

Urban Vegan Combination

Lunch \$9.95 **Dinner \$11.95**
 11:00am - 4:00pm 4:00pm - 9:30pm
 Served with exclusive steamed brown rice,
 2 pcs. spring roll and salad
 with Choice of Tofu, Soy Chicken, Soy fish,
 Soy Pepper steak or Seitan.
 (Soy Shrimp or Soy Chicken Nuggets add \$2.00)

1. Cashew Nuts

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

2. Fresh Ginger

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

3. Garlic Pepper

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

4. Basil Leaves*

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

5. Spicy Eggplant*

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

6. Stir Fried Vegetables

Stir-fired Mixed veggie with light brown sauce

7. Sweet & Sour

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

8. Pad Thai

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

9. Red Curry*

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

10. Green Curry*

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

11. Yellow Curry*

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

12. Lentil

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

13. Crispy Chicken sliced

or Crispy Chicken nuggets

14. P.E.T.

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

15. Praram's Plate

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

16. Spicy Noodle*

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

Beverages

Hot Tea 2.50
 Ice Tea 3.00
 Ice Green Tea 3.00
 Ginger (Hot, Cold) 3.00
 Thai Ice Tea 3.00
 Lemonade 3.00
 Arnold Palmer 3.00
 Urban Vegan Smoothie 4.95
 Mixed banana,mango,
 mix berries, coconut juice,
 pineapple and almond

Desserts

Banana Spring Rolls (2) 3.25

carry out menu

Urban Vegan

Vegan Thai Cuisine

ORDER ONLINE

www.urbanveganichicago.com

Lincoln Park

1550 W Fullerton Ave. Chicago IL 60614

Tel: 773-472-8208

Delivery :: Carry Out :: Catering

Monday - Closed

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

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

Sunday 12:00 am - 9:00 pm



Lake View

1605 W Montrose Ave. Chicago IL 60613

Tel: 773-404-1109

Delivery :: Carry Out :: Catering

Monday - 4:00 pm - 9:30 pm

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

Soup

Miso Soup soft tofu, seaweed, and scallion	2.95
Veggie Miso Soup broccoli,cabbage, napa, tofu carrot,zucchini, seaweed and scallion	3.95
Veggie Soup broccoli,cabbage, cauliflower, carrot,zucchini, and cilantro.	3.95
Seaweed Soup vegetable broth with seaweed, tofu mung bean noodles, and napa cabbage.	7.95
Tom Yum Soup* assorted mushrooms,tofu, tomato, and exotic herbs in hot and sour lemongrass broth*	8.95
Tom Kah Kai* assorted mushrooms, soy chicken and exotic herbs in coconut milk broth.	10.95
Spicy Seafood Soup* soy fish, soy shrimp, broccoli, cauliflower, ginger, basil, chili, and lemongrass broth.	11.95
Seafood Tom Yum* soy fish, soyshrimp, mushroom, tofu, tomato, chili paste, and exotic herbs in hot & sour lemongrass broth.	11.95

Salad

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

Chef's Specials

Lentil Loaf With Salad lentils, brown rice, bell peppers, onion, and spices	9.95
Praram's Plate marinated soy chicken pan-fried with peanut sauce on a bed of steamed spinach	10.95
Chu Chee* soy shrimp sauteed in our chef's special coconut puree, topped with kaffir lime leaves and bell pepper.	11.95
Shrimp Spinach Noodle organic spinach noodle in curry sauce with soy shrimp, salsa, red cabbage, carrot, and cilantro	10.95
Mushroom Steak marinated minced shitake with soy meat served with salad and fries.	11.95
Sweet Chili Fish lightly battered & deep fried fish on a bed of lettuce topped with sweet chili sauce and garnished with carrot,red cabbage and cilantro.	11.95

