

OPEN ~ Monday to Friday 9 AM to 5 PM
 & Saturday 9 AM - 3 PM
 CLOSED ~ Sunday & most holidays



1 (250) 737-3933
 23 Kenneth Street Duncan
 ORDER ONLINE www.urbanforestbistro.ca

SOUPS ~ comes with toasted focaccia

Gluten Free & Vegan options

BOWL \$11.50

Creamy Fire Roasted Tomato served daily & soups of the moment ~ check in daily!

CUP \$6.50

LITTLE SALADS

\$6.50

BIG SALADS

ColeSLAW - thinly sliced organic green & purple cabbage, carrots, & granny smith apple tossed in our in-house ginger lime vinaigrette dressing

FANCY SALAD

\$15.50

Mixed organic greens topped with hemp hearts, avocado, seasonal fruit tossed in your choice of dressing

upROOTED - organic greens, topped with julienne organic carrots & beets, sprinkled with maple spiced nuts

*add Okanagan's happy day's goat cheese +\$2.00

*add Pulled Pork ~ Beef Brisket ~ Pulled Chicken Thigh ~ Tofu ~ Portobello +\$4.00

All salads, except the coleslaw, come with your choice of house made dressings: balsamic, avocado, ginger-lime or organic extra virgin olive oil

All of our panini's are grilled on your choice of: True Grain Focaccia, Little Northern Bakehouse gluten free bread OR our house made focaccia (keto, vegan, and gluten free)

OMNIVORE PANINI (MEATS)

HERBIVORE PANINI(PLANTS)

PULLED PORK

\$14.50

Slow cooked pulled pork tossed in our house made BBQ sauce, topped with our ginger-lime coleslaw with our house-made chipotle aioli

ROAST TOFU

\$14.50

Thinly sliced roasted tofu, caramelized onion, and organic arugula topped with our house-made melty vegan cheese with garlic oil

PORK BELLY "BLT"

\$15.00

Thick cut pork belly, organic greens, sliced tomato with house-made garlic aioli

TOFU LETTUCE & TOMATO

\$15.00

Marinated roasted tofu, smashed avocado, vegan cheese spread, organic greens, & tomato slices

BEEF BRISKET

\$15.50

Slow cooked pulled brisket topped with organic arugula and your choice of Little Qualicum blue cheese or smoked BC Gouda with grainy mustard and our house-made garlic aioli

BRISKET SPICED MUSHROOM

\$15.50

Marinated portobello mushroom topped organic arugula, and house made vegan mokzza cheese with our house-made BBQ sauce & house-made grainy mustard

CHICKEN & HERBS

\$14.50

Shredded chicken thighs, aged BC cheddar, tomato, and organic greens with our house-made chipotle aioli

ITALIAN HERBED MUSHROOM

\$15.00

Marinated portobello mushroom, tomato, organic greens, & smashed avocado with house made vegan cheese spread

GRILLED CHEESE

\$12.00

Aged BC cheddar, smoked BC Gouda, and bacon covered in olive wood smoked olive oil and a side of house-made ketchup ~ all cheese option available instead of bacon

VEGAN GRILLED CHEESE

\$12.00

House-made vegan mokzza cheese and melty cheese, grilled with olive wood smoked olive oil & a side of house-made ketchup

SMASHED AVOCADO

\$12.50

Smashed avocado on grilled True Grain focaccia, topped with hemp hearts, grape tomatoes, and balsamic drizzle

SMASHED AVOCADO SALAD

\$12.50

Smashed avocado on organic leafy greens, topped with hemp hearts, grape tomatoes, & balsamic drizzle

*add Okanagan's happy day's goat cheese +\$2.00

*add Okanagan's happy day's goat cheese +\$2.00

Ice Cream Brownie

DESSERTS

\$7.00

House made dairy free ice cream (coconut and cashew), on a decadent chocolate fudge brownie cup made from scratch, filled with ganache and garnished with a sprig of mint.

*vegan & gluten free

Banana Split

\$10.00

A split banana filled with house made dairy free ice cream (coconut & cashew), with decadent brownie bits made from scratch, topped with fresh fruit and a drizzle of dark chocolate ganache.

