

SMALL BITES

THREE SPREADS | TOP SELLER | 🌱 GLUTEN FREE | 1,3,8,5 10 €

Pea & mint spread, roasted pepper & walnut spread, sun-dried tomato & smoked tofu spread.
Served with homemade oregano crackers or GF version

EGGPLANT TARTARE | 🌱 GLUTEN FREE | 3,7 10 €

Soy flakes, eggplant, tomato, dijon mustard, onion, beans, pickles,
miso paste, soy sauce, olive oil

*Served only during eggplant season (June 1st – October 31st)



GUNG BAO | 🌟 GUEST RECOMMENDATION 2024. | 1,3,5,8 11 €

Bao bun, arugula & cashew pesto, homemade seitan, pico de gallo, sweet chili sauce

URBAN BRUSCHETTA | 1,5,8 9 €

Homemade 00 flour dough, house-made hummus, lemon-marinated zucchini, olive oil,
salt & pepper, baby spinach, arugula & cashew pesto, sesame oil

PLATTER FOR TWO OR THREE – PARTY BOX | 1,2,3,5,8 24€ / 36 €

Gung Bao, mini focaccia, mini bruschetta, hummus, sun-dried tomato & smoked tofu spread,
pickled onion, salad, homemade crackers

TRY CLASSICS

BURGER SLIDERS | 1,3,5,8 12 €

Mini brioche buns, beetroot & dried pea burger, vegan mayo, cheddar sauce, crispy onion,
barley-bean-mushroom patty, BBQ sauce, coleslaw, carrot-celery Thai curry patty,
mango-onion jam, urban yogurt-mayo-mint sauce

FOCACCIA (Available till 6pm) | 1,3 10 €

Homemade focaccia, caramelized mushrooms, vegan mayo, cheddar,
arugula, caramelized onion, salad

VEBAB (VEGAN KEBAB) | 1,3,7,8 10 €

Wheat tortilla, vegan mayo, cabbage & carrot salad, seitan,
hummus, pickles, pickled onion



THE REAL DEAL

SEITAN KING ON A VOLCANIC GNOCCHI LAVA | 1,3,7,8 23 €

Homemade seitan marinated in olive oil & lemon, homemade sweet potato gnocchi,
cheddar-truffle oil sauce, arugula & cashew pesto, micro basil, sesame oil drop

ANTHRACITE RISOTTO | 🌱 GLUTEN FREE | 3 16 €

Arborio rice, coconut milk, tamari sauce, lemon juice, cumin seeds, carrot, mushrooms

URBAN PAD THAI | 🌱 GLUTEN FREE | 2,3,5,8 17 €

Rice noodles, tom yum paste, peanut butter, zucchini, tofu, carrot,
tamari sauce, cashew parmesan, lime

SUPER SPICY POKE | 3,8 18 €

Rice in tzatziki sauce, wok veggies, spicy tofu, salad, tamari sauce, pickled ginger

RAW RAW RAW | 🌱 GLUTEN FREE | 3,5,8 15 €

Shredded carrot, zucchini spaghetti, baby spinach, cashew parmesan,
nutritional yeast, pico de gallo, red pepper, arugula & cashew pesto

FALAFEL POKE BOWL | 3,5,8 16 €

Buckwheat in poke sauce with wok vegetables, homemade falafels,
caper mayo sauce, salad with sesame and sunflower seeds

DAILY DISH - ASK THE WAITER! | 1,2,3,5,7,6,8 15 €

Served Monday to Friday from 11:00 to 15:00, with salad and homemade bread

ALL MEALS ARE 100% PLANT BASED AND MOSTLY ORGANIC DEPENDING
ON THE SEASONAL AVAILABILITY.

ALTHOUGH ALL CARE IS TAKEN WITH YOUR ORDER, YOUR MEAL MAY CONTAIN
TRACES OF GLUTEN.

SOME DISHES CONTAIN OR CAN COME INTO CONTACT WITH COMMON ALLERGENS
(PEANUTS, TREE NUTS, SOY).

PRICES ARE IN EURO AND VAT IS INCLUDED.



LEVEL UP YOUR MEAL

SAUCES 2.5 €

(BBQ, mayo, salsa, cheddar, hot sriracha, sweet chili sauce)

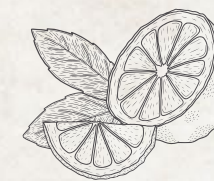
FRIED SWEET POTATO 7 €

FRIED POTATOES 5 €

SALAD WITH SEEDS 5 €

HOMEMADE BREAD 2.5 €

PICKLED RED ONION 4 €



SOMETHING SWEET?

RAW CHOCO DELIGHT | 5 7 €

Cashews, walnuts, cacao butter, banana, coconut oil, dates,
vanilla soy milk

COCONUT ROZATA 6 €

Coconut milk, caramelized sugar, lemon zest, mint

APPLE STRUDEL WITH VANILLA ICE CREAM | 1,5 7 €

Homemade apple & walnut strudel, vanilla ice cream, forest fruit sauce

PANCAKES WITH APRICOT JAM & WALNUTS | 1,5 6.5 €

Homemade pancakes, apricot jam, chocolate cream, walnuts, powdered sugar



ALLERGENS

- 1.Cereals containing gluten (wheat, rye, barley, oats, spelt, kamut, or their hybrids)
- 2.Peanuts and peanut-based products
- 3.Soy and soy-based products
- 4.Milk and dairy products (including lactose)

- 5.Tree nuts (almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts)
- 6.Celery and celery-based products
- 7.Mustard and mustard-based products
- 8.Sesame seeds and sesame-based products