

Lunch Combination

Served Daily From 11am-3pm.
Served With Steamed Brown Rice, Spring Roll, And Salad (Choice Of Tofu, Soy Chicken, Seitan, Pepper Steak, Or Soy Fish \$9.95, Bacon, Shrimp, Or Chicken Nuggets \$11.95

L1. Cashew Nuts

stir fried thai sauce with roasted cashew nuts, bell pepper celery carrot, and chestnuts

L2. Fresh Ginger

stir fried mushrooms, fresh ginger garlic, green onion, and bell pepper in chef's special sauce.

L3. Garlic Pepper

sauteed garlic, black pepper, cilantro, and garlic sauce on a bed of lettuce

L4. Basil Leaves*

stir fried mint leaves, fresh chili garlic, onion, and bell pepper

L5. Spicy Eggplant*

eggplant, onion, garlic, sweet basil and bell pepper sauteed with chili paste.

L6. Stir Fried Vegetables

L7. Sweet & Sour

stir fried pineapple, tomato, cucumber bell pepper, onion, and scallion with sweet & sour sauce

L8. Pad Thai

rice stick noodles stir fried with our exclusive sauce, bean sprouts, and green onion with crushed peanuts

L9. Red Curry*

hot exotic red curry paste with coconut milk, basil, bell pepper eggplant, bamboo shoots

L10. Green Curry*

spicy green chili paste with coconut milk, basil, bell pepper eggplant, bamboo shoots

L11. Yellow Curry*

mild spicy yellow curry with coconut milk, potato, onion carrot, spices and herbs

L12. Lentil

Loaf lentils, brown rice, bell pepper & spices (no substitute)

L13. Crispy Chicken sliced or Crispy Chicken nuggets

L14. P.E.T.

pumpkin, eggplant, steamed tofu in garlic sauce with bell pepper, basil and chili

Beverages

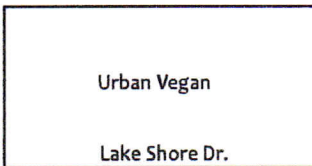
Hot Tea ☐☐	2.50
Ice Tea ☐☐	3.00
Ice Green Tea ☐	3.00
Chrysantemum ☐	3.00
Ginger (Hot, Cold) ☐☐	3.00 ☐
Thai Ice Tea ☐	3.00
Lemonade ☐	3.00
Arnold Palmer	3.00

Vegan Smoothie banana, mango, mix berries, coconut juice, pineapple and almond ☐

4.25

Kedzie Ave

Belmont Ave



Urban Vegan

Lake Shore Dr.

Peterson Ave

Dinner Combination

Served Daily From 4pm-9.30pm.
Served With Steamed Brown Rice, Spring Roll, And Salad (Choice Of Tofu, Soy Chicken, Seitan, Pepper Steak, Or Soy Fish \$11.95, Bacon, Shrimp, Or Chicken Nuggets \$13.95

D1. Cashew Nuts

stir fried thai sauce with roasted cashew nuts, bell pepper celery carrot, and chestnuts

D2. Fresh Ginger

stir fried mushrooms, fresh ginger garlic, green onion, and bell pepper in chef's special sauce.

D3. Garlic Pepper

sauteed garlic, black pepper, cilantro, and garlic sauce on a bed of lettuce

D4. Basil Leaves*

stir fried mint leaves, fresh chili garlic, onion, and bell pepper

D5. Spicy Eggplant*

eggplant, onion, garlic, sweet basil and bell pepper sauteed with chili paste.

D6. Stir Fried Vegetables

D7. Sweet & Sour

stir fried pineapple, tomato, cucumber bell pepper, onion, and scallion with sweet & sour sauce

D8. Pad Thai

rice stick noodles stir fried with our exclusive sauce, bean sprouts, and green onion with crushed peanuts

D9. Red Curry*

hot exotic red curry paste with coconut milk, basil, bell pepper eggplant, bamboo shoots

D10. Green Curry*

spicy green chili paste with coconut milk, basil, bell pepper eggplant, bamboo shoots

D11. Yellow Curry*

mild spicy yellow curry with coconut milk, potato, onion carrot, spices and herbs

D12. Lentil

Loaf lentils, brown rice, bell pepper & spices (no substitute)

D13. Crispy Chicken sliced or Crispy Chicken nuggets

D14. P.E.T.

pumpkin, eggplant, steamed tofu in garlic sauce with bell pepper, basil and chili

D15. Praram's Plate

marinated soy chicken pan fried with peanut sauce on a bed of steamed spinach

D16. Spicy Noodle*

stir fried flat noodles with fresh chili sauce, garlic, sweet basil, mushrooms tomato and bell pepper

