



URBAN SUBSM

order online at www.theurbansub.com

delivery:
952.300.2551

subs & sandwiches



put any sub or salad on a gluten free wrap for \$1.25 • order twice the sandwich for \$8 more

🔪 = grilled (others can be grilled upon request) 🔥 = spicy

- 🔪🔥 1 Chipotle Pulled Pork** house roasted pork seasoned with chipotle peppers, topped with queso fresco and homemade coleslaw on a grilled **ciabatta**. **\$8.95**
- 🔪 2 Westside Italian Sub** grilled genoa alami and pepperoni under melted provolone cheese topped with red onions, tomatoes, organic greens, Italian dressing and seasonings on a grilled **french baguette**. **\$8.81**
- 3 Garden Veggie** house made hummus, fresh avocado, fire roasted red peppers, cucumbers, red onions, organic greens and Italian dressing on a **wheat baguette**. **\$8.46 • Add cheese +1.10**
- 🔪 4 Cheddar Roast Beef** house roasted beef under melted cheddar cheese with grilled onions and cherry pepper aioli on a grilled **pretzel roll**. **\$8.46**
- 🔪 5 Blue Roast Beef** house roasted beef under melted blue cheese crumbles with red onions, tomatoes, organic greens on a grilled **wheat baguette**. **\$8.86 • Add bacon +\$1.50**
- 🔪 6 Twin Cities Cheesesteak** grilled fresh ribeye steak, grilled onions, grilled green peppers, and grilled mushrooms under plenty of melted provolone cheese on a grilled **ciabatta**. **\$10.95**
- 🔪 7 Chicken Ranch** house roasted chicken breast under melted provolone cheese with homemade ranch dressing, tomatoes and organic greens. on a grilled **french baguette**. **\$8.71 • Add bacon +\$1.50**
- 8 Turkey Avocado** thin sliced oven roasted turkey with our famous avocado spread, tomatoes, cucumbers and organic greens on a **french baguette**. **\$8.51**
- 🔪 9 Smoked Turkey Melt** grilled smoked turkey under melted cheddar cheese with cherry pepper aioli, tomatoes and organic greens on a grilled **pretzel roll**. **\$8.66 • Add bacon +\$1.50**
- 🔪 10 Reuben** grilled corned beef and sauerkraut under melted swiss cheese with homemade russian dressing on grilled **sliced rye**. **\$9.45**
- 11 Cashew Chicken Salad** handmade chicken salad with cashews and dried cranberries topped with red onions, tomatoes and organic greens on **sliced white**. **\$8.51**
- 🔪 12 Grilled Cheese** provolone, cheddar and havarti melted on grilled **sliced white**. **\$7.96**
• Add bacon +\$1.50 • Add Avocado +\$1.00
- 🔪 13 BLT** applewood smoked bacon, fresh tomatoes and organic greens with mayonnaise on **sliced white**. **\$8.31**
- 🔪 14 Hot Pastrami** our famous grilled pastrami under melted Swiss cheese with stone ground mustard on grilled **sliced rye**. **\$9.36**
- 🔪 15 Hot Ham and Swiss** grilled applewood smoked ham under melted swiss with mayo and stoneground mustard on grilled **sliced white**. **\$8.36**
- 🔪 16 Meatball Sub** grilled homemade meatballs and marinara under melted provolone cheese with italian spices on a grilled **french baguette**. **\$8.95**
- 17 Urban Club** thin sliced turkey and ham with fresh grilled bacon, tomatoes, organic greens and house-made honey mustard on a **french baguette**. **\$8.75**
- 🔪 18 Buffalo Chicken Wrap** house roasted chicken breast grilled under blue cheese crumbles with our homemade buffalo sauce, homemade ranch dressing, carrots, romaine lettuce and tomatoes on a **wheat tortilla**. **\$8.80**
- 🔪 19 The Cassidy** house roasted chicken breast grilled under cheddar cheese with Italian spices, red onion, banana peppers, tomatoes, organic greens, homemade ranch and chipotle mayo on a grilled **ciabatta roll**. **\$9.50**
- 🔪 20 BBQ Beef Brisket** slow roasted brisket with homemade BBQ sauce, red onions and homemade jalapeno pickles on a grilled **ciabatta roll**. **\$9.50**

fresh homemade soups

cup - \$4.05 bowl - \$4.81

ask about today's homemade soup options or find out on [f](#) [t](#)

salads

side - \$4.85 full - \$8.75



add sliced chicken breast side +\$1.00 full +\$2.00

Pear and Pecan Salad organic greens, fresh pears, house-candied pecans, fresh avocado, blue cheese crumbles with our Italian vinaigrette on the side.

Roasted Beet Salad arugula, house-roasted beets, walnuts, dried cranberries and goat cheese with our homemade balsamic vinaigrette on the side.

Sweet Potato Salad organic greens, house roasted sweet potatoes, walnuts, dried cranberries and blue cheese crumbles with our Italian vinaigrette on the side.

