

FRESH, FUN & HIP.

[SALADS]

Add: Bacon: / Chicken: / Steak/Shrimp: / Rare Tuna: / Cedar-Planked Salmon:

THE URBAN

Fresh greens, golden raisins, sunflower seeds, goat cheese, and honey white balsamic vinaigrette

WEDGE

Romaine heart wedges, tomato, cucumbers, blue cheese and warm bacon topped with wasabi-ranch dressing

THE PARK

Baby spinach, pears, walnuts, caramelized onions, blue cheese, and balsamic vinaigrette

THE CAESAR

Romaine, parmesan, croutons and Caesar dressing

ARUGULA, PROSCIUTTO, AND GOAT CHEESE SALAD

Topped with dried cranberries, walnuts, and roasted walnut dressing served with warm flatbread

URBAN CHOP CHOP

Salami, pepperoni, pepperoncini, capers, smoked gouda, tomatoes, romaine and oregano vinaigrette

[FLATWICHES, WRAPS & MORE]

Flatwiches® are flat-out perfection folded, sealed and baked

HOUSEMADE MEATBALL

Housemade meatballs stuffed in our signature garlic bread with Urban sauce and Caesar salad

URBAN "BUTTER" BURGER

8oz of Angus beef and mushroom rub with house made blue cheese butter, pancetta and twice baked red bliss potatoes

CLUB WRAP

Sliced smoked turkey, bacon, lettuce, tomatoes, mayo, avocado and mozzarella served with honey mustard and the 'The Urban' side salad

FRENCH DIP

Oven roasted, sliced steak with melted provolone cheese on a warm garlic baguette with a side of au jus for dipping and served with soup or 'The Urban' side salad

URBAN CHICKEN SALAD

Signature chicken salad stuffed in a buttery croissant with honey mustard and 'The Urban' side salad

ARTICHOKE, WILD MUSHROOM, AND GOAT CHEESE FLATWICH

Roasted artichokes, baby spinach, wild mushroom, roasted red peppers, and goat cheese served with 'The Urban' side salad or soup

MEATLOVERS FLATWICH

Sausage, pepperoni, salami, mozzarella served with 'The Urban' side salad and Urban sauce

SEASONAL ITEM

HEALTHY CHOICE

This menu is printed with vegetable-based inks on recycled paper. It is composed of 100% post-consumer fiber. This chlorine-free and acid-free archival paper uses no new trees and has a neutral pH. 18% Gratuity will be added to all parties of 6 or more. *Eating raw or partially cooked seafood, shellfish or meats has the potential to cause illness in certain people.



Urban Flats supports local farmer network. Ask server for details.

[FALLING INTO FLAVOR]

Here at URBAN FLATS®, the best part about starting a new season is serving a new menu. You see, our dishes feature the freshest, seasonal ingredients. So those field tomatoes were harvested. Sure, the fall menu still features classic signature selections. But you'll also spot some exquisite new entries that are destined to become your new favorites.

[STARTERS]

FLAT DIPS

Seasonal hummus and spreads served with warm flatbread



URBAN GREEN EGGS AND HAM

Local Lake Meadow deviled eggs stuffed with herbs and crisp pancetta

CREAMY ARTICHOKE AND SPINACH DIP

Two cheeses with spinach, tomatoes and warm flatbread

LOBSTER MAC & CHEESE

Nuggets of lobster, buttery alfredo sauce tossed with elbow macaroni and served with warm flatbread

LOADED POTATO DIP

Rich sour cream, four cheese, scallions and bacon with twice-baked red-bliss potatoes

STONE-FIRED SURF AND TURF

Center cut filet and marinated shrimp, cooked table-side on a sizzling hot stone



"FRIED" GREEN TOMATOES

Lightly breaded and baked with jumbo lump crab, arugula and green goddess dressing

[URBAN ENTREES]

Add a 1/2 Caesar or the Urban Side Salad

OVEN ROASTED MAHIMAH

Fragrant green rice, baby bok choy and Moroccan Charmoula

YELLOWFIN TUNA "AU POIVRE"*

Cracked black pepper and rosemary crusted with chickpeas, olives, roasted red peppers, arugula and a sundried tomato vinaigrette

GNOCCHI CAULIFLOWER AU GRATIN

Gnocchi baked in a four cheese sauce with cauliflower topped with toasted bread crumbs

CHIPOTLE RUBBED BISTRO STEAK

Seared medium rare with twice baked red bliss potatoes, and parsley chimichurri

PORK BROCHETTES

Pork tenderloin rubbed with cumin, garlic and lemon with fragrant green rice and citrus olive relish

CEDAR-PLANKED SALMON

Glazed with maple mustard nestled on seasonal vegetables

SHRIMP SCAMPI

Shrimp, roasted garlic butter, cracked black pepper and parsley tossed with fettuccini

URBAN CHICKEN PARMESAN

Thinly pounded chicken breast lightly breaded on a bed of fettuccini with Urban sauce, basil and provolone

[FLATS]

Add: Bacon: / Chicken: / Steak/Shrimp: / Rare Tuna: / Cedar-Planked Salmon:

For centuries, the flatbread has been a culinary staple of cultures across the globe. At URBAN FLATS®, our whole-wheat flatbreads are the canvas on which we create gourmet masterpieces. Lightly brushed with infused oils. Delicately layered with farm-fresh ingredients. Lovingly prepared and baked to a finish in a stone-hearth oven know as "the heart of the house." We're talking flat-out perfection.

THE BLACK AND BLUE

Tender sliced steak and blue cheese, bell peppers, and spinach baked with mozzarella cheese and roma tomatoes finished with a balsamic glaze

CLASSIC

Basil pesto and roma tomatoes, topped with fresh mozzarella cheese

PANCETTA & GORGONZOLA

Mozzarella, pancetta, gorgonzola, roasted garlic, topped with spiced walnuts

STANDBY

Urban sauce, pepperoni, and mozzarella cheese

FIG AND PROSCIUTTO

Freshly made fig jam, prosciutto, and blue cheese topped with mozzarella and garnished with chives

SPICY SHRIMP & CHORIZO

Cajun shrimp with chorizo sausage on chipotle sauce, topped with blue cheese and roasted red peppers with mozzarella

OVEN ROASTED VEGETABLE

Sun-dried tomato pesto topped with roasted vegetables and parmesan cheese

STEAK AND PORTOBELLO

Tender sliced steak and portobello mushrooms roasted with mozzarella cheese and garnished with scallions

SOUTHWEST

Angus beef, tomato chipotle sauce, sweet onion, jalapeno, pepper jack and cheddar cheeses and a sour cream drizzle

CHICKEN CAESAR

BBQ chicken, Caesar dressed romaine lettuce, and parmesan cheese garnish

TURKEY, PEAR, AND BRIE

Sliced smoked turkey breast, pears, and brie cheese sweetened with a honey-mustard drizzle

WHITE OUT

Mozzarella, feta, parmesan and oregano with crushed red pepper

ITALIAN SAUSAGE

Sun-dried tomato pesto, Italian sausage, and caramelized onions topped with mozzarella and parmesan cheeses

JERK CHICKEN

BBQ chicken, jerk seasoning, sweet onions garnished with pineapple salsa

BUFFALO CHICKEN

Roasted chicken with blue cheese, sweet onions, smoked gouda and wing sauce garnished with celery hearts

MEATBALL FLATBREAD

Housemade meatballs with our urban sauce, mozzarella and fresh oregano

MIDWESTERN FLAT

Tender sliced steak & roasted potatoes with cheddar and mozzarella cheeses, red onion, bacon bits, scallions and a sour cream drizzle