



BREADS & PASTRIES 9

Toasted Bagel

Plain, seeded or onion

AVAILABLE OPTIONS

Served with Butter: \$3.50

Bagel with Jam: \$3.95

Bagel with Cream Cheese: \$4.25

Breads

Toasted rustic roll, baguette, sprouted bread, sourdough, English buckwheat, whole wheat or gluten-free bread

AVAILABLE OPTIONS

Bread with Butter: \$3.50

Bread with Jam: \$3.95

Bread with Cream Cheese: \$4.25

Urth Croissants

AVAILABLE OPTIONS

Butter: \$4.25

Almond, Double Chocolate, Chocolate Pistachio:
\$4.75

Ham & Cheese: \$5.25

Danish Pastries

AVAILABLE OPTIONS

Cheese or Fruit Danishes: \$4.50

Mixed Fruit Danish: \$4.95

Nutella® Girella Buns

\$5.25

Buttery croissant dough filled and rolled with rich pastry cream, Nutella® spread and toasted hazelnuts. Baked to a golden brown and dipped in hazelnut ganach

Famous Pecan Sticky Buns

\$5.95

"Addictive" is a word that has been used to describe our sticky buns by our customers and critics alike. This is an Urth must try!

Bread Pudding

\$5.95

Made from our own brioche baked in custard. Cinnamon raisin bread pudding is also available

Muffins

AVAILABLE OPTIONS

Blueberry, Chocolate, Banana poppy seed, Pumpkin cranberry

\$3.95

Green Tea: \$4.25

Gluten-Free Fruit Muffin: \$4.25

Scones

\$4.25

Blueberry, Citrus ginger, Chocolate espresso, Dried fruit & nut, White chocolate pecan

BREAKFAST FAVORITES 11

French Toast King	\$17.95
Our house-made brioche drenched in vanilla custard, baked, and lightly caramelized with honey butter served with fresh whipped cream, berries, walnuts and pure maple syrup. Replace the whipped cream topping with Bananas & Walnuts or a scoop of vanilla Ice Cream or Acai Sorbet with coconut sprinkles for an additional charge	
The Urth Breakfast	\$8.25
Fresh baked bread or butter croissant with the choice of brie, Jarlsberg, feta or Gouda, butter and jam	
Breakfast Burrito	AVAILABLE OPTIONS
Choice of flour, spinach, wheat or gluten-free*** tortilla with scrambled eggs, organic black beans, Monterey jack cheese, guacamole and salsa. Served with a mild chipotle sauce. Served all day	\$13.50
	Add Pancetta: \$2.50
Huevos Rancheros Burrito**	\$14.95
Farm-fresh eggs, house-made Ranchero sauce, black beans, soy chorizo, almond cheese, ripe avocado and micro cilantro wrapped up in a warm flour tortilla (gluten-free*** tortilla is available). Garnished with fresh jalapeño chili. Can be made 100% plant-based upon request! Served all day	
Fresh Corn Waffle	\$13.50
Our delicious gluten-free*** waffle is made with fresh organic white corn. This waffle is so crunchy on the outside and soft on the inside – it tastes like fresh cornbread hot out of the oven. It is available with the popular toppings of caramelized bananas & walnuts, acai sorbet, vanilla ice cream and chocolate sauce anytime day or night	
Classic Belgian Waffle	AVAILABLE OPTIONS
Old-fashioned Belgian buttermilk waffle with pure maple syrup & butter	\$11.50
	Add Fresh Fruit: \$3.50
Banana Walnut Waffle	\$14.50
Our classic Belgian waffle with fresh bananas and caramel sauce topped with a bruleed banana and garnished with chopped roasted walnuts	
Acai Sorbet or Vanilla Ice Cream Waffle	\$14.50
Our classic Belgian waffle topped with fresh strawberries and bananas served with a scoop of Acai Sorbet garnished with coconut and Nutella drizzle. Vanilla ice cream can be substituted for the scoop of Acai sorbet upon request	
The Urth Parfait	AVAILABLE OPTIONS
A layered parfait of Urth granola and organic low-fat yogurt with fresh orange and mint seasonal berry Ambrosia. Served all day	\$8.95
	Add Organic Greek Yogurt: \$1.00
The Cottage Parfait	\$9.95
Our Urth Crunch Gluten-Free Cereal layered with organic Greek yogurt, strawberry jam, mixed berries and seasonal fruit. Served all day. Our Urth Crunch Gluten-Free Cereal layered with organic Greek yogurt, strawberry jam, mixed berries and seasonal fruit. Served all day. Gluten-Free Notice: We cannot guarantee that the gluten-free cereal has not been prepared with items containing gluten	
Urth Laguna Breakfast	AVAILABLE OPTIONS
Two eggs any style, Urth potatoes, mixed mushrooms, oven-roasted tomato, bacon, sausage and whole wheat toast	\$19.95
	Add an Extra Egg: \$2.95

