

INTERURBAN

since 1976



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STARTERS

SOUTHWEST EGGROLLS

Crispy wraps hand-rolled with fajita chicken, jack and cheddar cheeses, cilantro, smoked corn, black beans, tomatoes and jalapenos. Served with avocado ranch. **\$10**

CRACKER BREADED MOZZARELLA

Sliced thick mozzarella cheese lightly breaded and deep-fried. Served with honey mustard and ranch. **\$8**

ESPINACA QUESO

A favorite! Jalapeno jack cheese combined with fresh spinach, herbs and spices. Served with tortilla chips and salsa. **bowl \$8 / cup \$6 / Add taco meat for \$2**

OKIE FRIES

Our seasoned french fries loaded with melted jack cheese and cheddar cheese and topped with honey pepper bacon bits. Served with a side of Ranch dressing. **\$10**

FRIED PICKLE CHIPS

Pucker Up! Dill pickle chips battered and flash fried. Served with ranch dressing. **\$8**

CHICKEN BITES

Hand breaded chicken bites served with a complement of three dipping sauces. **\$9**

SEARED WASABI TUNA

Seared sashimi tuna, sliced, and served with a tasty wasabi paste and soy sauce. **\$14**

CHICKEN NACHOS

Chicken, jack and cheddar cheeses, borracho beans, pico de gallo, and sour cream. **\$14**

TRIPLE OPTION

Fried pickles, chicken quesadillas , cracker breaded mozzarella, southwest egg rolls, espinaca queso. **pick 3 for \$14 / 4 for \$15**

We consider ourselves a "YES" restaurant and will do our best to accommodate your Special Requests as long as it does not hinder the flow of the kitchen or possibly cause other guests to have a less than enjoyable experience. However, please take into consideration that our staff is trained on MENU ITEMS ONLY and special orders leave room for mistakes to be made. There will be no returns or refunds for special order items that are not on the menu.

*Consuming raw or undercooked meats, poultry, seafood shellfish, or eggs may increase your risk of foodborne illness.

**Changes or Modifications may result in extra charges

SALADS, SOUPS

FRIED CHICKEN CLUB SALAD

Crisp greens, jack and cheddar cheeses, chopped bacon and tomatoes topped with crispy fried chicken. Served with choice of dressing. **\$12**

LINDA'S CLASSIC SPINACH SALAD

Fresh spinach, grilled chicken, jack and cheddar cheese, mushrooms and red onion tossed in our classic Linda's dressing. Served with tomato wedges. **\$10**

SAINT HELENA SPRING SALAD

A mix of romaine, spinach, iceberg and spring lettuce with chicken, apple, walnuts, cashews, pineapple, raisins, and chopped bacon tossed in a lemon chardonnay dressing, garnished with fresh strawberries. **\$12**

BLACKENED CHICKEN CAESAR

Crisp Romaine lettuce tossed in our creamy Caesar dressing, topped with blackened sliced chicken breast, croutons and Parmesan cheese. Served with our fresh made dinner roll and cinnamon honey butter. **\$12 / Add \$3 to substitute top sirloin**

SOUTHWEST QUESADILLA SALAD

Fresh house greens, grilled fajita chicken, jack and cheddar cheese, black beans, diced tomatoes, and crunchy tortilla strips. Topped with a cheesy hot southwest quesadilla. Great with our homemade salsa, or your choice of dressing. **\$12**

Our homemade salad dressings: Our House Special Garlic Parmesan Dressing, Buttermilk Ranch, Honey Mustard, Linda's Special Dressing, Balsamic Vinaigrette, Lemon Chardonnay, Lite Italian, and Raspberry Vinaigrette **There will be a charge for extra dressing.**

SEAFOOD

GRILLED SALMON*

Grilled Norwegian salmon topped with a lemon caper glaze, served over wild rice with fresh steamed vegetables. **\$16**

BLACKENED TILAPIA

Tilapia blackened served over wild rice with fresh steamed vegetables. **\$14**

BLACKENED SALMON

Norwegian salmon blackened and topped with lemon caper glaze and a lemon. Served over wild rice with fresh steamed vegetables. **\$16**

SASHIMI TUNA

Grilled 8oz sashimi grade tuna topped with our Cajun fondue and served over wild rice with fresh steamed vegetables. **\$16**

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SALMON WEDGE*

Fresh romaine hearts with chopped tomatoes, blue cheese crumbles, red onion, cracked black pepper, topped with grilled salmon and served with garlic parmesan dressing.

