The Urban Bistro Restaurant Lunch Menu with Prices & Calories 2026

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Appetizers

Item	Price	Calories
Crispy Calamari	$8.99	520
Loaded Nachos	$7.79	690
Stuffed Mushrooms	$7.49	350
Buffalo Wings (6 pcs)	$9.29	600
Spinach Artichoke Dip	$7.99	430
Fried Mozzarella Sticks	$6.99	480

Salads

Item	Price	Calories
Caesar Salad	$9.49	410
Greek Salad	$10.29	390
Cobb Salad	$11.99	670
Kale & Quinoa Salad	$10.99	350
Chicken Avocado Salad	$12.49	590
Garden Salad	$7.99	220

Sandwiches

Item	Price	Calories
Classic Club Sandwich	$11.29	720
Turkey & Swiss Panini	$10.79	650
BBQ Pulled Pork	$12.49	780
Grilled Veggie Wrap	$9.99	480
Philly Cheesesteak	$12.99	810
Tuna Melt	$11.19	700

Burgers

Item	Price	Calories
Classic Cheeseburger	$12.29	840
Bacon Avocado Burger	$13.99	980
Mushroom Swiss Burger	$13.49	910
Veggie Burger	$11.49	670
BBQ Bacon Burger	$14.29	1050
Spicy Jalapeño Burger	$12.79	900

Entrees

Item	Price	Calories
Grilled Salmon	$16.99	620
Chicken Alfredo Pasta	$14.99	980
Steak Frites	$18.49	1120
Vegetable Stir Fry	$13.49	550
Lemon Herb Roasted Chicken	$15.99	770
Shrimp Scampi	$17.29	850

Kids Lunch

Item	Price	Calories
Chicken Tenders (3 pcs)	$6.99	410
Mini Cheeseburger	$6.49	520
Grilled Cheese Sandwich	$5.99	480
Mac & Cheese	$5.99	560
Mini Hot Dog	$5.49	450

Sides

Item	Price	Calories
French Fries	$3.49	350
Sweet Potato Fries	$3.99	400
Onion Rings	$3.99	430
Side Caesar Salad	$4.49	200
Steamed Broccoli	$3.29	110
Coleslaw	$2.99	180

Beverages

Item	Price	Calories
Soft Drink (16 oz)	$2.49	190-240
Iced Tea (16 oz)	$2.29	90-120
Lemonade (16 oz)	$2.79	140-170
Coffee (12 oz)	$1.99	5
Sparkling Water	$2.99	0
Milkshake (Chocolate or Vanilla)	$5.49	620

Desserts

Item	Price	Calories
Cheesecake Slice	$6.29	420
Chocolate Brownie	$5.99	470
Apple Pie	$5.79	410
Ice Cream Sundae	$5.49	530
Carrot Cake	$6.49	490
Lemon Tart	$5.99	400

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.