Urth Bread Pudding Breakfast	\$10.95
Warm bread pudding made from our own brioche baked in custard. Served with topping choice of slow-roasted apples or caramelized bananas, with steamed milk. Cinnamon raisin bread pudding is also available	
Urth Granola™ Bowl	AVAILABLE OPTIONS
Oven-roasted organic oats, almonds, sundried blueberries and cranberries with pumpkin and sunflower seeds	\$8.95
sweetened with honey, spices and pure maple syrup. Served with your choice of milk	Add Fresh Fruit: \$3.50
Urth Crunch Gluten-Free Cereal***	AVAILABLE OPTIONS
A delicious gluten-free***, organic breakfast cereal made with organic puffed grains (corn, rice, millet), honey, walnuts, pistachios, gogi berries, chia seeds and more. It's packed with antioxidants! Served with your choice of milk	\$8.95
	Add Fresh Fruit: \$3.50
Organic Oatmeal	AVAILABLE OPTIONS
Served piping hot with organic raisins, Urth granola and brown sugar with your choice of milk	\$8.50
	Add Fresh Fruit: \$3.50
Banana Nut Oatmeal	\$11.95
Our organic oatmeal topped with cooked bananas in a light caramel sauce and sprinkled with toasted walnut pieces. Served with granola and your choice of milk	
Yogurt Bowl	AVAILABLE OPTIONS
Low-fat plain organic yogurt with a side of Urth granola	\$7.50
	Add Fresh Fruit: \$3.50
	Add Organic Greek Yogurt: \$1.00
Urth Acai Bowl	\$12.95
The purest organic Brazilian acai fruit sorbet made exclusively for Urth. Served with fresh-cut fruits, Urth Granola™, or gluten-free Urth Crunch cereal, and your choice of one topping of organic chia seeds, coconut, or cocoa nibs. Served all day	
Berry Bowl	AVAILABLE OPTIONS
Fresh seasonal berries such as blueberries, blackberries, raspberries and strawberries. Served with whipped cream, yogurt or cottage cheese	Regular: \$16.50
	Strawberries Only: \$14.50
Fresh Grapefruit Bowl	\$6.95
Fresh seasonal white or ruby red grapefruit segments. Served with whipped cream, yogurt or cottage cheese	

BREAKFAST PANINIS 2

Prosciutto & Cheese Breakfast Panini*	\$13.50
Eggs, Prosciutto di Parma, roasted peppers and mozzarella cheese grilled on country bread. Served with mild tomato dipping sauce. Gluten-free bread available upon request	
Egg White & Spinach Breakfast Panini	\$13.95
Egg whites, sautéed spinach and mozzarella cheese grilled on wheat bread. Served with mild tomato dipping sauce. Gluten-free bread available upon request	

EGG DISHES 8

Eggs Benedict Canyon with Smoked Salmon	\$18.50
Two poached eggs with freshly prepared Hollandaise sauce with delicious smoked salmon. Served on top of your choice of ciabatta or brioche bread	
Eggs Benedict Canyon with Italian Ham*	\$17.50
Two poached eggs with freshly prepared Hollandaise sauce with thinly sliced Italian ham. Served on top of your choice of ciabatta or brioche bread	
Huevos Rancheros	\$14.95
Sunny side up eggs served over crispy corn tortillas smothered in house-made Ranchero sauce, black beans and soy chorizo. Topped with almond cheese, ripe avocado, micro cilantro and zaatar spices. Can be made 100% plant-based upon request!	
Poach di Parma*	\$17.95
Toasted ancient grain ciabatta, garlic truffle aioli, sautéed wild mushrooms, Prosciutto di Parma topped with poached eggs, wild arugula, reggiano parmesan and sage butter. Served with sliced seasonal melon. Also available: brioche or gluten-free bread upon request	
Eggs Salmone	\$18.95
Toasted, sprouted ancient grain bread, lemon mascarpone, fresh avocado, natural smoked salmon and wild arugula, topped with poached eggs, chopped salsa with capers and fresh dill. Served with sliced seasonal melon. Also available: brioche or gluten-free bread upon request	
Natural Beef Hash	\$20.95
Heirloom potatoes, bell peppers, onions and parsley topped with two poached eggs, slowly braised short rib, chopped tomato, basil oil and reggiano parmesan cheese	
The Rustic Poached	\$9.95
Two poached eggs over toasted whole wheat bread garnished with capers, basil oil, heirloom tomato and red onion	
Eggs Verde	\$15.95
Two poached eggs over a bed of wild arugula, roasted corn, baby tomatoes and poached asparagus spears tossed with peppercorn dressing. Garnished with cracked black pepper, basil oil and reggiano parmesan cheese	

OMELETS & SCRAMBLES 9

The Italian Omelet	\$15.50
Three eggs, mild chicken basil sausage, roasted peppers, Roma tomatoes, fresh basil and mozzarella	
The Mexican Omelet	\$14.50
Three eggs, Roma tomatoes, green chilies, red onions, Monterey jack cheese and cilantro. Served with fresh salsa	
The Mushroom Omelet	\$14.50
Three eggs with fresh mushrooms, Roma tomatoes, red onions and Monterey jack cheese. Served with fresh salsa	
The Grilled Vegetable Omelet	\$14.50
Three eggs with grilled zucchini, eggplant, mushrooms and roasted red peppers sprinkled with parmesan cheese	
The Spinach & Feta Omelet	\$14.50
Three eggs with sautéed spinach, red onions and imported feta cheese	
The Sausage & Potato Omelet	\$14.50
Three eggs with spicy chicken sausage, heirloom potatoes, bell peppers, onions and chopped parsley	

The Chicken Pesto Omelet	\$15.50
Three eggs with grilled chicken, pesto, mozzarella and goat cheeses	
The Salmon Scramble	\$15.50
Three eggs with our natural smoked salmon, Roma tomatoes and chives	
The Salmon Scramble	\$9.95
Eggs served with locally grown mixed greens salad dressed with Urth vinaigrette. Served with salsa and fresh baked bread	