\$14 / Add \$2 to substitute top sirloin.

URB CHEF SALAD

Mixed Greens topped with ham, turkey, bacon, eggs, onions, jack and cheddar cheese, cherry tomatoes and served with your choice of dressing, dinner roll and cinnamon honey butter. **\$11**

FRESH VEGETABLE PLATE

0.6 fat grams; with muffin 7.9 fat grams Piping hot steamed vegetables with our "world's best" honey mustard dressing.

\$10 / Add chicken \$3 / Add salmon for \$5

LITE FARE

Mixed Greens, fresh diced tomatoes and dressing with your choice of Grilled Chicken Breast

\$7 / Grilled Salmon \$9 / Top Sirloin \$12

URBAN COMBOS

House Salad • Caesar Salad • Loaded Spud •

Bowl of Soup • 1/2 of our IU Club Sandwich • 1/2 of our Quesadilla

2 for \$10 / 3 for \$12

Dinner or Caesar Salad / \$4 / With Entrée \$2

Soup of the Day / Bowl \$6 / Cup \$4

FROM THE GRILL

Add a house or caesar salad for \$2.

CHELSEA'S HONEY CHICKEN

Grilled chicken topped with our "world's best" honey mustard sauce, honey pepper bacon, sautéed mushrooms and monterey jack cheese. Served with choice of potato and fresh steamed vegetables. **\$14**

TOP SIRLOIN*

8oz Certified Angus brand top sirloin grilled the way you like it, served with a choice of potato and fresh steamed vegetables. **\$15**

STEAK AND SHRIMP COMBO*

Our Certified Angus top sirloin grilled with Cajun spiced bacon wrapped shrimp. Served with a choice of potato and fresh steamed vegetables. **\$20**

SIZZILIN RIBEYE*

Our 14oz ribeye served on a skillet with onions, red and green peppers and Burgundy mushrooms. Also served with choice of potato and steamed vegetables. **\$27**

CLASSIC RIBEYE*

On the menu since 1979, this is a great steak!

Our 14oz Certified Angus ribeye is served with a choice of potato and fresh steamed vegetables. **\$25**

ULTIMATE HAMBURGER STEAK*

A juicy 16oz hamburger steak grilled on the flat top with onions, green and red bell peppers and then smothered with brown gravy. Served with choice of potato and steamed vegetables. **\$14**

FAVORITES

CHICKEN FRIED STEAK

Fork tender steak fried golden brown and served with country gravy, corn on the cob and a choice of potato. **\$13**

CRISPY CHICKEN BITES

Chicken bites hand breaded and fried golden brown and served with country gravy, corn on the cob and a choice of potato. **\$13**

SOUTHERN FRIED FISH

Our hand breaded fish served with hush puppies, french fries and our homemade coleslaw. Garnished with I.U.'s delicious tarter sauce. **\$11**

GOURMET HOT DOGS / 2 for \$11

Pick any 2 Nathan's All-Beef franks. Served with French Fries.

Ball Park Classic: mustard, dill relish and onion. • Angry Dog: Pepperjack cheese, sautéed jalapenos, honey pepper bacon & spicy ranch. •

Honey Pepper Bacon Dog: Jack cheese, honey pepper bacon & honey mustard.

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BURGERS

Served with one regular side item \$2. / Make it a double \$4

HONEY PEPPER BACON BURGER*

Our half pound burger topped with grated cheddar cheese and our famous homemade honey pepper bacon. \$10

CATTLEMAN BURGER*

Swiss cheese, barbecue sauce and honey pepper bacon. \$10

CALIFORNIA BURGER*

Monterey jack cheese, bacon, & avocado. \$10

IU BLUE CHEESE BURGER*

Blue cheese crumbles, caramelized onions, burgundy mushrooms, jalapenos, and honey pepper bacon. \$11

RANCH BURGER*

Grated cheddar, buttermilk ranch dressing and bacon chips. \$9

OLD FASHIONED BURGER*

Lettuce, tomatoes, red onion and pickle. Simple and delicious! \$9 / add cheese \$.50

FLAMETHROWER BURGER*

Pepper jack cheese, fresh jalapenos and honey pepper bacon topped with spicy ranch dressing. \$11

NAKED AND AFRAID*

Served with no bun (naked), covered with jack and cheddar cheeses, diced honey pepper bacon, smothered with green chili sauce. \$9

SANDWICHES

Served with one regular side item.

