

Breakfast

All Day Every Day (eggs contain dairy)

Omelettes *sub egg whites .59
Served with house-baked bagel crisp and orange slice

Garden Obsession 7.99
tomato, onion, green pepper, mushroom, cheddar

Classic 8.49
black forest ham, green pepper, mushroom, onion, cheddar

The Mediterranean 8.29
fresh spinach, tomato, kalamata olive, feta

Mexicali 8.99
grilled chicken breast, onion, tomato, green chile, pepper jack, *sour cream and salsa on the side

New!
Salmon Omelette 10.99
salmon, red onion, feta, tomato

New!

Breakfast Flatbread 9.99
scrambled egg, applewood-smoked bacon, cheddar cheese, green pepper, mushroom, red onion on thin layer of cream cheese, drizzled with pure maple syrup on top!



Salmon Platter 11.99
smoked salmon, cucumber, tomato, hard-boiled egg, caper, chives, cream cheese, lemon wedge, bagel crisps all beautifully arranged on a wooden board

Waffle Boats New! V GF add .99

Egg and Cheese 4.99
scrambled egg, cheddar, and pure maple syrup *add applewood-smoked bacon or organic chicken-apple sausage .99

Southern Pecan 4.99
pecan, whipped cream, house-made caramel butterscotch syrup *add bananas .59

Strawberries and Cream 4.99
fresh strawberry, house-made strawberry greek yogurt spread, whipped cream, strawberry compote drizzled on top

Banana Nutella Boat 4.99 V
fresh banana, nutella, whipped cream, house-made caramel butterscotch syrup drizzled on top v- sub maple syrup or agave, no whip

PB Banana Boat 4.99 V
100% natural peanut butter, fresh banana, whipped cream, pure maple syrup drizzled on top v- no whip

BREAD AND JAM BOARD 5.99

a variety of toasted breads, house-made jams, grapes served on wooden board *add local raw creamed honey .99 honey flavors: plain, cinnamon, ask for seasonal flavors

BAGELS, BAGELS, BAGELS!

Authentic NY Bagels Baked Fresh Every Day! 1.79
we bake all day, if your flavor isn't up, we will bake one fresh for you. please allow 10 minutes extra

plain, everything, sesame, wheat, blueberry, cinnamon raisin, french toast *premium bagels add .29 asiago, tuscan, pumpernickel, jalapeno, multigrain

cream cheese .99 plain, strawberry, honey walnut, onion & chives local raw organic creamed honey .99 plain, cinnamon, ask for seasonal flavors

Breakfast Handhelds

sub GF Bun .99
Served with bagel crisp and orange slice

Salmon Bagel 6.29
choose your bagel, cream cheese, loz smoked salmon, red onion, caper, chives *double the salmon for 1.99

The Bird 6.99
scrambled egg, sliced oven-roasted, turkey breast, provolone, cheddar, house-made strawberry jam on grilled ciabatta bread

UB Sandwich 3.99 VGT
scrambled egg, cheddar grilled on NY bagel or gourmet english muffin *sub jumbo croissant *add 1.29 *add applewood-smoked bacon or organic chicken-apple sausage 1.99

New!
The Boss 6.99
applewood-smoked bacon, house-made onion jam, cheddar, spinach, tomato grilled on asiago bagel

New!
Pomodoro Bagel 7.99 VGT
scrambled egg, mozzarella, feta, tomato, spinach, kalamata olive grilled on tuscan bagel

New!
Capicola Melt 6.99
spicy capicola, hard salami, mozzarella, tomato, olive oil grilled on tuscan bagel

The Town Hall 6.99
scrambled egg, black forest ham, cheddar, house-made onion jam grilled on artisan white bread

Bl. Bean Burrito 5.99 V
scrambled egg, brown rice mix (black bean, red pepper, green chile, onion, parsley), cheddar, wrapped in 12" tortilla *sour cream and salsa on the side v - sub oumph for egg, vegan mozz, no sour cream *add 1.49

