups Cup \$8 Bowl \$12
Tomato Basil (GF with no crostini)
Caramelized Onion, Mushroom & Brie
Soup(s) of the Day (ask server)

Soup Sampler \$13
Can't decide which soup to get? Try three!

 **Chef's Quiche & Fruit** \$15
Rotating flavors of our popular house-made gluten-free quiche served with fresh fruit and a muffin
— sub gluten-free blueberry muffin for \$2

Urban Combo - Choose Any 2 \$16
Your choice of a small garden, Caesar, or Greek salad, or a cup of one of our delicious soups, or our house-made quiche

SANDWICHES & WRAPS

Sandwiches & wraps served with veggies and lemon dill ranch dip. Add kettle chips for \$3. Add a small Garden or Caesar salad or cup of soup for \$8

Choice of ciabatta or Naan flatbread

All sandwich and wrap ingredients are gluten-free except for bread and where noted. Substitute GF bread or a GF wrap for \$4

Urban Fig & Chicken \$15
Shredded chicken, fig spread, Havarti, spring mix

Grown Up Grilled Cheese \$13
Havarti & Swiss cheese, granny smith apples & honey

Smoked Pork Philly \$16
Pulled pork, caramelized onion, roasted red pepper, and provolone cheese with a chipotle cherry barbeque sauce

Cranberry Turkey & Swiss \$15
Turkey, Swiss cheese, caramelized onion, dried cranberries, spring greens, and cranberry aioli

Cuban \$16
Sliced ham, pulled pork, Swiss cheese, house-made pickles, mayo, and mustard

Greek Gyro with Tzaziki \$16
Warm gyro meat (lamb & beef) with lettuce, tomato, cucumber, red onion, banana pepper, and tzatziki sauce on warm white flatbread. (Gyro meat is not GF)

Tuscan Salami \$15
Italian salami, roasted red pepper, sun-dried tomato, provolone cheese, basil pesto aioli, and spring mix

Portabella Veggie \$15
Roasted portabella, roasted red pepper, sun-dried tomato, caramelized onion, dill, provolone, spring mix, and garlic & herb sauce
— can be prepared vegan upon request

Beef, Portabella, Caramelized Onion & Provolone Sandwich \$16
Shredded beef with portabella mushrooms, caramelized onions, provolone cheese, and roasted garlic aioli
— can be prepared gluten-free upon request

Chicken Caesar Wrap \$15
Lettuce, tomato, Parmesan, shredded chicken, and Caesar dressing wrapped in a grilled tortilla

Spicy Asian Chicken Wrap \$15
Lettuce, cabbage, cilantro, green onion, roasted red pepper, cold shredded chicken, and spicy Thai peanut sauce wrapped in a grilled tortilla (sauce not GF)
— can be prepared vegan (including sub tofu for chicken)

Avocado BLT Wrap \$15
Lettuce, crumbled bacon, tomato, red onion, and avocado aioli wrapped in a grilled tortilla
— can be prepared vegan (including sub tofu for bacon)

 **Sweet Thai Chili Stir Fry Tofu Wrap** \$15
Lettuce, cabbage, cilantro, green onion, roasted red pepper, carrot, snap peas, seasoned baked tofu and sweet Thai chili sauce wrapped in a grilled tortilla. (Vegan w/balsamic dip instead of lemon dill ranch)
— Sub Chicken for Tofu for no charge

SMALL PLATES

GF GF = Gluten Free **INGREDIENTS**. If GF is desired, GF crackers or bread are available for an upcharge.

GF Warm Goat Cheese & Fig \$14
Goat cheese topped with fig, pecans and fig balsamic glaze. Served with fresh baguette (not GF).

GF Spinach Artichoke Dip \$14
A warm blend of artichoke, spinach, cream cheese, parmesan, garlic and lemon. Topped with shredded parmesan and served with fresh baguette (not GF).

GF Spicy Feta \$14
A spicy blend of feta cheese, tomato, green onion, chilies, and garlic. Served with corn tortilla chips.

Baguette and Olive Oil Board \$12
A selection of Urban's seasoned olive oils and fresh baguette.

GF Nibble Plate \$16
Sun-dried tomato pesto, Kalamata olive tapenade, basil pesto, goat cheese with balsamic glaze, and mixed olives. Served with crackers and baguette (not GF).

GFV Hummus & Veggies \$14
Select from traditional, Kalamata olive, basil pesto, or sun-dried tomato. Served with toasted flatbread (not GF) and fresh veggies. Basil pesto is not vegan.

GF Warm Brie & Baguette \$16
Warm Ile De France Brie topped with your choice of either sweet or spicy sauce. Ask your server for today's selection. Served with fresh baguette (not GF).

Cheddar Stuffed Pretzel \$13
Jumbo cheddar cheese-stuffed pretzel, baked and topped with crumbled bacon and chipotle seasoned olive oil. Served with chipotle ranch.

Spinach & Feta Stuffed Pretzel \$13
Jumbo pretzel stuffed with spinach and feta cheese, baked and topped with garlic olive oil and crumbled feta cheese. Served with Greek dressing.

Grilled Cheese Pretzel & Tomato Basil Soup Combo \$16
Grilled cheese stuffed pretzel paired with a cup of our homemade tomato basil soup. A perfect combination!
— No substitutions, please. Subject to product availability.

GF Muhammara \$14
Middle Eastern dip of roasted red peppers, walnuts, pomegranate molasses, and cayenne that is savory, sweet, and spicy with a hint of smokey. Served with veggies and toasted white flatbread (not GF).

GF Most menu items can be prepared gluten free with the substitution of GF crackers (for baguette), GF bread or a GF wrap. Please let your server know of any food sensitivities; we will do our best to accommodate.



URBAN TABLE

DINE • SIP • GATHER

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