Desserts

▶ Banana Spring Rolls (2) 3.25

Urban Vegan

Vegan Thai Cuisine

1605 West Montrose Avenue Chicago IL 60613

Wheat Free menus available

Visit Our Website at

www.urbanvegan-chicago.com

Call : 773 - 404 - 1109

Delivery :: Carry Out :: Catering

Monday 4:30 pm - 9:00 pm

Tuesday - Thursday 11:00 am - 9:30 pm

Friday - Saturday 11:00 am - 10:00 pm

Sunday 12:00 am - 9:00 pm



Appetizers

- Edamame** □ □ 3.95
French Fries sm 2.50 lg □ 4.25
- Veggie Dumplings (6)** □ 5.25
 stuffed with vegetables, steamed or grilled
- Crispy Chicken** □ 6.95
 (Sliced Or Nuggets) lightly fried soy chicken, served with sweet chili sauce
- Golden Tofu** □ □ 6.95
 deep-fried tofu, served with sweet chili sauce and ground peanuts
- Spring Rolls (4)** □ □ 6.95
 deep fried spring rolls stuffed with cabbage, carrot, mung bean noodles, and shitake mushroom served with sweet & sour sauce.
- Tofu Satay** □ □ 6.95
 charbroiled marinated tofu on skewers, served with peanut sauce and fresh cucumber salad
- Freshy Rolls (4)** □ □ 7.95
 thai spaghetti, soy chicken, romaine lettuce, bean sprouts, and fresh herbs, wrapped with rice paper, served with hoisin sauce.
- Chicken Satay (5)** □ □ 7.95
 charbroiled marinated soy chicken on skewers, served with peanut sauce and fresh cucumber salad.
- Grand Tempura** □ □ 8.95
 broccoli, eggplant, pumpkin, zucchini, and soy shrimp, lightly battered & deep - fried, served with tempura sauce.
- Steam Curry Dumpling (6)** □ 6.95
 steamed dumpling, salsa, carrot, red cabbage, cilantro in green curry
- Red Chili Dumpling (6)** 6.95
 deep fried dumpling topped with sweet chili sauce and cilantro.

Soup

- Miso Soup** medium 3.25 large 5.95
 soft tofu, wakame seaweed, and sliced mushroom.
- Seaweed Soup** □ □ 7.95
 vegetable broth with seaweed, tofu mung bean noodles, and napa cabbage.
- Veggie Soup** □ □ 3.95
 broccoli, cabbage, cauliflower, carrot, zucchini, and cilantro
- Tom Yum Soup*** □ □ 8.95
 assorted mushrooms, tofu, tomato, and exotic herbs in hot and sour lemongrass broth*
- Tom Kah Kai*** □ □ 10.95
 assorted mushrooms, soy chicken and exotic herbs in coconut milk broth.
- Spicy Seafood Soup*** □ 11.95
 soy fish, soy shrimp, broccoli, cauliflower, ginger, basil, chili, and lemongrass broth.
- Seafood Tom Yum*** □ 11.95
 soy fish, soyshrimp, mushroom, tofu, tomato, chili paste, and exotic herbs in hot & sour lemongrass broth.

Salad

- Cucumber Salad** □ □ 2.50
 diced cucumber, red onion, and red bell pepper in sweet vinegar.
- House Salad** □ □ 4.95
 selected greens with choice of peanut or italian dressing.
- Glass Noodle Salad** □ 7.95
 add soy meat 2.00
 mung bean noodles, tomato, mushrooms, carrot, cilantro, red onion and chili paste topped with spicy lime dressing on a bed of lettuce
- Vegan Salad** □ □ 7.95
 fresh garden salad topped with grilled tofu, served with peanut dressing.
- Larb Chicken Or Fish*** 10.95
 selected soy meat tossed in lime juice chili, red onion, carrot, cilantro, and parched rice on a bed of lettuce.
- Green Power Salad** □ 8.95
 romaine lettuce, tomato, carrot, red cabbage, avocado, cucumber, edamame, and red onion topped with walnuts, served with your choice of peanut or italian dressing.
- Papaya Salad*** □ □ 8.95
 shredded green papaya, carrot, green beans, sliced tomatoes, and lime juice tossed with ground peanuts.
- Spicy Chicken Salad*** 10.95
 soy chicken tossed in spicy lime juice served with red onion, carrot, and cilantro dressing on a bed of mixed greens.

Chef's Specials

- Lentil Loaf With Salad** □ 8.95
 lentils, brown rice, bell peppers, onion, and spices
- Pparam's Plate** □ 10.95
 marinated soy chicken pan-fried with peanut sauce on a bed of steamed spinach
- Chu Chee*** □ 11.95
 soy shrimp sauteed in our chef's special coconut puree, topped with kaffir lime leaves and bell pepper.
- Shrimp Spinach Noodle** 10.95
 organic spinach noodle in curry sauce with soy shrimp, salsa, red cabbage, carrot, and cilantro
- Mushroom Steak** □ 11.95
 marinated minced shitake with soy meat served with salad and fries.
- Sweet Chili Fish** 11.95
 lightly battered & deep fried fish on a bed of lettuce topped with sweet chili sauce and garnished with carrot, red cabbage and cilantro.