Egg Snack Wrap 1.99
scrambled egg, cheddar, wrapped in 8" tortilla *add applewood-smoked bacon/organic chicken-apple sausage .99

Bowls And Pots

Breakfast Bowls

Scrambled Grits Bowl 4.29
scrambled egg, organic chicken-apple sausage smothered under cheesy grits

Cheesy Grits Sm 1.79 lg 2.99

South of the Border Bowl 4.29 GF V
scrambled egg, brown rice mix (black bean, red pepper, green chile, onion parsley) v- sub oumph for egg .49

The Power Bowl 4.99
egg white, spinach, tomato, organic chicken-apple sausage, feta, chia seed

Oat Pots

steel-cut oats, milk, brown sugar *local raw honey/organic agave .99 *milk: almond, macadamia, soy .29

Simple 2.99 GF V
*add fresh fruit .99

Super Bowl 4.59 GF V
raisin, pecan, chia seed

Special Dark 4.59 GF
dark chocolate chip, banana

*oats and grits may not be available after 2pm

Yogurt Pot

Fruity Pot 4.99 GF
greek yogurt, banana, strawberry, blueberry, granola w/local raw honey or organic agave nectar GF - no granola



Good Eats

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Hot & Pressed Sandwiches

all sandwiches served with house-baked potato chips or house-baked kale chips *sub fruit cup for 1.79

The Park Avenue 7.99
black forest ham, house-made onion jam, melted cheddar grilled on artisan white

The Downtown 8.79
sliced grilled chicken breast, applewood-smoked bacon, tomato, swiss, dijonnaise grilled on artisan white

Crabby Apple 7.99
black forest ham, granny smith apple, cheddar, house-made sweet honey mustard grilled on artisan whole wheat

New!

Tropical Pulled Pork 8.99 V
smoked pulled pork, red onion, provolone, bbq sauce, house-made mango chutney on grilled ciabata v- Sub oumph and veg mozz .99

New!

The Havana 8.99
black forest ham, smoked pulled pork, swiss, pickle, mustard, mayo pressed on ciabatta

New!

UB Grilled Cheese 6.99
provolone, american, smoked gouda, and parmesan grilled on artisan white bread

BBC 8.99
sliced oven-roasted turkey breast, applewood-smoked bacon, brie, house-made mango chutney, grilled on artisan white

Caprese Panini 7.59 VGT V
tomato, fresh mozzarella, fresh basil, sun-dried tomato basil pesto, drizzled with olive oil and balsamic glaze, pressed on ciabatta v sub vegan mozz .49

Exciting! Calling all Vegans! Try Oumph Today!

ingredients: water, soy, salt, 3oz (100g) 82 cal, fat .4g, sat fat 0g, carb 0g, sugar 0g, fiber 5.1g, protein 17g, salt .6g.

Signature Cafe Deli Sandwiches

all sandwiches served with house-baked potato chips or house-baked kale chips *sub fruit cup for 1.79

The Big BLT Club 8.99
sliced oven-roasted turkey breast, applewood-smoked bacon, tomato, provolone, lettuce, house-made pesto mayo on artisan white

The 2023 Special 7.99
sliced grilled chicken breast, provolone, lettuce, tomato, house-made sweet mayo spread on artisan white

Turkey Taster 8.59
sliced oven-roasted turkey breast, granny smith apple, provolone, house-made fig jam on artisan wheat

New!

The Metropolitan 7.29
black forest ham, onion and chives cream cheese, cucumber, tomato, lettuce on toasted everything bagel

New!

The Tuscan 7.99
spicy capicola, hard salami, sun-dried tomato pesto mayo, provolone, tomato, lettuce on toasted tuscan bagel

New!