Entrees

Served With Steamed Brown Rice. Choice Of Soy Chicken, Soy Pepper Steak, Seitan, Soy Fish, Or Tofu. Add \$2 For Soy Shrimp, Or Soy Chicken Nuggets.	
American Broccoli stir-fried american broccoli with garlic sauce.	9.95
Chinese Broccoli stir fried chinese broccoli with garlic sauce.	9.95
Cashew Nuts stir fried thai sauce, pine apple, onion cashews, bell pepper, celery, carrot	9.95
Fresh Ginger stir fried mushrooms, fresh ginger, garlic, green onion, and bell pepper in our chef's special sauce.	9.95
Garlic Pepper sauteed garlic, black pepper, cilantro, and garlic sauce, served on a bed of lettuce.	9.95
Thai Basil* stir fried mint leaves, fresh chili, garlic, onion, and bell pepper.	9.95
Pad Woon Zen stir-fried mung bean noodles, tomato, mushrooms, onion, and scallions.	9.95
P.E.T. pumpkin, eggplant, tofu stir fried in garlic sauce with bell pepper, basil, and chili. add soy meat 2.00	9.95
Prik King stir fried green bean with chili paste.	9.95
Spicy Eggplant* eggplant, onion, garlic, sweet basil and bell pepper sauteed with chili paste.	9.95
Stir - Fried Vegetables stir - fried broccoli, cabbage, carrot, and bean sprouts with garlic sauce.	9.95
Sweet & Sour stir fried pineapple, tomato, cucumber, bell pepper, onion, and scallions, with sweet & sour sauce.	9.95
Orange Chicken soy chicken lightly battered and marinated with orange sauce.	11.95

Noodles & Rice

Choice Of Soy Chicken, Soy Pepper Steak, Seitan, Soy Fish, Or Tofu. Add \$2 For Soy Shrimp, Or Soy Chicken Nuggets.	
Wonton Noodle Soup rice stick or flat noodle, bean sprout, american broccoli and veggie dumpling in vegetable broth, topped with cilantro, green onion, and fried garlic crushed.	8.95
Chow Mein stir fried wheat noodles with bean sprouts, celery, carrot, cabbage and broccoli.	8.95
Spicy Noodle* stir-fried flat noodles with fresh chili sauce, garlic, mushrooms, sweet basil, tomato and bell pepper.	8.95
Pad Thai rice stick noodle stirfried with our exclusive sauce, green onion, and bean sprouts and crushed peanuts.	8.95
Radd Narh stir fried flat noodles, broccoli, topped with gravy sauce.	8.95
Pad See-Ew stir fried flat noodles broccoli with sweet soy sauce.	8.95
Pineapple Fried Rice brown rice stir-fried in curry powder with pineapple, bell pepper, onion, tomato, cashews, and raisins.	8.95
Spicy Fried Rice* pan-fried brown rice, garlic, sweet basil, onion, tomato and bell pepper with garlic-chili puree.	8.95
Veggie Fried Rice pan fried brown rice with seasonal vegetables add soy meat 2.00	8.95
Fried Rice pan fried brown rice with seasonal vegetables.	8.95
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
come with French Fries
extra French Fries add \$1.00
Avocado or Vegan cheddar
Cheese Add \$1 Each

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

Burgers \$6.95

Served With Romaine Lettuce,
Tomato And Veganise
On thin multi grains Bread.
come with French Fries
extra French Fries add \$1.00
Avocado or Vegan cheddar
Cheese Add \$1 Each

Grilled Tofu Burger
Veggie Burger (Legumes)
Chicken Burger (Soy)
Cowboy Burger (seitan)
Pepper Steak Burger (Soy)
Fish Burger (Soy)
Boca Burger (Wheat & Soy)

Curry \$9.95

Serve With Steamed Brown Rice.
Choice Of Soy Chicken, Soy Pepper
Steak, Seitan, Soy Fish, Or Tofu.
Add \$2 For 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, sweet potato, onion,
carrot spices, and herbs