URTH BREAKFAST PIZZA 10

Sunrise Pizza*	\$15.95
Sausage, pancetta, mozzarella, potatoes, poached egg & brown sage butter	
Pizza Huevos Rancheros^	\$16.50
Our delicious pizza crust topped with sunny side up eggs, smothered in house-made ranchero sauce, black beans and soy chorizo. Garnished with almond cheese, ripe avocado and micro cilantro. Can be made plant-based upon request	
The Avocado Pizza**	\$16.95
Urth's Avocado Pizza is a cool and healthy new dish very similar to our Avocado Toast, only served on our famous house-made pizza crust baked with tomato sauce then covered with hummus, a generous layer of the finest fresh sliced avocado, garnished with almond cheese, micro cilantro, and quinoa – 100% plant-based	
Butternut Squash & Ricotta Pizza	\$15.50
Tomatoes, mozzarella and herbed Ricotta cheese, butternut squash and fresh oregano	
Margherita Pizza	\$13.95
Tomatoes, fresh mozzarella and basil	
Pizza Catona*	\$15.95
Mozzarella, burrata cheese, Prosciutto di Parma, tomatoes, basil and arugula	
D'Lox Pizza	\$17.95
Smoked salmon, herbed mascarpone, red onions, arugula, fennel & capers	
Pizza Primavera	\$18.95
Pesto marinated asparagus, potatoes, yellow squash, sugar plum tomatoes, Kalamata olives and Treviso lettuce. Baked on a vegan pizza crust with vegan Monterey jack cheese and topped with grilled artichoke hearts, basil flower and peperonata sauce	
Wild Mushroom Pizza	\$19.50
Sautéed wild mushrooms, braised balsamic onions, mozzarella, burrata and truffle pecorino cheeses. Garnished with wild arugula	
Pizza el Diablo	\$18.50
Our spicy chicken classic with grilled cilantro chicken breast, three chili sauce, fresh jalapeno, micro cilantro and mozzarella	

BREAKFAST SIDES 3

Urth Heirloom Breakfast Potatoes	\$5.95
All Natural Mild or Spicy Chicken Sausage	\$5.95
Natural Smoked Salmon (Lox)	\$9.95

EXTRAS 16

Urth Jams	\$0.75
Cream Cheese	\$0.75
Cottage Cheese	\$0.75
Pure Maple Syrup	\$1.50
Organic Peanut Butter	\$1.50
Organic Yogurt	\$1.50
Green Chilies	\$1.50
Fresh House-Made Salsa	\$1.50
Sourdough Bread	\$2.00
Sliced Tomato	\$2.50
Hearts of Palm	\$2.75
Baby Artichokes	\$2.75
Guacamole	\$2.75
Black Beans	\$2.75
Avocado	\$3.75
Cheeses	\$3.95

ALL-DAY BRUNCH ENTREES 13

Pumpkin Waffle	\$13.50
Our Belgian waffle batter blended with our lightly spiced pumpkin puree, then topped with fresh whipped cream, Acacia flower honey butter and pie crust crumbles. (Seasonal)	
French Toast King	\$17.95
Our house-made brioche drenched in vanilla custard, baked, and lightly caramelized with honey butter served with fresh whipped cream, berries, walnuts and pure maple syrup. Replace the whipped cream topping with Bananas & Walnuts or a scoop of vanilla Ice Cream or Acai Sorbet with coconut sprinkles for an additional charge	
D'Lox Toast	\$16.95
Thick sliced English Buckwheat Toast topped with Lox, cream cheese, tomatoes, capers, thinly sliced red onions and a dollop of lemon dill mascarpone	
Smoked Salmon Plate	\$18.50
Our fresh 100% natural smoked salmon is served with a bagel, capers, chives, cream cheese, Roma tomatoes, Romaine lettuce, red onions and fresh cracked black pepper	

Avocado Toast Our sprouted ancient grain bread toasted and topped with ripe Hass avocados, almond cheese, micro cilantro and olive oil. Also available: brioche or gluten-free bread upon request	AVAILABLE OPTIONS
	\$14.50
	Add Heirloom Tomatoes:
	\$2.50
	Add Poached Egg: \$2.95
	Add Pancetta: \$2.95
Urth Acai Bowl	\$12.95
The purest organic Brazilian acai fruit sorbet made exclusively for Urth. Served with fresh-cut fruits, Urth Granola™ or gluten-free Urth Crunch cereal, and your choice of one topping of organic chia seeds, coconut, or cocoa nibs	
Huevos Rancheros Burrito**	\$14.95
Farm-fresh eggs, house-made Ranchero sauce, black beans, soy chorizo, almond cheese, ripe avocado and micro cilantro wrapped up in a warm flour tortilla (gluten-free*** tortilla is available). Garnished with fresh jalapeño chili. Can be made 100% plant-based upon request! Served all day	
Fresh Corn Waffle	\$13.95
Our delicious gluten-free*** waffle is made with fresh organic white corn. This waffle is so crunchy on the outside and soft on the inside – it tastes like fresh cornbread hot out of the oven. It is available with the popular toppings of caramelized bananas & walnuts, acai sorbet, vanilla ice cream and chocolate sauce anytime day or night	
Classic Belgian Waffle	AVAILABLE OPTIONS
Old-fashioned Belgian buttermilk waffle with pure maple syrup & butter	\$11.50
	Add Fresh Fruit: \$3.50
Banana Walnut Waffle	\$14.50
Our classic Belgian waffle with fresh bananas and caramel sauce topped with a bruleed banana and garnished with chopped roasted walnuts	
Acai Sorbet or Vanilla Ice Cream Waffle	\$14.50
Our classic Belgian waffle topped with fresh strawberries and bananas served with a scoop of Acai Sorbet garnished with coconut and Nutella drizzle. Vanilla ice cream can be substituted for the scoop of Acai sorbet upon request	
The Egg Sandwich	AVAILABLE OPTIONS
Eggs with avocado, Monterey jack, mild chilies, Roma tomatoes, lettuce and mayonnaise on a rustic roll. Served with mixed greens salad	\$13.95
	With Egg Whites: \$2.50
Quiche of the Day	\$15.50
Served with locally grown mixed greens salad	