*vegan & gluten free


BREAKFAST MENU

Available daily until 11:30 am

Serving fresh eggs from Lockwood Farm, all of our breakfast sandwiches are toasted with your choice of: Portofino Sourdough, Little Northern Bakehouse gluten free bread OR our house made focaccia (keto, vegan, and gluten free) AND your choice of scrambled or poached egg

<u>HEARTY BREAKFAST SANDWICH</u>	<u>\$11.00</u>	<u>BREAKFAST SMASHED AVOCADO</u>	<u>\$12.50</u>
Egg, smoked BC Gouda, thick cut pork belly, & organic arugula layered on your choice of bread with chipotle aioli		Smashed avocado on grilled True Grain focaccia, topped with hemp hearts, grape tomatoes, & balsamic drizzle	
<u>BREAKFAST BELT</u>	<u>\$11.00</u>		
Egg, bacon, organic greens, tomato layered on your choice of bread with garlic aioli		*add Okanagan's happy day's goat cheese +\$2.00 *add a poached egg +\$2.00	
<u>VEGETARIAN BREAKFAST SANDWICH</u>	<u>\$10.50</u>	<u>BREAKFAST SMASHED AVOCADO SALAD</u>	<u>\$12.50</u>
Egg, marinated tofu, smoked BC Gouda, organic greens, tomato layered on your choice of bread with garlic aioli		Smashed avocado on organic leafy greens, topped with hemp hearts, grape tomatoes, & balsamic drizzle	
<u>VEGAN BREAKFAST SANDWICH</u>	<u>\$9.50</u>		
Marinated tofu, avocado, organic arugula layered on your choice of bread with vegan cheese spread		*add Okanagan's happy day's goat cheese +\$2.00 *add a poached egg +\$2.00	

DRINK MENU

<h2>HOUSE DRIP COFFEE</h2> <p>Monsoon Malabar Medium & Dark Roast <i>This specialty bean from India breaks tradition by washing the beans in monsoon rains for 3-4 months causing them to swell & lose acidity while holding onto a beautiful smokey flavour.</i></p> <p>LITTLE \$3.25 BIG \$3.75</p>	<h2>WESTHOLME TEA</h2> <p>BLACK Westcoast Breakfast ~ Earl Grey Masala Chai ~ Mad Hatter</p> <p>HERBAL Minty Nettle ~ Calm Lav ~ Warm Sun Golden Chai ~ Holy Spice ~ Crimson</p> <p>GREEN TEA Gunpowder ~ Roasted Kukicha</p> <p>\$3.75</p>	<h2>COLD DRINKS</h2> <p>ROSEHIP LEMONADE over ice ~ \$4.75 GINGER BEER sparkling over ice ~ \$5.75 ROOT BEER sparkling over ice ~ \$5.75 APPLE JUICE organic BC apples ~ \$3.75 ORANGE JUICE organic ~ \$3.75 LIMONATA San Pellegrino ~ \$4.25 ARANCIATA ROSSA San Pellegrino ~ \$4.25 SPARKLING WATER San Pellegrino ~ \$3.75</p>
<h2>CRAFT POUR OVER</h2> <p>Each cup is carefully hand crafted just for you from our fine selection of single origin beans sourced from around the world and roasted weekly on the island</p> <p>HOT \$3.75 ICED \$4.25</p> <p>ALWAYS AVAILABLE MEDIUM ROAST MONSOON MALABAR DARK ROAST MONSOON MALABAR DECAF PERUVIAN DECAF</p> <p>Check in store for our current rotation of beans and let us know your favourites!</p>	<h2>SPECIALTY DRINKS</h2> <p>*dairy & oat milk options</p> <p>HOT CHOCOLATE ~ \$6.00 Intensely Dark Cacao</p> <p>MASALA CHAI LATTE ~ \$6.00 Rich black tea & spices</p> <p>GOLDEN CHAI LATTE ~ \$6.00 Turmeric root & spices</p> <p>MOCHA ~ \$6.50 Monsoon malabar dark roast coffee combined with our intensely dark cacao</p> <p>MORE COMING SOON!!</p> 	<h2>BLENDED DRINKS</h2> <h3>SMOOTHIES</h3> <p>REFRESH ~ \$9.50 cucumber, avocado, green apple, coconut water, lime, mint, pink salt, black pepper</p> <p>ENERGY ~ \$10.00 Blueberry OR raspberry OR strawberry OR mixed berry, banana, pomegranate, hemp mylk</p> <p>CARROT ZINGER ~ \$10.00 Carrot, banana, ginger, cinnamon, hemp milk</p> <h3>MYLK-SHAKES</h3> <p>CREAMSICLE ~ \$10.00 mango, orange, hemp mylk</p> <p>PIÑA COLADA ~ \$9.50 pineapple, banana, coconut mylk</p> <p>COCOLICIOS ~ \$10.00 banana, cacao, hemp mylk</p> <p>Made with all organic ingredients.</p>