Classic BLT 7.99
applewood-smoked bacon, tomato, lettuce, mayo on toasted artisan white

Chicken Salad Croissant 7.99
house-made chicken salad with grilled chicken breast, grape, celery, raisin, apple, toasted almond, house-made dressing, lettuce on a jumbo croissant

Veggie 7.29 VGT V
house-made roasted red pepper hummus, cucumber, mushroom, tomato, red onion, spinach, lettuce on artisan wheat v-sub ciabatta or wrap

Gourmet PBJ 6.99 VGT V
100% natural peanut butter, banana, granny smith apple, house-made mango chutney on artisan white v-sub ciabatta or wrap

Fresh From The Salad Bar

all salads served with house-baked bagel crisp

UB Signature Salad 8.99 V
romaine, grilled chicken breast, red apple, red grape, strawberry, red onion, feta, pecan with house-made poppy seed dressing V-sub oumph, vegan house-made poppyseed dressing, vegan mozz *add 1.49

The Mediterranean 8.49 V
romaine, spinach, grilled chicken breast, feta, almond, dried cranberry, red onion, kalamata olive w/house-made balsamic vinaigrette V-sub oumph, vegan mozz *add .99

Chicken Caesar Salad 7.99
romaine, grilled chicken breast, garlic crouton, parmesan cheese w/caesar dressing

New!

The Burger Salad 11.99
romaine, spinach, grass-fed beef, cucumber, tomato, carrot, celery, red onion, mushroom, green pepper, cheddar w/house-made ranch or thousand island dressing *add applewood-smoked bacon 1.99

New!

The City Cobb Salad 10.99
romaine, grilled chicken breast, applewood-smoked bacon, hard-boiled egg, avocado, tomato, red onion, feta w/house-made ranch dressing

Southwest Black Bean 7.99
romaine, grilled chicken breast, black bean, roasted corn, tomato, red onion, organic blue corn tortilla chips, w/southwest dressing

The 2023 Chop Salad 6.99
iceberg, applewood-smoked bacon, cauliflower, parmesan w/house-made sweet mayo dressing *add grilled chicken breast 3.59

The Whole Garden 5.99 VGT V
romaine, spinach, cucumber, tomato, carrot, celery, red onion, mushroom, green pepper, cheddar w/ranch dressing *add grilled chicken breast 3.59
v- use balsamic vinaigrette, veg mozz *add oumph 3.59

Soup's On! Bowl 4.99 Cup 3.49
ask for our daily selection of house-made soups

THE UB Perfect Combo 9.49
Pick Two > cup of soup • 1/2 sandwich • 1/2 salad

Flatbreads

New!

The Kona 11.99
smoked pulled pork, applewood-smoked bacon, green pepper, red onion, pineapple, provolone, bbq sauce

BBQ Chicken 9.49
grilled chicken breast, spinach, fresh mozzarella, bbq sauce

Black Bean 9.49 VGT V
roasted corn, salsa, black bean, fresh mozzarella, house-made avocado cilantro sauce, house-made black bean paste v-no avocado cilantro sauce

New!

The Grommet 9.99
mushroom, spinach, apple-wood smoked bacon, fresh mozzarella, pomodoro tomato sauce

Margherita 8.99 VGT V
tomato, fresh basil, fresh mozzarella, balsamic reduction, sun-dried tomato basil pesto v-sub vegan mozz *add .99

Veggie Lovers 8.99 VGT V
mushroom, onion, tomato, green pepper, black olive, fresh mozzarella, pomodoro tomato sauce v-sub vegan mozz *add .99

Shareables

New!