URTH PIZZA 10

The Avocado Pizza** (Featured)	\$16.95
Urth's Avocado Pizza is a cool and healthy new dish very similar to our Avocado Toast, only served on our famous house-made pizza crust baked with tomato sauce then covered with hummus, a generous layer of the finest fresh sliced avocado, garnished with almond cheese, micro cilantro, and quinoa – 100% plant-based	
Pizza Huevos Rancheros^	\$16.50
Our delicious pizza crust topped with mozzarella cheese, farm fresh eggs, smothered in house-made ranchero sauce, black beans and soy chorizo. Garnished with almond cheese, ripe avocado and micro cilantro. Can be made plant-based upon request	

Butternut Squash & Ricotta Pizza	\$15.50
Tomatoes, mozzarella and herbed Ricotta cheese, butternut squash and fresh oregano	
Margherita Pizza	\$13.95
Tomatoes, fresh mozzarella and basil	
Pizza Catona*	\$15.95
Mozzarella, burrata cheese, Prosciutto di Parma, tomatoes, basil and arugula	
D'Lox Pizza	\$17.95
Smoked salmon, herbed mascarpone, red onions, arugula, fennel & capers	
Pizza Primavera	\$18.95
Pesto marinated asparagus, potatoes, yellow squash, sugar plum tomatoes, Kalamata olives and Treviso lettuce. Baked on a vegan pizza crust with vegan Monterey jack cheese and topped with grilled artichoke hearts, basil flower and peperonata sauce	
Sunrise Pizza*	\$15.95
Sausage, pancetta, mozzarella, potatoes, poached egg & brown sage butter	
Wild Mushroom Pizza	\$19.50
Sautéed wild mushrooms, braised balsamic onions, mozzarella, burrata and truffle pecorino cheeses. Garnished with wild arugula	
Pizza el Diablo	\$18.50
Our spicy chicken classic with grilled cilantro chicken breast, three chili sauce, fresh jalapeno, micro cilantro and mozzarella	

SANDWICHES 6

White Albacore Tuna Sandwich	AVAILABLE OPTIONS
White albacore tuna, celery, onion, cucumbers, tomato, olive oil, vinegar and mayo on bread	Half: \$11.95
	Full: \$15.95
Grilled Veggies with Pesto	AVAILABLE OPTIONS
Eggplant, zucchini, mushroom and roasted peppers	Half: \$11.95
	Full: \$15.95
Chicken Curry Sandwich	AVAILABLE OPTIONS
All-natural chicken breast, raisins, onions, celery in a curry sauce & mayo on bread	Half: \$11.95
	Full: \$15.95
Sprout Sandwich	AVAILABLE OPTIONS
Alfalfa sprouts, Jarlsberg cheese, red onion, Roma tomatoes, avocado and hummus on sprouted bread	Half: \$11.95
	Full: \$15.95
Herb-Roasted Turkey Breast	AVAILABLE OPTIONS
Dijon mustard and mayonnaise	Half: \$11.95
	Full: \$15.95
Grilled Cilantro Chicken Breast with Pesto	AVAILABLE OPTIONS
Cheese-free pesto is available	Half: \$12.50
	Full: \$16.95

SIGNATURE SANDWICHES 4

Caprese Sandwich	\$15.95
Fresh mozzarella, roasted peppers, heirloom tomatoes and fresh basil served on a toasted baguette with basil oil, balsamic vinegar reduction and sundried tomato spread	
The "New Yorker" Sandwich	\$17.95
A classic Rueben sandwich with all natural pastrami with Russian dressing, braised green cabbage, imported Swiss cheese on thick slices of marble bread and grilled golden brown. Served with a locally grown mixed greens salad and cornichon pickles	
Urth Pot Roast Sandwich	\$20.95
Slow-roasted all natural beef with natural juices on a classic French baguette. Served with homemade horseradish sauce and au jus. Served upon request — a locally grown mixed greens salad	
Turkey Burger	\$16.95
Fresh ground turkey (10 ounces) seasoned with herbs, sea salt, Worcestershire and tomato. Grilled well and served on a rustic roll with Dijon mustard, mayonnaise, lettuce and tomato. Served with a locally grown mixed greens salad	