Greek Salad romaine lettuce, kalamata olives, banana peppers, tomatoes, cucumbers, red onion, Italian seasoning and feta cheese with our Italian vinaigrette.

children's



- PB and J** organic peanut butter and jam on **country white**. **\$2.95**
- Grilled Cheese** cheddar and provolone on **country white**. **\$3.50**
- Turkey** with mayo, greens and tomatoes on **country white**. **\$3.70**
- Ham** swiss, mayo, greens and tomatoes on **country white**. **\$3.70**

catering



24 hour notice on catering orders is appreciated but try us for your last minute solutions! **Please call 952.300.2551** or order online at www.theurbansub.com
We deliver catering orders throughout the entire metro area. We specialize in sandwich platters, box lunches, desert trays, group salads, homemade soup, and hot make-your-own sandwich buffets like our famous Chipotle Pulled Pork meal. Make it easy on yourself and ask for our most popular boxes or give us a custom order, your choice. You can mix and match from any category.

box lunches

* **minimum order of 5, maximum of 1000**

Sides: chips, potato salad, coleslaw, veggiesticks with hummus, fresh cut fruit.

Desserts: cookie, bar, brownie.

Lunch Box Includes cutlery, mayo and mustard packets, dessert and side of your choice. Choose from Roast Beef, Ham, Turkey, Smoked Turkey, Sliced Chicken Breast, or Salami on a French baguette with fresh tomatoes and Organic greens. **\$9.95**

Hot Box Includes cutlery, dessert and side of your choice. Choose from any sub or sandwich from our menu. #6, #10 and #14 add \$1 **\$10.90 maximum 40 boxes**

Salad Box Includes cutlery, desert and dressing on the side. Choose from our Pear and Pecan salad, Greek Salad, Roasted Beet Salad, or Sweet Potato salad. **\$9.95**
Add sliced chicken for **\$2.00**

Premium Cold Box Includes cutlery, dessert and side of your choice. All sauces are on the sub or sandwich. Choose from the following menu sandwiches served cold. Westside Italian, Garden Veggie, Cheddar Roast Beef, Chicken Ranch, Turkey Avocado, Smoked Turkey Melt, Cashew Chicken Salad Sandwich, Ham and swiss on French baguette with mayo, and the Urban Club. **\$10.90**

platters

Sandwich Platters Includes mayo and mustard packets Choose from veggie, roast beef, ham, turkey, smoked turkey or Italian subs on French or Wheat Baguette.

• Small Platter serves 8-10 (24 pieces) **\$50** • Large Platter serves 16-18 (40 pieces) **\$90**

Premium Sandwich Platters All sauces and spreads are on sandwiches. Choose from Westside Italian Sub (French Baguette), Cheddar Roast Beef (pretzel roll), Chicken Ranch (French Baguette), Turkey avocado (French Baguette), Smoked turkey cheddar (pretzel roll), or Cashew Chicken Salad Sub (wheat Baguette).

• Small Platter serves 8-10 (27 pieces) **\$65** • Large Platter serves 16-18 (43 pieces) **\$110**

Dessert Platter cookies at **\$0.60 per person**, brownies for **\$1.75 per person**, bars for **\$1.50 per person** ***minimum order of 1 dozen please. Desserts homemade in shop**

Meat and Cheese Platters Roast Beef, Ham, salami and smoked turkey with provolone, cheddar, Havarti and swiss with slices of French and wheat baguettes.

• Small serves 10-12 **\$30** • Large serves 20-25 **\$50**

Veggie Sticks and Hummus Platter Fresh cut veggies and our homemade hummus • Small Appetizer feeds 8-10 **\$27** • Large Appetizer feeds 14-16 **\$48**

Gourmet Group Salads Choose from Pear and Pecan Salad, Greek Salad, Roasted Beet Salad, or the Sweet Potato Salad. Dressing comes on the side.

• Small serves 6-8 **\$40** • Large serves 12-14 **\$57**

• add sliced chicken breast (cold) for **+\$10** for small or **+\$15** for large

Chipotle Pulled Pork Feast Includes Hot Pulled Pork, coleslaw and a variety of breads so you and your guests to make your own sandwiches. **\$8.00 per person. Min 20 people.** Add potato salad. **\$1.00 per person** Add fresh fruit **\$1.00 per person**

put any sub or salad on a gluten free tortilla for **\$1.25**

sides

\$1.50 fresh fruit

\$1.00 kosher dill or cheese stick

\$1.20 applesauce

\$1.50 kettle chips, cole slaw or potato salad

\$1.75 veggie sticks with hummus

beverages

\$1.00 juice box

\$1.09 canned soda

\$1.50 water or sanpellegrino

\$1.55 organic milk

\$1.60 sparkling water

\$2.30 nantucket nectars, izee or rootbeer

desserts



ask for our additional fresh options

cookie \$0.75 or 3/for \$2.00

brownie \$2.00

bars \$2.00

combo meal special



make your order a full meal and save!
order a sub, side and drink and receive **\$0.75 off!**

choose two



1/2 simple sandwich with cup of soup or side salad **\$8.75**

1/2 menu sandwich with cup of soup or side salad **\$9.25**

cup of soup with side salad **\$8.10**



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952.300.2551 | theurbansub.com | 5621 Wayzata Blvd | St. Louis Park, MN 55416
mon.-wed. 10am - 9pm | thurs.-sat. 10am - 10pm | sun. closed | closed on holidays
delivery zone: north to duluth street | west to highway 169 |
south to excelsior boulevard east to hennepin avenue | all deliveries are \$1