

# sides

**fries sm 4.50 / lg 6.50 \***

add chipotle aioli or caesar +.50  
shoestring idaho potatoes, ketchup

**cheese fries - 8.00 \***

fries, cheese sauce

**nacho fries - 9.95 \***

fries, spicy black beans & corn, pico de gallo,  
cheese sauce

**philly fries - 9.95 \***

fries, sautéed seitan, peppers & onions,  
cheese sauce

**onion rings - 6.50 \***

spanish onions, breading, chipotle aioli

**buffalo cauliflower bites  
7.50**

cauliflower florets, buffalo breading, caesar  
dressing (cn)

**mac n cheese - 7.25**

breadcrumbs

**mac n jack - 8.25**

mac n cheese, bbq jackfruit (sf)

**soup du jour - 6.00**

ask about today's option

# grab n' go

**smoky avocado wrap  
10.25**

avocado, tempeh bacon, tomato, mixed greens,  
chipotle aioli, spinach wrap

**un-chicken griller wrap  
10.25**

grilled un-chicken, pesto mayo, lettuce,  
spinach wrap (cn)

\* item not available at our express location

# stews

coming spring 2019!

# we deliver!

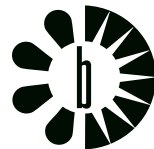
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and UberEats.

# we cater!

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we make every effort to source organic  
ingredients!

# blossom

# DU JOUR

100% VEGAN FAST FOOD

EAT IN. DELIVER. CATER.

## chelsea

259 west 23rd street (7th & 8th)  
tel: 212-229-2595

## hell's kitchen

617 ninth avenue (43rd & 44th)  
tel: 646-998-3535

## upper west side 81st

449 amsterdam avenue (81st & 82nd)  
tel: 212-712-9822

## express - columbus circle

1000s 8th avenue (at turnstyle in the subway  
station) tel: 212-765-6500 *express menu*

## urban vegan kitchen

come enjoy the sit down atmosphere of our  
sister cafe located at 41 carmine street. curated  
drink menu and weekly specials - check out our  
instagram [@urbanvegankitchen](https://www.instagram.com/urbanvegankitchen)  
[www.urbanvegankitchen.com](http://www.urbanvegankitchen.com)



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# build a bowl

12.00

## 1. CHOOSE 3 BASES

additional items - 3.25 ea

marinated kale (gf, sf)

mixed greens (gf, sf)

lettuce (gf, sf)

quinoa (gf, sf)

savory rice (gf, sf)

black beans (gf, sf)

spicy beans & corn (gf, sf)

sweet potatoes (gf, sf)

roasted veggies (gf, sf)

## 2. CHOOSE A PROTEIN

(or another base) additional items - 3.25 ea

tofu scramble (gf)

bbq jackfruit (gf, sf)

grilled un-chicken

cajun seitan

sautéed seitan & peppers \*

bean burger pattie \*

## 3. CHOOSE A DRESSING

additional dressing - 0.50 ea

tahini (gf)

caesar (gf)

chipotle aioli (gf)

herbed mustard (gf, sf)

hollandaise (gf)

pesto mayo (gf, cn)

## BLOSSOM BOWL EXTRAS

avocado (gf, sf) - 3.00

cheese sauce (gf, sf) - 2.25

pico de gallo (gf, sf) - 1.50

tempeh bacon - 2.50

buffalo cauliflower (cn) - 4.50

mac n cheese - 4.00

fries - 3.00 \*

\* item not available at our express location

# blossom bowls

13.00

## breakfast bowl

marinated kale, tofu scramble, tempeh bacon, sweet potatoes

## protein bowl

marinated kale, quinoa, black beans, grilled un-chicken, avocado, tahini dressing

## spicy green bowl

marinated kale, savory rice, spicy black beans & corn, buffalo cauliflower, caesar dressing (cn)

## southern bowl

marinated kale, mac n cheese, bbq jackfruit, roasted veggies (sf)

## garden bowl

marinated kale, mixed greens, roasted veggies, sweet potatoes, avocado, herbed mustard dressing (gf, sf)

## power up! bowl

marinated kale, quinoa, black beans, corn, red pepper, avocado, tahini dressing (gf)

# half bowls - 7.50

## karmic kale half bowl

marinated kale, sweet potatoes, tahini dressing (gf)

## beans & rice half bowl

black beans, savory rice, chipotle aioli (gf)

## create your own

choose a base, a protein, and a dressing

sorry, no substitutions

# sandwiches & wraps

add small fries 3.50\*

## skyscraper burger\* - 11.95

housemade burger pattie, cheese sauce, onion rings, lettuce, tomato, pickles, special sauce, potato bun

## midtown melt - 11.95

cajun seitan, cheese sauce, avocado, mixed greens, chipotle aioli, rosemary focaccia bread

## un-chicken avocado griller 11.95

grilled un-chicken, avocado, pesto mayo, lettuce, rosemary focaccia bread (cn)

## egg, cheese & bacon

english muffin sandwich - 7.50

on a spinach wrap - 10.95

gluten free wrap - 11.95

tofu scramble, peppers, onions, sautéed greens, herbs & spices, cheese sauce, hollandaise, tempeh bacon bits, english muffin or spinach wrap

## burrito grande wrap - 11.95

choice of avocado, grilled un-chicken, cajun seitan, or bbq jackfruit

gluten free wrap +2.00

savory rice, spicy black beans & corn, cheese sauce, pico, sour cream, lettuce, spinach wrap

sandwiches also available on a spinach wrap

(gf) gluten free | (sf) soy free | (cn) contains nuts

PLEASE NOTE: although some menu items do not contain gluten, our kitchen prepares products that contain gluten, nuts, and soy. Since daily operations involve shared cooking and preparation areas, we cannot guarantee that any menu item will be completely free of any of these items. If you have any food allergies please inform your server.