HONEY CHICKEN SANDWICH

A grilled chicken breast topped with monterey jack cheese, our famous only here at the Urb homemade honey pepper bacon and our "world famous" honey mustard sauce. What a sandwich! \$10

CALIFORNIA CLUB

Sliced ham and turkey, swiss cheese, cheddar cheese, lettuce, avocado slices, tomatoes, honey pepper bacon and mayo on grilled ciabatta bread. \$10

INTERURBAN CLASSIC CLUB

Grilled ham, turkey, bacon, swiss and american cheeses, sliced tomatoes and lettuce on three slices of toasted honey wheatberry bread. \$9

ANGRY CHICKEN

Grilled chicken on a toasted brioche bun topped with sautéed jalapenos, diced honey pepper bacon bits, pepper jack cheese & spicy ranch. \$10

CHICKEN BACON RANCH WRAP

Grilled chicken, bacon bits, cheddar cheese, lettuce, tomato & Ranch dressing wrapped in a flour tortilla. \$8

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BEST MEX

Served with chips and salsa. / Add a side of guacamole \$2

BRETT'S FISH TACOS

Blackened tilapia in two flour tortillas, fresh avocado, shredded cabbage, monterey jack cheese, fresh pineapple salsa and bistro sauce. Served with borracho beans. \$12

SOUR CREAM CHICKEN ENCHILADAS

Two flour tortillas filled with sour cream and fajita chicken, topped with mild green chili, sour cream sauce and jack and cheddar cheese. Garnished with shredded lettuce and diced fresh tomatoes. Served with borracho beans and mexican rice. \$11

QUESADILLAS

Grilled flour tortillas with jack and cheddar cheeses and your choice of chicken or beef. Served with mexican rice, borracho beans, sour cream and pico de gallo. **Fajita Chicken \$11 / Fajita Beef \$13**

FAJITAS

Grilled marinated chicken or beef with onions, red and green bell peppers served on a sizzling skillet with cheddar cheese, sour cream, pico de gallo and flour tortillas. Served with borracho beans and Spanish rice. **Chicken (8oz) \$14 / Beef (8oz) \$16 / Ultimate Mixed (16oz) \$20 / Add 4 Jumbo Shrimp \$5**

PASTAS

DIXIELAND BOWTIE PASTA

This has been a favorite for many years! Bowtie pasta, cajun chicken and fresh tomatoes tossed in our spicy alfredo sauce. \$12

HEATHER'S MACARONI AND CHEESE

Plenty of elbow macaroni and grilled chicken folded into our three cheese sauce and served with a dinner roll. \$12
"Make it an Ultimate Heather's" We add Honey Pepper Bacon Bits and Fresh Steamed Broccoli for only \$3 more!

CHICKEN ALFREDO LIGHTLY

seasoned grilled chicken tossed in our creamy Alfredo sauce over a bed of bowtie noodles. \$11

PASTA SPECIAL

A smaller portion of any of our pastas with your choice of a house or caesar salad. \$10

SIDE DISHES

FRENCH FRIES / \$2

POTATO CHIPS / \$2

OKRA / \$2

BORRACHO BEANS / \$2

MASHED POTATOES / \$2

CORN ON THE COB / \$2

STEAMED VEGETABLES / \$2

SPECIALTY SIDES

LOADED MASHED POTATOES / \$4

GRILLED SQUASH & ZUCCHINI / \$4

FRIED PICKLE CHIPS / \$4

MAC & CHEESE / \$4

SPUD / \$4

BURGUNDY MUSHROOMS / \$4

ONION RINGS / \$4

DESSERTS

TEQUILA BREAD PUDDING / \$6

BROWNIE SUNDAE / \$6

PEACH OR CHERRY COBBLER / \$6

TURTLE CHEESECAKE / \$6

FUNNEL CAKE FRIES / \$6

BEVERAGES

SOFT DRINKS / \$2

BREWED ICED TEA / \$2

SWEET TEA / \$2

CAIN'S FRESH GROUND COFFEE / \$2

GIFT CERTIFICATES AVAILABLE

FIND US ONLINE AT WWW.INTERURBAN.US

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VISIT ALL OUR LOCATIONS

Edmond • Yukon • Northwest OKC • Norman • Ardmore • Chickasha • Duncan