Entrees

- Served With Steamed Brown Rice. Choice Of Soy Chicken, Soy Pepper Steak, Seitan, Soy Fish, Or Tofu. Add \$2 For Bacon, Soy Shrimp, Or Soy Chicken Nuggets.
- American Broccoli** □ 9.95
 stir-fried american broccoli with garlic sauce.
- Chinese Broccoli** □ 9.95
 stir fried chinese broccoli with garlic sauce.
- Cashew Nuts** □ □ 9.95
 stir fried thai sauce with roasted cashews, bell pepper, celery, carrot, and chestnuts.
- Fresh Ginger** □ □ 9.95
 sauteed garlic, black pepper, garlic, green onion, and bell pepper in our chef's special sauce.
- Garlic Pepper** □ □ 9.95
 stir-fried mushroom, fresh ginger, cilantro, and garlic sauce, served on a bed of lettuce.
- Thai Basil*** □ □ 9.95
 stir fried mint leaves, fresh chili, garlic, onion, and bell pepper.
- Pad Woon Zen** □ □ 9.95
 stir-fried mung bean noodles, tomato, mushrooms, onion, and scallions.
- P.E.T.** □ □ 9.95
 pumpkin, eggplant, tofu stir fried in garlic sauce with bell pepper, basil, and chili.
- Prik King** □ □ 9.95
 stir fried green bean with chili paste.
- Spicy Eggplant*** □ □ 9.95
 eggplant, onion, garlic, sweet basil and bell pepper sauteed with chili paste.
- Stir - Fried Vegetables** □ 9.95
 stir - fried broccoli, cabbage, carrot, and bean sprouts with garlic sauce.
- Sweet & Sour** □ □ 9.95
 stir fried pineapple, tomato, cucumber, bell pepper, onion, and scallions, with sweet & sour sauce.
- Orange Chicken** □ 11.95
 soy chicken lightly battered and marinated with orange sauce.

Curry \$9.95

- Serve With Steamed Brown Rice. Choice Of Soy Chicken, Soy Pepper Steak, Seitan, Soy Fish, Or Tofu. Add \$2 For Bacon, Soy Shrimp, Or Soy Chicken Nuggets.
- Red Curry***
 hot exotic red curry paste with coconut milk, basil, bell pepper, eggplant, bamboo shoots, and seasonings
- Green Curry***
 medium spicy green chili paste with coconut milk, basil, bell pepper, eggplant, bamboo shoots, spices, and herbs
- Yellow Curry***
 mild spicy yellow curry with coconut milk, potato, onion, carrot spices, and herbs

Noodles & Rice

- Choice Of Soy Chicken, Soy Pepper Steak, Seitan, Soy Fish, Or Tofu. Add \$2 For Bacon, Soy Shrimp, Or Soy Chicken Nuggets
- Wonton Noodle Soup** □ 8.95
 rice stick or flat noodle, bean sprout, american broccoli and veggie dumpling in vegetable broth, topped with cilantro, green onion, and fried garlic crushed.
- Chow Mein** □ □ 8.95
 stir fried wheat noodles with bean sprouts, celery, carrot, cabbage and broccoli.
- Spicy Noodle*** □ □ 8.95
 stir-fried flat noodles with fresh chili sauce, garlic, mushrooms, sweet basil, tomato and bell pepper.
- Pad Thai** □ □ 8.95
 rice stick noodle stirfried with our exclusive sauce, green onion, and bean sprouts and crushed peanuts.
- Radd Narh** □ □ 8.95
 stir fried flat noodles, broccoli, topped with gravy sauce.
- Pad See-Ew** □ □ 8.95
 stir fried flat noodles broccoli with sweet soy sauce.
- Pineapple Fried Rice** □ 8.95
 brown rice stir-fried in curry powder with pineapple, bell pepper, onion, tomato, cashews, and raisins.
- Spicy Fried Rice*** □ □ 8.95
 pan-fried brown rice, garlic, sweet basil, onion, tomato and bell pepper with garlic-chili puree.
- Veggie Fried Rice** □ 8.95
 pan fried brown rice with seasonal vegetables add soy meat 2.00
- Fried Rice** □ □ 8.95
 pan fried brown rice with seasonal vegetables.
- Jungle Noodle*** 9.95
 stir-fried wheat noodles with garlic suce, chili, mushroom, sweet basil, tomato and bell pepper.

Wraps \$7.95

Served With Romaine Lettuce, Avocado, Salsa, And Veganise On Lavash Bread. For Bacon Add \$2, Avocado Or Vegan Cheddar Cheese Add \$1 Each, French Fries With Any Sandwich Add \$2.00

- Soy Chicken Wrap**
Cowboy Wrap
 homemade wheat meat
Pepper Steak Wrap (Soy)
Fish Wrap (Soy)
Lentil Wrap (Soy)
Boca Wrap (Wheat & Soy)
Bacon Wrap (Soy)

Burgers \$6.95

Served With Romaine Lettuce, Avocado, Salsa, And Veganise On Lavash Bread. For Bacon Add \$2, Avocado Or Vegan Cheddar Cheese Add \$1 Each, French Fries With Any Sandwich Add \$2.00

- Grilled Tofu Burger**
Veggie Burger (Legumes)
Chicken Burger (Soy)
Cowboy Burger
 homemade wheat meat
Pepper Steak Sandwich (Soy)
Fish Burger (Soy)
Boca Burger (Wheat & Soy)
Bacob Burger (Soy)