Charcuterie and Cheese Board 15.99
soppressata, hard salami, spicy capicola, asiago, sharp cheddar, swiss, pepper jack, served with fig glaze, toasted artisan baguette, grapes and pecans served on a wood board

Salsa Bowl 3.99 V GF
house-made salsa served with organic blue corn tortilla chips

Ultimate Guacamole 7.99 V GF
house-made guacamole (avocado, roasted corn, tomatoes, red onion, cilantro) served with organic blue corn tortilla chips

Deluxe Hummus 6.99 V GF
house-made roasted red pepper hummus topped with diced tomato, feta, and kalamata olive served with baked pita points GF- sub organic blue tortilla chips for pita

Fruit and Cheese Plate 6.99 V GF
granny smith apple, red delicious apple, red grape, cheddar cubes, provolone cubes and an assortment of crackers served on a wood board

Crusty Bread Board 3.99 V
artisan baguette, olive oil with herbs and spices for dipping served on a wood board

THE URBAN BEAN BURGER BAR

Australian Angus Grass-fed Beef, 100% Grass-fed For The Entire Life of The Cow
each burger is 1/2 pound patty and comes on a grilled ciabatta bun served with house-baked potato chips or house-baked kale chips *sub fruit cup for 1.79
*sub gluten free bun add .99 substitute black bean patty n/c

Smokehouse Burger 11.99
applewood-smoked bacon, smoked gouda, house-made chipotle mayo, lettuce, tomato, onion

New!

Dirty Burger 11.99
smoked pulled pork, cheddar, bbq sauce, pickle, lettuce, tomato, onion

New!

Firecracker 12.49
applewood-smoked bacon, pepper jack, cajun spice, house-made mango chutney, lettuce, tomato, onion

Cheesy Mushroom Burger 9.99
mushroom, swiss, provolone, mayo, lettuce, tomato, onion

Deluxe 8.99
mayo, pickle, lettuce, tomato, onion *add cheese .69

New!

Chipotle Avocado Burger 11.49
avocado, pepper jack, house-made chipotle mayo, lettuce, tomato, onion

Farmhouse Burger 12.99
topped with a cage-free fried egg, applewood-smoked bacon, cheddar, house-made onion jam, lettuce, tomato, onion

New!

Old School 9.99
two patties, american cheese, house-made special sauce, pickle, lettuce, tomato, onion

New!

Peanut Butter Burger 12.99
100% natural peanut butter, applewood-smoked bacon, pepper jack, house-made onion jam, house-made chipotle mayo, lettuce, tomato, onion

BBQ Bacon Cheeseburger 10.99
applewood-smoked bacon, cheddar, bbq sauce, pickle, lettuce, tomato, onion

New!

Jam and Brie Melt 12.49
applewood-smoked bacon, brie, house-made strawberry jam, lettuce, tomato, onion

Southwest Black Bean Burger 10.49 V
blackbean patty, ultimate guacamole, organic blue corn tortilla chips, house-made vegan chipotle mayo, lettuce, tomato, onion

California Black Bean Burger 8.99 VGT V
black bean patty, sauteed onions, spinach, tomato, house-made avocado cilantro sauce *add avocado slices 2.49 v-sub vegannaise for avocado cilantro sauce *add .49

Sides and Such

Fruit Cup 8oz 2.99 VGT GF
Small Fruity Pot 8oz 3.99 VGT
Half Garden Salad 3.99 VGT
Half any other salad 5.49 *excluding Burger and Cobb Salad
Cuke Salad: cucumber, tomato, red onion, feta, balsamic glaze 8oz 3.99 VGT
Small Side Ultimate Guacamole 5oz 4.99 V GF
Avocado Slices (1/2 avocado) 2.49
House-made roasted red pepper hummus 5oz 4.99 V GF
House-baked Potato Chips or Kale chips 1.29 V GF
House-baked Bagel Crisps 8/1.99

V - Vegan VGT - vegetarian GF - Gluten Free

vegan and gf products are not all certified but are free from animal products or allergens in the ingredient list.
We can not insure that items do not contain ingredients to which guests may have an allergic reaction consuming undercooked meat, poultry, seafood, shellfish or eggs may increase risks of food-borne illness especially if you have certain medical condition

Did You Know?

We use the freshest and highest quality ingredients we can find! Our chicken-apple sausage is organic, nitrite-free, gmo-free, antibiotic-free, and gf. Our Australian grass-fed beef has been raised completely on grass for the entire life of the cow and is antibiotic-free as well. Our chicken and