

## KIDS MENU \$7

served with organic milk or organic apple juice

### GRILLED CHEESE

cheddar cheese on organic wheat bread  
served with fruit salad & chips

### MACARONI & CHEESE

creamy cheddar cheese sauce & pasta  
served with fruit salad & chips

### PEPPERONI OR CHEESE PIZZETTE

organic cheese, organic tomato sauce, pepperoni  
(nitrate-free) served with fruit salad & chips

### URBAN KID PLATE \$8.5

choice of grilled free range chicken or grilled steak  
& any hot or cold side and chargrilled focaccia

## SEASONAL SOUPS \$4.5

made from scratch

### SEASONAL FREE RANGE CHICKEN SOUP

### SEASONAL VEGAN PUREE SOUP

### SEASONAL CHEF'S CHOICE SOUP

## FAMILY MEALS \$44

take out only, serves up to 4

### BBQ TURKEY MEATLOAF

family sized portions of any two hot or cold  
sides, family house salad, chargrilled focaccia

### GRILLED FREE RANGE CHICKEN

family sized portions of any two hot or cold  
sides, family house salad, chargrilled focaccia  
(all white meat chicken add \$5.5)

### GRILLED WILD ALBACORE

family sized portions of any two hot or cold  
sides, family house salad, chargrilled focaccia

### GRILLED STEAK ADD \$4

family sized portions of any two hot or cold  
sides, family house salad, chargrilled focaccia

### BRAISES & STEWS

one family sized braise served with organic  
brown or white rice, family house salad,  
chargrilled focaccia

### OVEN BAKED HONEY MUSTARD SALMON ADD \$8

family sized portions of any two hot or cold  
sides, family house salad, chargrilled focaccia

## PIZZETTES \$5

hand-stretched organic dough

### MARGHERITA

organic tomatoes, fresh mozzarella, garlic, basil

### PEPPERONI & CHEESE

organic cheese blend, organic tomato sauce,  
pepperoni (nitrate-free)

### BBQ CHICKEN

bbq free range chicken, organic cheese blend,  
onions, red bell peppers, bbq sauce, cilantro

### PORTOBELLO & PESTO

goat cheese, roasted portobello mushroom,  
grilled zucchini, slow roasted tomatoes,  
arugula, pesto

## BAKERY

### PASTRIES & BAKED GOODS

our selection of baked goods includes a variety  
of made-from-scratch cookies, cupcakes, tarts,  
brownies, layer cakes, cheesecake, cream pies  
and much more

## BEVERAGES

### LOCAL CRAFT BEERS \$5.5

### LOCAL AND REGIONAL WINES

glasses from \$7.5 to \$9.5 and bottles starting at \$30

### NATURAL SODA \$2.5

sweetened with organic cane sugar

### FAIR TRADE ORGANIC COFFEE \$2

### HOT TEAS \$1.5

### ICED TEA \$2.5

### REPLENISHERS \$3.75

organic lemonade  
sweetened with organic sugar

organic ginseng mint green tea  
sweetened with honey

seasonal replenishers

### SEASONAL GREEN DRINK \$5

### KOMBUCHA \$5



SCRATCH MADE MEALS  
AT AN AFFORDABLE PRICE

Eat Healthy, Indulge or Both



## LOCATIONS

SUN - THUR      FRI & SAT  
11 am - 9:30 pm    11 am - 10 pm

### DUBLIN

5111 Martinelli Way, Dublin, CA 94568 | 925.750.8011

### PLEASANT HILL, OPENING MAY 2016

60 Crescent Drive, Pleasant Hill, CA 94523

## TAKE OUT AVAILABLE

Order online at [urbanplates.com](http://urbanplates.com) or call your preferred  
location. You can even request curbside pick-up!

## GREENS \$11

scratch made dressing & chargrilled focaccia

### GRILLED WILD ALBACORE NICOISE

UP lettuce blend, grilled wild albacore, green beans, **organic** egg, **organic** tomatoes, potatoes, capers, marinated olives, mustard - champagne vinaigrette

### ASIAN CHICKEN

UP lettuce blend, grilled free range chicken, arugula, **organic** carrots, green onions, oranges, spicy roasted peanuts, bean sprouts, wontons, red bell peppers, cilantro, spicy peanut dressing

### URBAN GROVE ANTIOXIDANT

UP lettuce blend, **organic** baby spinach, cucumbers, celery, mint, pickled onions, raw walnuts, grapes, blue cheese, seasonal fruit, mint - lemongrass balsamic vinaigrette

