

# urban angel

BAKERY, CAFE & FOOD STORE

MON & TUES 6 - 6; WED, THURS & FRI 6 - 10

SAT 7 - 4; SUN 7 - 2

Building 4, Boskruin Office Park  
(011) 010 2777

President Fouche Drive  
info@urban-angel.co.za

www.urban-angel.co.za

This menu is bursting with rustic, wholesome food. Borne of a field to fork philosophy. It has been created with love, to share with you our passion for quality and celebrate good food bringing people together under one roof. Welcome to our home.

## SMALL PLATES & NIBBLES

### meze board 110

humus + toasted flat bread, marinated olives + feta, grilled vegetables, dolmades, grilled halloumi, chickpea Patties + cucumber rhaitha

### veggie nachos 50

a bowl of corn tortilla chips & mixed cheese topped w chunky tomato salsa, smooth cream cheese & avo\* salsa w sliced jalapeno peppers

### peppadew poppers 40

peppadew stuffed w feta & mozzarella, coated w our grain free crumb & deep fried w creamy brinjal relish

### nutty camembert 60

nut crusted camembert, deep fried & topped w spiced Seeds & nuts, drizzled w organic honey & mint

### vegetable pakora 30

coated w chickpea batter + cucumber rhaitha

### grilled halloumi 40

w beetroot salsa + lemon wedges

### chilli salt squid 55

w smoked paprika aioli + lemon wedges

### humus + toasted flatbread 28

### roast pork belly 40

w spiced apple compote

### vegetable dolmades 38

rice + veg wrapped vine leaves w cucumber rhaitha

### marinated olives + feta 38

### roasted beets + chevin + pecan nuts 44

## CAFE EATING

unless otherwise stated, mains are served w your choice of one of the following; hand cut fries, rosemary baby potatoes, pan fried veggies, sweet potato wedges or cauliflower mash

### 200g fillet steak 130

charred beef fillet w grilled halloumi, streaky bacon & grain mustard sauce

### 200g rump steak 98

charred rump w garlic butter brown mushroom, roast cherry tomato & rocket & parmesan salad

### braised lamb shank 150

cooked low & slow w root vegetables & served w chickpea, smoked bacon & tomato jus

### grilled hake fillet 80

seasoned w sea salt & coarse pepper w lemon wedges & home made tartar sauce

### battered fish n chips 80

strips of hake fillet dipped w craft beer batter, deep fried w minted pea puree, lemon wedges & tartar sauce

### grilled calamari tubes 110

dusted w sea salt, pepper & oregano, grilled & served w lemon butter & a small greek salad

### pan roast salmon fillet 130

dusted w sea salt & pepper & pan roast w butter & lemon served on cauliflower puree w seasonal veg

### slow roast pork belly 98

fennel salt rubbed pork belly on a creamy mash w caramelised onion & a rich red wine jus

### 350g pork chop 96

rubbed w fennel salt & charred, topped w spiced apple & braised red cabbage slaw w a maple jus

### aloo fikki 70

potato cake stuffed w mozzarella, grilled vegetables, sun dried tomato & pine kernels on spiced lentils w humus

### grilled chicken breast 84

spiced chicken breast, grilled & basted w sun dried tomato & oregano served w a feta, cucumber & avocado salsa

### wild mushroom strudel 70

baked w leek, plain chevin & thyme wrapped in phyllo on cauliflower puree w mixed greens

### butter chicken curry 78

chunks of chicken breast slow cooked in a spicy almond butter cream sauce w pilaf basmati & flat bread

### vegetable curry 74

chick peas, sweet potato & butternut slow cooked in a spicy almond butter cream sauce w pilaf basmati & flat bread

### quiche + salad 60

choice of the day's quiche w a garden salad

## PASTAS

your choice of penne, fettuccine or spiralized vegetables

small / large

### pesto + veg

55/70

pan roast seasonal veg w basil pesto & pine kernels

### cajun chicken

55/70

grilled chicken strips, butternut + halloumi cheese w cajun cream sauce

### smoked salmon

60/80

smoked salmon w leek & white wine cream

### bolognese

55/70

ground beef w a rich tomato & herb sauce

### napoliana

45/60

a rich tomato & herb sauce

### risotto of the day

SQ

check our blackboard for today's choice

## SOMETHING ON THE SIDE

+hand cut chips 24 +sweet potato wedges 24

+tempura onion rings 24 +pan roast veggies 28

+beets & beans 26 +cauliflower mash 30

+roast baby potatoes 24 +avo\* salsa 26

+greek salad 36 +garden salad 26 +lime aioli 12

\* the small print. in our kitchen, seeds & nuts are present & used in the production of foods. prices include vat. service charge is not included. avo is subject to seasonal availability. all items subject to availability. variations may lead to delays. all extras & substitutions may incur an extra charge. not responsible for food asked well done. urban angel is not responsible for lost or stolen items. regret no cheque's accepted. prices may change without prior notice.



