

URBAN FRESH

Welcome to Urban Fresh, serving up bold, South American inspired dishes, freshly prepared with quality ingredients. Our menu is packed with flavour & crafted for sharing & enjoying together.

STARTERS & SHAREABLES

Gambas Pil Pil 12.50

Tiger prawns pan fried in garlic & chilli butter, served with crusty bread **gfm**

Artisan Bread Board 10.25

Warm bread with olives, butter, balsamic vinegar, chimichurri & olive oil **vg**

Padron Peppers 9.75

Fried peppers served with maldon chilli salt & halloumi crumb **ve**

Arepas 11.50

Venezuelan cornmeal cakes served with fried halloumi, red pepper chimi bbq sauce & spicy onion jam **gf vg**

Birra de Res 10.75

Slow cooked birra beef with smokey spiced beans, pico de gallo, charred corn & blue corn nachos **gfm**

Carne Pegajosa 10.75

South american sticky beef, asian style slaw, chilli, toasted sesame seeds **gf**

Plantain & Sweet Potato Taco 9.75

Fried plantain & sweet potato with salsa verde, guacamole, charred corn & salsa criolla **gfm vg ve**

Chicken & Avocado Taco 9.95

Pulled chicken, aji sauce, salsa verde, pico de gallo, cancha corn & avocado **gfm**

Guacamole 9.50

Smashed avocado with chilli, coriander & tomato served with charred corn, pico de gallo & tortilla chips **gfm ve**

Peruvian Inspired Scallops 13.50

Seared scallops with black pudding crumb, aji de maracuya, charred cauliflower & salsa criolla

PLATOS DE CARNE

Dry Aged Steaks

all served with your choice of triple cooked chips or chimichurri potatoes **gf**

”Picanha” Rump Cap 26.00

230 Grams

”Solomillo” Sirloin 34.00

300 Grams

”Chuleton” Ribeye 36.00

300 Grams

”Filete” Fillet 39.00

230 Grams

*Add a sauce to your steak + £3
Choose from*

*Chimichurri, Peppercorn, Pil Pil
Butter, Aji Sauce, Blue Cheese*

Argentinian Asado Burger 19.50

Chargrilled brisket burger with provolone cheese, chimichurri mayo, crispy onions & asian slaw, served with triple cooked chips

Pork Tomahawk Pil Pil 29.00

Chilli & garlic marinated pork tomahawk with chimichurri potatoes & spiced apple puree **gf**

Maca Cancha Lamb Rump 28.00

Pan roasted lamb rump, spiced potatoes, uchucuta sauce, cancha corn & yoghurt **gf**

Peruvian Spiced Chicken 21.95

Spiced half roast chicken served with chimichurri potatoes, salad & a coriander & jalapeno dressing **gf**

PLATO PRINCIPALES

La Plancha Ardiente

Searing hot skillet with peppers, onions, red pepper chimichurri sauce, pico de gallo, guacamole & served with soft tortillas **gfm**

Picanha Steak King Prawns Chicken Supreme
26 23 21

Moqueca 20.00

Brazilian style seafood stew with sweet potato, peppers, coconut, chilli & wild rice **gf**

Sticky Pork Belly Taco 21.50

Slow cooked pork belly served on black corn tacos with adobo sauce, cashew crackling crumb & asian style salad **gf**

Paella Mixta 20.00

Arborio rice, free range chicken breast, chorizo, king prawns & market fish **gf**

Chicken Tostada Salad 19.50

Free range chicken breast with cancha corn, pico de gallo, corn nacho & avocado **gf**

Seafood Pasta Pil Pil 19.50

King prawns, squid & market fish with chill, coriander & garlic tossed through chilli linguine

Frito Bacalao 20.95

Spiced battered cod fillet, chimichurri mayonnaise, sweet potato fries, charred lime & crispy kale **gf**

Stone Bass 22.95

Pan fried stone bass with wild rice, mojo rojo & mango pineapple & chilli salsa **gf**

VEGETARIAN PLATOS

La Plancha Ardiente

Searing hot skillet with peppers, red pepper chimichurri sauce, pico de gallo, guacamole & served with soft tortillas **gfm**

Paneer Cheese Sweet Potato & Plantain
19 19

Verdura Moqueca 18.25

Brazilian style vegetable stew with sweet potato, peppers, coconut, chilli & wild rice **gf ve**

Spiced Mexican Burger 19.50

Sweet potato & black bean burger, guacamole, bravas sauce & served with triple cooked chips **ve**

Verdura Paella Mixta 19.00

Arborio rice, sweet potato, fried paneer cheese, padron peppers & charred corn **vg**

Verdura Tostada Salad 18.50

Plantain & sweet potato with cancha corn, pico de gallo, corn nacho, lettuce & avocado **ve**

SIDES

Patatas Bravas 7

Triple Cooked Chips 6

Chimichurri Halloumi 7

Sweet Potato Fries 7

Wild Rice 6

Chimichurri Potatoes 6

Padron Peppers 7

Baby Potatoes & Blue Cheese 6

Tenderstem Broccoli & Almonds 7

MEXICAN TORTAS

All £15

Filled flatbread sandwiches served with julienne fries

Served Monday to Saturday 12pm to 4pm

Birria Beef

Overnight braised pulled beef, gravy, lettuce, pickles & red onions

Aji Criollo Chicken

Pulled chicken, aji sauce, lettuce, charred corn, pico de gallo & avocado

Pulled Pork

Slow cooked pork with adobo sauce, asian style slaw, pickles & cashew nut crackling crumb

Sweet Potato

Sweet potato, buffalo sauce, salsa verde, lime salad & guacamole **ve**

URBAN SIGNATURE TAPAS

Our tapas are all about flavour & sharing. These small plates are perfect for grazing, mixing, & matching across the table. Try a few and discover your favourites.

3 plates for £21

Guacamole

Corn tortillas **gf ve**

Chicken Wings

With sticky chilli sauce **gf**

Sticky Pork Belly

Topped with spiced roasted cashews **gf**

Patatas Bravas

Potatoes with spicy tomato sauce **gf ve**

Taquito

Fried chicken mini tortillas

Padron Peppers

With chilli salt **gf ve**

Halloumi

With chimichurri **vg gf**

Crispy Cod Fingers

Chimichurri mayonnaise

Chorizo & Squid

Malbec glazed with chickpeas **gf**

Empanadas

Beef & pork filled

Please make staff aware of any dietary requirements or allergies . A discretionary service charge of 12.5% is added to tables of 6 or more
vg - suitable for vegetarians | ve - suitable for vegans | gf - gluten free | gfm - gluten free modifiable



Instagram your food @urbanfreshely

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

Download AIM Pubs app to join



URBAN

FRESH

Food inspired by the flavours of South America