### DESERT BBQ CHICKEN

**organic** romaine, grilled free range chicken, corn, black beans, grilled onions, avocado, **organic** cheese blend, crispy wontons, red bell pepper, chipotle - lime dressing

### CHICKEN CAESAR

**organic** romaine, **organic** baby kale, grilled free range chicken, **organic** tomatoes, garlic croutons, shaved asiago, caesar dressing

### CHICKEN COBB

UP lettuce blend, grilled free range chicken, **organic** tomatoes, turkey bacon, avocado, **organic** egg, blue cheese, **organic** sprouts, buttermilk dill dressing

### ARUGULA, BEET & FENNEL

**organic** romaine, arugula, avocado, roasted beets, fennel, feta cheese, toasted almonds, blood orange - white balsamic vinaigrette

### KALE COCONUT TOFU

**organic** baby kale, coconut lime tofu, **organic** carrots, red bell peppers, mango, green onions, lemongrass sambal quinoa, coconut, cilantro-cashew dressing

### GRILLED STEAK ADD \$1

UP lettuce blend, grilled steak, pineapple-mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno lime dressing

### SALMON CAESAR ADD \$2

**organic** romaine, **organic** baby kale, honey mustard glazed salmon, **organic** tomatoes, garlic croutons, shaved asiago, caesar dressing

## PLATES \$11

served with any 2 hot or cold sides and chargrilled focaccia

### GRILLED FREE RANGE CHICKEN

herb marinated

### GRILLED WILD ALBACORE

sashimi grade, grilled rare

### GRILLED STEAK ADD \$1

served medium rare

### BBQ TURKEY MEATLOAF

#### 4 UP

any 4 of our hot or cold sides

### OVEN BAKED SALMON ADD \$2

honey mustard glaze

## HOT SIDES \$3.5

### ROASTED ROSEMARY POTATOES

### MASHED POTATOES WITH ORGANIC YUKON GOLD POTATOES

### ROASTED BRUSSELS SPROUTS WITH TURKEY BACON

### MACARONI & CHEESE

### SEASONAL HOT SIDE(S)

## COLD SIDES \$3.5

### RAW SUPERFOOD SALAD

### BEET SALAD

### GARDEN TOMATO MOZZARELLA SALAD

### FRUIT SALAD

### SEASONAL COLD SIDE(S)

*For more information regarding seasonal selections, please contact your local store. Prices and menu items subject to change and availability.*

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

## SANDWICHES \$11

chips & any hot or cold side sandwich & chips only \$9

### GRILLED WILD ALBACORE

**organic** butter lettuce and chimichurri aioli on grilled ciabatta

### GRILLED PORTOBELLO MUSHROOM

marinated portobello mushroom, pesto goat cheese, zucchini, red bell peppers, red onion, arugula on grilled ciabatta

### GRILLED FREE RANGE CHICKEN

slow roasted tomatoes & orange-basil aioli on grilled ciabatta

### GRILLED STEAK ADD \$1

slow roasted tomatoes & chimichurri aioli on grilled ciabatta

### BBQ TURKEY MEATLOAF

**organic** tomatoes, **organic** butter lettuce, bbq sauce on grilled ciabatta

### CHICKEN SALAD

free range chicken, red grapes, roasted walnuts, **organic** apple, sage, celery, red onion, arugula, garlic aioli on grilled ciabatta

### BBQ BEEF

chipotle bbq braised beef & coleslaw on grilled brioche bun

### OVEN BAKED SALMON ADD \$2

honey mustard glaze, **organic** tomatoes, **organic** butter lettuce, garlic aioli on grilled ciabatta

## BRAISES & STEWS \$11

**organic** brown or white rice & chargrilled focaccia

### BRAISED BEEF & MUSHROOMS

natural beef slow cooked with red wine sauce, mushrooms, onions, **organic** carrots

### VEGETABLE CURRY

**organic** tofu slow cooked with green curry-coconut sauce, **organic** carrots, zucchini, red peppers, ginger, onions, garlic, lime (gluten-free & vegan)

### MOROCCAN CHICKEN POTATO PEA BRAISE

free range chicken slow cooked with potatoes, peas, onions, preserved lemon, olives, turmeric, paprika, cumin, ginger, cinnamon, parsley, cilantro (gluten-free & dairy-free)