

STARTERS & SHAREABLES

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

PLATOS DE CARNE

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

Picanha <i>gf</i>	24
Rump Cap	
230 grams	
Solomillo <i>gf</i>	32
Sirloin	
300 grams	
Chuleton <i>gf</i>	32
Ribeye	
300 grams	
Filet <i>gf</i>	37
Fillet	
230 grams	

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

Grilled Free Range Chicken Breast <i>gf</i>	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 <i>gf</i>	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 <i>gf</i>	20
Arborio rice, free range chicken breast, chorizo, king prawns & monkfish	
Pork Chop Pil Pil <i>gf</i>	24
Chilli & garlic marinated pork chop, chimichurri potatoes, spiced apple puree	
Free Range Grilled Chicken Salad <i>gf</i>	19
Parma ham, avocado, charred corn Pico de Gallo	
Frito Bacalao <i>gf</i>	19
Fried cod fillet, chimichurri mayonnaise, sweet potato fries, charred lime	
Grilled Free Range Chicken Supreme	19
Rich chipotle adobo sauce, pinto bean rice	
Prawn Pasta Pil Pil	19
King prawns, tenderstem broccoli, garlic, chilli, smoked paprika, linguine	

VEGETARIAN & VEGAN PLATOS

Spiced Mexican Burguesa <i>ve</i>	17
Sweet potato and black bean burger, guacamole and roasted tomato salsa, triple cooked chips	
La Plancha Ardiente <i>vg</i>	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 <i>ve gf</i>	17
Brazilian style stew, seasonal vegetables and fragrant lemon rice	
Paella Mixta <i>vg gf</i>	18
Arborio rice, fried paneer cheese, artichokes, padron peppers	
Verduras Fritas <i>ve gf</i>	17
Tiger milk marinated salad with fried plantain, sweet potatoes, cauliflower, artichokes, padron peppers & adobo sauce	
LUNCHTIME SANDWICHES 12-4PM	
All served in a ciabatta roll with triple cooked chips	
Cuban	14.95
Roasted spiced pork, smoked ham, Emmental cheese, pickles	
Chicken Avocado	14.95
Green salsa, charred corn	
Tomato & Artichoke	14.95
Green salsa, rocket <i>vg</i>	
Bauru	14.95
Spicy beef, melted Emmental, tomatoes, pickles	

FOOD FOR DRINKS

Available everyday from 12 to 6

3 plates for £21

Guacamole, corn tortillas, charred corn & Pico de Gallo	<i>ve gf</i>
Padron peppers, chilli salt	<i>ve gf</i>
Cauliflower Buñuelos	<i>vg gf</i>
Chicken wings, sticky chilli sauce	<i>gf</i>
Chimichurri halloumi	<i>vg gf</i>
Antipasti olives	<i>vg gf</i>
Sticky pork belly, spiced roasted cashews	<i>gf</i>
Crispy cod fingers, Chimichurri mayonnaise	

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	Fried 7
Patatas bravas, smoked paprika & tomato sauce	6	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

*vg - vegetarian
ve - vegan
gf - gluten free*

Food Allergy? Please make us aware of any food allergies you may have.

Food prepared here may contain or have come in contact with

peanuts, tree nuts, sesame, soybeans, milk, eggs, cereals containing gluten, fish, molluscs, mustard, lupin, celery, celeriac, sulphur dioxide

URBAN

FRESH



Food inspired by the flavours of South America