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## NOURISHING BEVERAGES

### Warm up

freshly brewed coffee +1 refill	16		+ espresso shot 5
café mocha	26		
caffè latte	24		
vanilla latte	26		
chai tea latte	30		
espresso	15	19	
	single	double	+ sub soy or almond milk 5
hot chocolate		24	
horlicks / milo		24	
macchiato		15	
flat white cappuccino		20	
cappuccino con panna		26	
café americano		18	
red cappuccino		25	
red espresso latte		28	
tea		16	
five roses / rooibos / chamomile / earl grey / green			+decaf 2
baby chino		5	
organic honey, lemon & hot water		5	

We use organic produce as much as possible & use organic stone ground unbleached flour, raw brown sugar, & organic, free range eggs. Choice of breakfast pastry, cakes and tarts will vary according to season, availability of produce and the whims of the pastry chefs. We start from scratch each day, therefore all menu items are subject to availability. Café seating is reserved for guests on request. Thank you for popping in.

## SANDWICHES & SALADS

All sandwiches served w hand cut fries & tangy slaw

### urban angel burger 68

180gr grass fed beef patty, on a kitke bun topped w tomato, homemade gherkins & haystack onions

### bbq chicken burger 62

grilled free range chicken breast, basted w our BBQ basting, on a kitke bun w lettuce, tomato & homemade gherkins

### falafel sandwich 59

spiced chickpea patties, beetroot salsa & cucumber rhaita on sourdough w rocket & tomato

### roast veggie & halloumi 72

oven roast peppers, aubergine & pickled baby marrow w grilled halloumi cheese & yogurt rhaita on sourdough

### caprese salad sandwich 62

mozzarella balls, oven roast tomato, mustard shoots & rocket w basil pesto & toasted seeds

### roast beef sandwich 78

rare roast beef, shredded beetroot, crispy onion rings w grain mustard mayo & mixed greens

### smoked salmon & pickle 86

smoked salmon, smooth cream cheese & rocket w fresh tomato, avocado w homemade pickle relish

### grilled chicken & avocado\* 76

grilled free range chicken breast w mixed greens, fresh avo\* & smoked paprika aioli

### morrocan chicken sandwich 78

chicken breast marinated in yogurt, turmeric & herbs w pea tendrils, fresh tomato, peppadew & toasted seeds

### slow roast pork belly 78

slow roast pork belly, sliced & grilled w rocket, lime aioli & red onion marmalade on sourdough

### BBQ chicken bowl 76

warm BBQ chicken strips, mixed greens, roast butternut, feta + toasted seeds

### grilled halloumi 68

grilled halloumi, mixed greens, cucumber + tomatoes w spiced yogurt dressing

### protein salad 68

roast beets, butternut + sweet potato w chickpeas, mixed greens + avo\* topped w humus

### cobb salad 78

streaky bacon, grilled chicken, egg + avo\* w mixed greens & toasted seeds

## Refresh

sir juice 500ml, *please ask your waiter what is available* 20  
bos iced teas 18 / soft drinks 330ml fanta / sprite / coke 16  
appetizer / grapetizer 20 / cordial ; passionfruit / lime /  
bitters / kola tonic 8 / cordial & mixer 22 / red iced tea 30  
valpre bottled water 500ml 14 frankies sodas 16 / snapple 26  
bunderberg ginger beer 22 / rock shandy 30  
milkshakes; chocolate / vanilla / coffee 30 / milk & cookies 24

### RAW JUICES 35

**Refresh**; apple cranberry, cucumber, celery + lemon  
**Burn**; tomato, Beetroot, carrot, lemon + pepper  
**Mellow Yellow**; carrot, cucumber, celery, lemon+ turmeric  
**Boost**; green apple, carrot + ginger root  
**Pump**; beetroot, cucumber, apple, lemon + mint  
**Quencher**; pineapple, orange, carrot + ginger

### SUPER SMOOTHIES 35

**Raw Chocolate**; avo\*, raw cacao, dates, banana + nut butter  
**Salted Caramel**; dates, cashew, banana, maple syrup,  
coconut milk + salt  
**Hulk Buster**; banana, yogurt, peanut butter + whey protein

### FREEZOS 34

original coffee  
chocolate, white chocolate  
spiced chai, berry, mango

## BOOSTERS

Add a little extra to your smoothie or juice

### flu shot 10

Ginger, honey, lemon juice & cayenne pepper

### ginger shot 10

### pure whey protein scoop 20

chai seeds 15

acai powder 15

spirulina powder 10

raw cacao 10