GRILLED PANINI SANDWICHES 4

Vegan Panini Portabella	\$17.95
Grilled portabella mushrooms, roasted peppers, wild arugula, grilled artichokes with pesto and almond cheese spread	
Parma Panini*	\$17.95
Prosciutto di Parma, fresh mozzarella cheese, roasted peppers, Roma tomatoes, basil pesto, black olive spread, and balsamic reduction	
Panini Roasted Turkey	\$17.95
Urth herb-roasted turkey breast with Jarlsberg cheese. Served on plain or olive focaccia bread with whole grain mustard sauce	
Panini el Diablo	\$17.95
Grilled cilantro marinated chicken breast, three chili sauce, thinly sliced jalapeno, micro cilantro and Monterey jack cheese	

SIGNATURE SALADS 10

The Urth Salad	AVAILABLE OPTIONS
Our famous salad made with locally grown mixed greens, feta cheese, sugar plum tomatoes, hearts of palm, garbanzo beans, Kalamata olives (with pits) and pine nuts in Urth vinaigrette dressing. Served with fresh baked bread	Half: \$12.75
	Full: \$16.95
Urth Farmer's Salad	\$16.95
Locally grown baby spinach salad with peppercorn dressing, grilled artichokes, sugar plum tomatoes, French radishes, red onion, shaved fennel, glazed pecans and shaved parmesan cheese. Served with dried fruit & nut bread and butter upon request	
Nicoise Salad	\$22.95
House-smoked salmon, live butter lettuce, haricot vert, potatoes, tomatoes, olives, shallots and a hard poached egg. Tossed in our tarragon lemon vinaigrette	
Caravan Kale Salad	\$18.50
Organic Tuscan kale, organic red quinoa, Persian cucumbers, heirloom tomatoes, roasted yams, red onion, pita chips and fresh mint tossed in our pomegranate vinaigrette. Topped with ricotta salata cheese	
Paradise Salad	\$19.95
Assorted seasonal vegetables and fruits, cannellini beans, walnuts and wild rice. All tossed in our pomegranate dressing, topped with vegan almond cheese. Served with Urth pita bread upon request	

The Greek Salad	\$16.95
Live butter lettuce and Treviso lettuce tossed with avocado, seedless cucumbers, feta, Kalamata olives (with pits), sugar plum tomatoes and Urth oregano vinaigrette. Served with pita bread	
Caesar Salad	AVAILABLE OPTIONS
Locally grown hearts of Romaine, reggiano parmesan cheese, cheese chips and our delicious homemade Caesar dressing	Half: \$11.95
	Full: \$15.95
Mixed Greens Salad	AVAILABLE OPTIONS
With balsamic vinaigrette dressing with fresh baked bread	Half: \$9.95
	Full: \$13.50
Fresh Fruit Plate	AVAILABLE OPTIONS
An array of the finest seasonal fruits served with cottage cheese or organic nonfat yogurt. Fruit is cut to order	Half: \$12.50
	Full: \$17.50
Heirloom Tomato & Burrata Salad	\$18.50
Fresh burrata cheese, heirloom tomatoes and wild arugula tossed in a Urth vinaigrette. Garnished with basil oil and balsamic reduction	

ENTRÉE SALADS 6

Herb-Roasted Turkey Breast Salad	AVAILABLE OPTIONS
	Half: \$11.95
	Full: \$15.50
White Albacore Tuna Salad	AVAILABLE OPTIONS
	Half: \$11.95
	Full: \$15.50
Chicken Curry Salad	AVAILABLE OPTIONS
All-natural chicken breast, raisins, onions, celery, in a curry sauce & mayo	Half: \$11.95
	Full: \$15.50
Grilled Veggies with Pesto	AVAILABLE OPTIONS
	Half: \$11.95
	Full: \$15.50
Hummus & Tabouli	AVAILABLE OPTIONS
	Half: \$11.95
	Full: \$15.50
Grilled Cilantro Chicken Breast with Pesto	AVAILABLE OPTIONS
	Half: \$12.50
	Full: \$16.95

SIGNATURE ENTRÉES 7

The Mediterranean Platter	\$17.95
A plate filled with our house-made red quinoa falafels, stuffed grape leaves, hummus, tabouli, roasted peppers, grilled artichokes, feta cheese and mixed olives (with pits). Served with pita bread for dipping	

Lasagna	\$17.95
Fresh pasta with mushrooms, zucchini, eggplant and ricotta cheese. Served with locally grown mixed greens salad, fresh baked bread and butter on request	
Urth Quesadilla	AVAILABLE OPTIONS
Monterey jack cheese melted in a flour, spinach or wheat tortilla. Served with black beans, sour cream, guacamole and salsa. Chopped chilies on request	\$12.95
	With Pot Roast: \$19.50
	With Grilled Chicken, Tuna or Grilled Veggies: \$15.95
	Add: Substitute Almond Cheese for Cheese: \$1.50

Urth Tamales	\$16.50
Your choice of either cheddar cheese with green chilies or chicken with tomatillo and green chilies. Served with a mild chipotle sauce and upon request, a locally grown mixed greens salad	

The Tostada	\$17.95
A salad served in a fried tortilla shell with your choice of grilled chicken or veggies on a bed of black beans and Romaine lettuce tossed in our lime cilantro vinaigrette. Garnished with salsa, guacamole, Monterey jack cheese and sour cream served on the side	

Nori Plum Rice Wrap	\$16.50
Nori sheet stuffed with avocado, organic brown rice, carrots, broccoli, green onions, Umeboshi plum paste, and five spice tofu. Served with wasabi and upon request, a locally grown mixed greens salad	

