

Entree's

Cranberry Walnut Chickpea Sandwich

Whole-grain or GF bread with Lettuce, Tomato, Mayo & choice of side

\$6.95

Save The Tuna Sandwich

Whole-grain or GF bread with Lettuce, Tomato, Sprouts, Mayo & choice of side

\$6.95

Raw Thai Wrap with Almond Cream

Served in Collard Greens with Carrot, Cabbage, Mint, Basil, Mango, Cilantro, Raw Cashews & choice of side

\$6.75

Amazing Raw Tacos

Romaine Shells with Spiced Walnut Blend, Pico de Gallo, Sour Cream, Cilantro, Avocado & choice of side

\$6.95

Caesar Salad

Topped with Nut & Seed Parmesan and Roasted Chickpea Croutons

\$6.50

UNIQUE DAILY - SOUP, SIDE, AND DESSERT CREATIONS

Coffee

Valentine Coffee

12oz \$1.90 | 16oz \$2.10

Espresso

Espresso Toro- Double

\$2.35

Vanilla Bean Latte

House-made, Lightly Frothed Milk poured through Espresso

12oz \$3.75

16oz \$4.50

Mocha Latte

Made with Dark Chocolate & Espresso

Customize Your Drink

Espresso shot

Coconut or Hazelnut Milk

+ \$.75

Hours

Monday - Friday

7:00AM TO 5:30PM

*EXTENDED HOURS AND WEEKENDS
WILL START IN LATE SPRING

414-800-6265

1401 N. Dr. Martin Luther King Dr.
Milwaukee, WI

Check out our website
for full menu details.

UrbanBeetsCafe.com

DAILY SPECIALS ON SOCIAL MEDIA



ORDER ONLINE | DELIVERY AVAILABLE

WE DON'T USE SOY OR SEITAN IN ANY OF
OUR IN-HOUSE MADE ITEMS.

ALLERGY ALERT:
OUR VEGAN KITCHEN ALSO PROCESSES
NUTS, GRASSES AND SEAWEEDS. ALL
JUICE, SMOOTHIES AND FOOD IS MADE ON
SHARED EQUIPMENT WITH SUCH ALLERGENS.

Menu



FRESH - ORGANIC - RAW -
GLUTEN FREE - VEGAN & HEALTHY

If we help you feel better,
you'll inspire others, and that's
how the world changes.

Juice

12oz. \$5.50 / 16oz. \$6.95

Greens 1

Pear, Collard Green, Kale, Cilantro, Cucumber, Orange, Lemon

Greens 2

Apple, Broccoli, Celery, Lemon, Ginger

Greens 3

Pineapple, Spinach, Apple, Mint, Kale

Roots 1

Cucumber, Carrot, Beet, Apple, Lemon, Ginger

Roots 2

Tomato, Carrot, Celery, Beet, Lemon, Cilantro, Jalapeno

Citrus 1

Carrot, Orange, Apple, Lemon, Ginger, Turmeric, Cayenne Pepper

Citrus 2

Pineapple, Cucumber, Lemon, Ginger

Volcano Hot Choc

Beet, Cashews, Cacao powder, Coconut Water, Agave

Superfood Smoothie Boosts

ALL BOOSTS \$.75

Maca

known to balance hormone levels, boosting libido & endurance & increasing energy, mental clarity

Spirulina

Excellent source of protein. It reinforces your immune system & improves cardiovascular health

Lucuma

Can reduce inflammation, boost immune system, & lower blood pressure. It's also great for the skin

Turmeric

A powerful anti-inflammatory & antioxidant, which helps protect against disease

Cacao

Is off the charts in antioxidant-rich levels. Also, known to decrease bad cholesterol & is considered to be energizing & mood-enhancing

Chia seeds

The running food. Rich in omega 3 fatty acids & a good source of antioxidants, protein & fiber

Hemp seeds

Are one of the best sources of protein on the planet, Containing all 8 essential amino acids!

Baobab

Contains six times as much vitamin C as oranges & twice as much calcium as milk. Also, great for those wrinkles!

Raw Rolled Oats

Gives smoothies a thicker, more filling consistency, a boost of fiber, & a kick of protein, too.

WE SERVE A VARIETY OF GRAB-AND-GO BREAKFAST ITEMS ALONG WITH OUR IN-HOUSE VEGAN CREAM CHEESE BAGEL

Smoothies & Shakes 16oz \$6.50

Mint Chip

Spinach, Banana, Cashews, Cacao Nibs, Mint, Vanilla, Coconut Milk

Be Better Beet

Strawberry, Beet, Goji Berry, Dates, Chia Seed, Ginger, Vanilla, Coconut Milk

French Toast

Almond Milk, Avocado, Nutritional Yeast, Maple Syrup, Flax, Dates, Vanilla, Cinnamon, Nutmeg, Sea Salt

Tastes Like Ice Cream

Cashews, Kale, Banana, Maple Syrup, Vanilla, Ginger

Super C

Banana, Orange, Mango, Maca, Baobab

Cacao Mocha

Cashew, Dates, Espresso, Banana, Oats, Cardamom

Strawberry Shake

Strawberry, Almond milk, Vanilla, Dates, Banana

URBANBEETS

Cafe & Juicery

Urban Beets is a locally owned and operated vegan juice bar & cafe. We serve fresh, raw juice, smoothies, soups, sandwiches, wraps, seasonal salads, and desserts.

We take pride in our ever changing menu, which is 100% vegan and gluten-free friendly

(Except for our coffee lovers milk).