

STARTERS & SHAREABLES

Artisan Bread Board <i>vg</i> Olives, butter, balsamic vinegar & olive oil	9	Carne Pegajosa <i>gf</i> South American sticky beef, Asian style slaw, chilli, toasted sesame seeds	10.5
Padron Peppers <i>vg gf</i> Maldon chilli salt, halloumi crumb	9.5	Plantain and Sweet Potato Taco <i>ve gf</i> Salsa verde, guacamole, charred corn, salsa criolla	9.5
Scallops Concha "Cooked in the Shell" Pork Carnitas, Smokey Pepper Jam	13.5	Grilled Chicken & Avocado Taco <i>gf</i> Grilled chicken, charred corn, salsa, cashews	9.5
Provolenta, Melted Cheesy Fondue Onion relish, corn chips for dipping	11.5	Guacamole <i>gf ve</i> Avocado chopped with chilli, coriander, tomato, charred corn, Pico de Gallo salsa, fried tortilla crisp	9.5
Fried Fish Taco Urban green salsa, Pico de Gallo	11.5	Gambas Pil Pil Tiger prawns, garlic and chilli butter, crusty bread	12.5

PLATOS DE CARNE

served with either triple cooked chips or Chimichurri potatoes, roasted vine cherry tomatoes & watercress garnish

Picanha *gf* 24

Rump Cap
230 grams

Solomillo *gf* 32

Sirloin
300 grams

Chuleton *gf* 32

Ribeye
300 grams

Filete *gf* 37

Fillet
230 grams

Add a sauce Chimichurri, Peppercorn Cream, Pil Pil Butter, 3 Aji Sauce, Blue Cheese

Grilled Free Range Chicken Breast *gf* 18
Aji and Chimichurri sauce

Sticky Pork Belly 19
Asian style slaw, pico potatoes, roasted pepper

"OUR BEEF IS BRED IN AN ETHICAL WAY AND CONSISTS OF NATIVE SUCKLER BREEDS SUCH AS ANGUS HEREFORD AND DEVON REDS. IT IS AGED FOR A MINIMUM OF 30 DAYS IN SPECIALLY DESIGNED ROOMS WHICH ENHANCES THE OVERALL FLAVOUR AND TEXTURE"

PLATO PRINCIPALES

Moqueca *gf* 19

Brazilian style seafood stew, sweet potato, peppers, coconut, chilli & fragrant lemon rice

The Infamous Urban Wagyu Burger 18

6oz Wagyu burger, Wasabi mayonnaise, truffle infused red onions, parmesan cheese, triple cooked chips

La Plancha Ardiente

Your choice of picanha, prawns or chicken marinated in Aji and Chimichurri sauce, on a hot skillet with bell peppers, onions, Pico de Gallo & guacamole. Served with soft flour tortillas

Aged Picanha Steak 24

King Prawns 22

Chicken Supreme 19

Paella Mixta *gf* 20

Arborio rice, free range chicken breast, chorizo, king prawns & monkfish

Pork Chop Pil Pil *gf* 24

Chilli & garlic marinated pork chop, chimichurri potatoes, spiced apple puree

Free Range Grilled Chicken Salad *gf* 19

Parma ham, avocado, charred corn Pico de Gallo

Frito Bacalao *gf* 19

Fried cod fillet, chimichurri mayonnaise, sweet potato fries, charred lime

Prawn Pasta Pil Pil 19

King prawns, tenderstem broccoli, garlic, chilli, smoked paprika, linguine

VEGETARIAN & VEGAN PLATOS

Spiced Mexican Burguesa *ve* 17

Sweet potato and black bean burger, guacamole and roasted tomato salsa, triple cooked chips

La Plancha Ardiente *vg* 18

Paneer cheese marinated with Aji and Chimichurri sauce, on a hot skillet with bell peppers, onions, Pico de Gallo & guacamole. Served with soft flour tortillas

Moqueca *ve gf* 17

Brazilian style stew, seasonal vegetables and fragrant lemon rice

Paella Mixta *vg gf* 18

Arborio rice, fried paneer cheese, artichokes, padron peppers

Verduras Fritas *ve gf* 17

Tiger milk marinated salad with fried plantain, sweet potatoes, cauliflower, artichokes, padron peppers & adobo sauce



URBAN FRESH SUNDAY ROASTS

Our South American twist on the traditional Sunday Roast. All served with pil pil roasted potatoes, red collard greens, tender stem broccoli & garlic buttered corn on the cob

Roast Picanha of Beef 19

Slow cooked beef rump served with chimichurri gravy

Chicken Supreme 18

Pan roasted chicken breast & aji glaze

Pork Belly 18

Overnight roasted pork belly with adobo & chorizo sauce

Rocoto Relleno 18

Cuban rice stuffed red pepper with bravas sauce

SUNDAY SIDES

all £4 or 3 for £10

Smokey Pigs in Blankets

Chimichurri Stuffing

Spiced Cauli Cheese

WE ONLY BUY THE BEST

"OUR MEAT IS SUPPLIED BY OUR BUTCHER WHO HAS THE ROYAL SEAL OF APPROVAL, IT IS SUSTAINABLY REARED WITH A COMMITMENT TO FAIR TRADE. WITH WAGYU FROM STONHAM FARM AND FREE RANGE PORK FROM BLYTHBURGH ON THE SUFFOLK COAST, OUR AIM IS TO SERVE YOU WITH THE HIGHEST QUALITY INGREDIENTS AVAILABLE"

URBAN FRESH REWARDS

Unlock exclusive benefits and earn rewards by signing up to our loyalty club.

GIFT CARDS

Give the gift of hospitality with an Urban Fresh gift card, visit www.urbanfreshely.uk to view our digital gift cards

SCAN TO SIGN UP



SIDES

Triple cooked chips, rosemary salt	6	Padron peppers, chilli salt	7
Patatas bravas, smoked paprika & tomato sauce	6	Fried paneer cheese, artichokes & tomatoes	7
Chimichurri potatoes	6	Chimichurri halloumi	7
Tender stem broccoli, truffle oil & parmesan	7	Fragrant lemon rice	6
Sweet potato fries	6	Baby potatoes with blue cheese & Jalapeños	6