Soups du Jour	AVAILABLE OPTIONS
Choose daily between Tomato Rice soup or Vegetarian Chili. Other soup options are available on different days. Served with fresh baked bread and butter upon request	\$7.95
	Chicken Soup Is Also Available For: \$9.95
	Chicken or Clam Chowder: \$2.00

URTH KIDS' MENU 4

Grilled Chicken Panini	\$12.50
Urth grilled chicken, Monterey jack cheese on country bread	
Grilled Cheese Panini	\$9.50
Country white bread with mozzarella cheese	
Macaroni and Cheese	\$10.75
All time favorite with cheddar cheese sauce	
Urth OPB & J (Organic Peanut Butter & Jelly Sandwich)	\$7.95
Soft bread with organic peanut butter and Urth's famous strawberry jam	

SIDE DISHES 8

Hummus	\$6.95
Grilled Veggies	\$6.95
Albacore Tuna Salad	\$6.75

Grilled Chicken	\$7.25
Curry Chicken	\$7.25
Herb-Roasted Turkey	\$7.25
Natural Smoked Salmon (Lox)	\$9.50
House-Smoked Salmon Filet	\$9.75

ALL-DAY EXTRAS 18

Cottage Cheese	\$0.75
Caesar Dressing	\$1.00
Sour Cream	\$1.00
Kalamata	\$1.00
Mixed Olives (w/ Pits)	\$1.00
Green Chilies	\$1.50
Pesto	\$1.50
Organic Peanut Butter	\$1.50
Fresh House-Made Salsa	\$1.50
Sourdough Bread	\$2.00
Sliced Tomato	\$2.50
Grape Leaves (2)	\$3.50
Hearts of Palm	\$2.75
Baby Artichokes	\$2.75
Guacamole	\$2.75
Black Beans	\$2.75
Avocado	\$3.75
Cheeses	\$3.95

Jarlsberg, Feta, Brie

ESPRESSO DRINKS 15

Espresso	AVAILABLE OPTIONS
	Single: \$3.75
	Double: \$4.75

Espresso Macchiato	AVAILABLE OPTIONS
Our espresso with a dollop of steamed milk	Single: \$4.50
	Double: \$5.50
Caffé Bebero	AVAILABLE OPTIONS
A short espresso layered with sweetened condensed milk. Can be made 100% plant-based upon request	Single: \$4.50
	Double: \$5.50
Green or Red Tea Espresso	\$5.50
Made with organic Wazuka ceremonial matcha or rooibos tea	
Green or Red Tea Bebero	\$6.25
Made with organic Wazuka ceremonial matcha or rooibos tea espresso layered with sweetened condensed milk. Can be made 100% plant-based upon request	
Cappuccino	AVAILABLE OPTIONS
Espresso capped high with lots of foamy milk	Small: \$5.25
	Medium: \$5.50
	Large: \$6.50
Italian Cappuccino™	AVAILABLE OPTIONS
Authentic Italian cappuccino prepared by carefully folding thick, creamy frothed milk into espresso—highly recommended!	Small: \$5.25
	Medium: \$5.50
	Large: \$6.50
Gran Caffé Cappuccino	AVAILABLE OPTIONS
A special Roman cappuccino with sugar & spice infused espresso	Small: \$5.25
	Medium: \$5.50
	Large: \$6.50
Caffé Latté	AVAILABLE OPTIONS
Some say ours is the best in the world!	Small: \$5.25
	Medium: \$5.50
	Large: \$6.50
Spanish Latté™	AVAILABLE OPTIONS
A sweet, creamy caffè latté inspired by coffee in Barcelona	Small: \$5.75
	Medium: \$6.50
	Large: \$7.50
Honey Vanilla Latté	AVAILABLE OPTIONS
Natural vanilla, a touch of honey, espresso and steamed milk	Small: \$5.75
	Medium: \$6.50
	Large: \$7.50
Caffé Mocha	AVAILABLE OPTIONS
Rich, hot cocoa poured over espresso	Small: \$5.75
	Medium: \$6.50
	Large: \$7.50

Mocha Mint	AVAILABLE OPTIONS
Mint flavor, whipped cream with mint chocolate shavings	Small: \$6.25
	Medium: \$6.75
	Large: \$7.75

Caffé Quadra™	AVAILABLE OPTIONS
Extra strong caffè latté prepared with many ristretto espresso shots	Small: \$6.25
	Medium: \$6.75
	Large: \$7.75

Rude Awakening	AVAILABLE OPTIONS
Our famous dark Manhattan Mudd™ coffee with espresso poured on top!	Small: \$4.50
	Medium: \$5.25
	Large: \$5.75

COFFEE, FRENCH PRESS & COCOA 5

Coffee of the Day	AVAILABLE OPTIONS
	Small: \$2.95
	Medium: \$3.50
	Large: \$4.25

One Refill of Coffee of the Day	AVAILABLE OPTIONS
for dine-in only	Small: \$1.10
	Medium: \$1.10
	Large: \$1.55

Hot Cocoa	AVAILABLE OPTIONS
	Small: \$4.75
	Medium: \$5.25
	Large: \$6.25

Steamed Milk	AVAILABLE OPTIONS
With natural vanilla, sugar-free vanilla, gingerbread, hazelnut, almond, caramel, coconut, banana, mango or mint flavor	Small: \$3.25
	Medium: \$3.50
	Large: \$4.25
	Flavor Add: \$0.75

French Press of Coffee or Tea	AVAILABLE OPTIONS
	Small: \$6.50
	Large: \$7.50

BLENDED ICE DRINKS 6

Spanish Latté™ Granita	\$8.25
Our most famous blended ice drink—creamy and sweet	

Caffé Granita	\$7.75
Blended ice cappuccino with creamy vanilla	

Caffé Mocha Granita	\$8.25
Blended ice mocha with rich chocolate and organic espresso	
Caffé Glacé	\$7.75
House-made vanilla milkshake drenched with organic espresso	
Monkey Granita™	\$8.25
Organic espresso, organic matcha green tea or organic Rooibos with fresh banana milkshake	
Milkshake	\$7.25
Chocolate or Vanilla	

ORGANIC TEA DRINKS 13

Hot Tea	AVAILABLE OPTIONS
Choose from our world class, hand-picked estate teas—black, oolong, green and certified organic herbal infusions	
	Small: \$3.95
	Medium: \$4.25
	Large: \$4.50
Matcha Americano	\$5.50
Made with our exclusive organic Wazuka ceremonial matcha	
Rumi Latté™	AVAILABLE OPTIONS
Finest organic turmeric, Ceylon cinnamon, maple syrup & oat milk	
	Small: \$6.50
	Medium: \$7.25
	Large: \$7.75
Rising Sun Matcha Latté™	AVAILABLE OPTIONS
Energy drink w/organic matcha, organic espresso & dark chocolate. Can be made 100% plant-based upon request	
	Small: \$6.50
	Medium: \$7.25
	Large: \$7.75
Green Rose Latté™	AVAILABLE OPTIONS
Organic matcha with Earl Grey, pink rose, and oat milk	
	Small: \$6.50
	Medium: \$7.25
	Large: \$7.75
African Tea Latté	AVAILABLE OPTIONS
Organic Rooibos tea with traditional African spices	
	Small: \$5.75
	Medium: \$6.25
	Large: \$6.95
Divine Spice™ Chai Latté	AVAILABLE OPTIONS
Our own malty herbal chai latté prepared with steamed milk and honey in the Indian tradition—naturally caffeine free	
	Small: \$6.25
	Medium: \$6.50
	Large: \$7.25
English Tea Latté	AVAILABLE OPTIONS
A rich creamy organic tea latté...perfect for high tea!	
	Small: \$5.75
	Medium: \$6.25
	Large: \$6.95

Japanese Tea Latté	AVAILABLE OPTIONS
Made with organic matcha green tea	Small: \$6.25
	Medium: \$6.50
	Large: \$7.25

Moroccan Mint Latté	AVAILABLE OPTIONS
Made with organic green tea and cool creamy mint	Small: \$6.25
	Medium: \$6.50
	Large: \$7.25

Thai Red Tea Latté	AVAILABLE OPTIONS
A creamy Thai style latté with organic Rooibos. Can be made 100% plant-based upon request	Small: \$5.75
	Medium: \$6.25
	Large: \$6.95

Iced Tea of the Day	\$3.75
Regular, herbal & green tea	

Urth Iced Tea	\$4.25
Half tea, half lemonade	

URTH BOBAS 9

Organic Green Tea Boba^^	AVAILABLE OPTIONS
Can be made 100% plant-based upon request	On Ice: \$6.50
	Blended: \$8.25

Organic Black Tea Boba^^	AVAILABLE OPTIONS
	On Ice: \$6.50
	Blended: \$8.25

Organic Earl Grey Tea Boba^^	AVAILABLE OPTIONS
	On Ice: \$6.50
	Blended: \$8.25

Organic Rumi Boba™	AVAILABLE OPTIONS
Finest organic turmeric, Ceylon cinnamon, maple syrup & oat milk	On Ice: \$7.25
	Blended: \$8.75

Organic Rising Sun Boba™	AVAILABLE OPTIONS
Organic matcha, organic espresso & dark chocolate. Can be made 100% plant-based upon request	On Ice: \$7.25
	Blended: \$8.75

Organic Green Rose Boba	AVAILABLE OPTIONS
Organic matcha with Earl Grey, pink rose & oat milk	On Ice: \$7.25
	Blended: \$8.75

Organic Moroccan Mint Boba	AVAILABLE OPTIONS
	On Ice: \$6.50
	Blended: \$8.25

Divine Spice™ Chai Boba	AVAILABLE OPTIONS
	On Ice: \$6.50
	Blended: \$8.25
Thai Red Tea Boba	AVAILABLE OPTIONS
Can be made 100% plant-based upon request	On Ice: \$6.50
	Blended: \$8.25

JUICES & SMOOTHIES
11

Fresh Juice Bar	AVAILABLE OPTIONS
Fresh-squeezed to order: orange, apple, grapefruit, watermelon, carrot or celery.	Small: \$7.25
Available to add on: kale, spinach, parsley, beet or ginger	Large: \$8.25
	Add Per Additional Fruit Combined to Original Juice:
	\$0.50
Mixed Veggie Juice	\$8.50
Carrot, beet, celery and ginger	
Urth's Green Juice	\$8.50
Spinach, celery, parsley, apple and ginger	
Sunshine Juice™	\$8.50
apple, pineapple, celery, lemon and ginger	
Purple Power™	\$8.50
packed with antioxidants: Acai, fresh beets, almond milk, and almond slices on top	
Smoothies	AVAILABLE OPTIONS
Choose from fresh seasonal fruits of the day such as strawberries, bananas, kiwis,	\$8.50
pineapple, watermelon and mango. Please ask for availability	Smoothies with Just One Fruit: \$2.00
Amazon Rainforest Smoothie™	\$8.75
A tropical fruit delight with acai, mango, pineapple, and banana	
Divine Date Smoothie™**	\$8.75
100% plant-based and an excellent source of protein with organic whole dates,	
banana, organic peanut butter, cocoa nibs, oat milk and almond slices on top for a	
taste that is simply divine!	
Sunshine Smoothie™	\$8.75
pineapple, apple, celery, lemon and ginger	
Vivavocado Smoothie™**	\$10.25
Made with fresh creamy avocado, cucumber, pineapple, mango, mint leaves, and a	
touch of maple syrup. Filled with only the freshest fruits and vegetables	
Lemonade	\$4.25
Naturally delicious	

NATURAL SODAS & BOTTLED DRINKS
5

San Pellegrino	AVAILABLE OPTIONS
	Small: \$4.95
	Large: \$6.50
Acqua Panna	AVAILABLE OPTIONS
	Small: \$4.95
	Large: \$6.50
Root Beer	\$4.25
Ginger Ale	\$4.25
Orangina	\$4.25

URTH EXQUISITE CAKES 6

Coconut Royale	\$8.50
Moist coconut sponge cake filled with delicious coconut pastry cream	
Carrot	\$8.50
Baked with golden raisins, fresh pineapple and walnuts and layered with our cream cheese frosting	
Flourless Chocolate (Individual)	\$8.50
Our rich dark chocolate is whipped and baked into a creamy, silky and light souffle texture!	
Berries & Cream	\$8.50
Vanilla sponge cake filled with fresh Chantilly cream and seasonal berries	
Chocolate Hazelnut	\$8.50
Chocolate hazelnut sponge cake layered with Nutella and hazelnut icing. Covered in chocolate hazelnut ganache	
Chocolate Crown	\$8.50
Chocolate sponge cake filled with rich chocolate mousse and covered in chocolate ganache	

FAMOUS CHEESECAKES 3

New York Cheesecake	\$8.50
Classic, decadent cheesecake made with cream cheese, cane sugar and a touch of lemon	
Blueberry Cheesecake	\$8.50
Our NY cheesecake topped with a fresh blueberry glaze	
Oreo Cheesecake	\$8.50
Two classic favorites, oreos and cheesecake bakes in a delicious cookie crust	

OLD-FASHIONED PIES 4

Granny Smith Apple Pie	\$8.75
Our flakey, buttery pie crust loaded with granny smith apples, golden raisins, walnuts and spices	

Pumpkin Pie (with Whipped Cream)	\$8.75
Creamy classic pumpkin pie baked in our signature graham cracker crust. The best pumpkin pie you have ever had	
Banana Cream Pie	\$8.75
Banana pastry cream layered with fresh bananas and salted caramel. Baked in a vanilla wafer crust	
Old-Fashioned Pecan Pie	\$8.75
We use Kentucky Bourbon, fresh eggs and cane sugar all baked in our puff pastry dough	

POUND CAKES 2

Marble-Crumb	\$6.25
Urth Italia Espresso, dark chocolate and vanilla pound cake, topped with a buttery cinnamon crumble	
Lemon-Poppy Seed	\$6.25
Our moist pound cake flavored with fresh lemon juice and lemon zest and covered with a lemon glaze	

OTHER GOODIES 4

Almond Biscotti	\$3.75
Chocolate Dipped Biscotti	\$3.95
Decadent Brownie	\$4.50
Quadismali Almond Biscotti	\$5.95

URTH TIRAMISÚ 2

Matcha Tiramisú	\$8.50
Matcha green tea soaked ladyfinger cookies combined with matcha flavored mascarpone cheese and white chocolate chunks	
Urth Italia™ Tiramisú	\$8.50
Ladyfinger cookies soaked in Urth Italia Espresso combined with espresso flavored mascarpone cheese	

FRESH BAKED CLASSIC COOKIES 3

Chocolate Chunk Pecan	\$3.75
Our buttery version of the classic with semi sweet chocolate chunks and pecans	
Oatmeal-Raisin	\$3.75
Made with Organic oatmeal, raisins and flavored with cinnamon	
Triple Chocolate Chunk	\$3.75
Our delicious chocolate cookie made with semi sweet, dark and white chocolate	

URTH VEGAN DESSERTS 4

Vegan Chocolate Chunk Pecan Cookie	\$4.25
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Vegan Oatmeal-Raisin Cookie	\$4.25
Vegan Chocolate Cake	\$8.75
Our vegan chocolate cake contains absolutely no dairy, eggs, or animal products of any kind	
Victory Vegan Pumpkin Pie	\$8.75
Gluten-free crust filled with pumpkin filling	

URTH SPECIAL DESSERTS 4

Apple Tarte Tatin	\$9.25
Caramelized apples baked in a buttery crust	
Urth Fruit Tarts	\$8.50
Glazed seasonal fruits on top of vanilla pastry creme, in a pastry tart (contains almonds)	
Urth Napoleon	\$8.75
Our secret recipe pastry cream in house-made puff pastry and caramelized sugar	
Tre Latti	\$8.50
Vanilla sponge cake soaked in 3 different sweet milks, a layer of Chantilly cream and iced with a caramelized meringue. Available Wednesday thru Sunday	