



## BOXED MEALS

Ordering made easy with individually boxed meals.

*your choice of sandwich, served with chips*

GRILLED CAGE FREE CHICKEN \$12.95 **DF**

GRILLED PORTOBELLO MUSHROOM \$12.95 **VEG**

CAGE FREE CHICKEN CLUB \$14.95

GRILLED GRASS FED STEAK\* \$15.95 **DF**

TURKEY AVOCADO CLUB \$15.95

add a side salad +\$3

HOUSE SALAD **GF V DF**

CAESAR SALAD

add a cookie +\$2

CHOCOLATE CHUNK

URBAN COWGIRL **DF**

GLUTEN FREE CHOCOLATE **GF**



## DESSERTS

Made-from-scratch by our pastry chefs each morning.

MANGO TART slice \$7.5 • whole \$46

FLOURLESS CHOCOLATE CAKE **GF**

slice \$7.5 • whole \$46

CHOCOLATE VANILLA LAYER CAKE

slice \$7.5 • whole \$59

HUMMINGBIRD CAKE

slice \$7.5 • whole \$59

CHOCOLATE CHUNK COOKIE \$4

URBAN COWGIRL COOKIE \$4 **DF**

GLUTEN FREE CHOCOLATE COOKIE \$4 **GF**

12 PIECE BAKERY ASSORTMENT \$45

4 chocolate chunk cookies, 4 cowgirl cookies,  
4 gluten free chocolate cookies

## BEVERAGES

Enjoy fresh brewed iced tea, housemade Replenishers & more.

HOUSEMADE REPLENISHERS

1/2 gallon \$19.95

- organic lemonade
- pineapple coconut lime
- organic ginseng mint green tea
- seasonal selection

ORGANIC ICED TEA 1/2 gallon \$14.95

BOTTLED

ALKALINE WATER \$3.5



## special events

invite us to your next gathering. we cater parties large  
and small for office, home and social

- BUSINESS FUNCTIONS
- GRADUATIONS
- LUNCHEONS
- WEDDINGS
- OFFICE PARTIES
- BIRTHDAYS
- HOLIDAYS
- SHOWERS ...and more!

## ORDERING, SERVICEWARE & DELIVERY

Email [catering@urbanplates.com](mailto:catering@urbanplates.com) or call 1-800-652-4788, to serve scratch-made favorites from Urban Plates at your next event. All orders are available for pick up or third-party delivery within a 10-mile radius (\$25 fee). Based on availability, larger orders will be delivered by an Urban Plates manager so we can see the smile on your face for ourselves!

Every order includes disposable plates, napkins, cutlery, serving spoons & tongs. And if you need help keeping things hot, we can also provide:

SET OF TWO 4-HOUR STERNO FUELS \$4.5

DISPOSABLE WIRE CHAFING RACK W/ BASE PAN AND TWO 4-HOUR  
STERNO FUELS \$9.5

\*Items are served raw or undercooked, or contain or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Prices and menu item availability subject to change. While some items are marked "Gluten Free, Dairy Free, Vegetarian and Vegan," we cannot guarantee that food items will not inadvertently come into contact with others during preparation.



# URBAN PLATES

made from scratch

## catering menu

made-from-scratch catering for office,  
home and social events.

[urbanplates.com/catering](http://urbanplates.com/catering)

1.800.652.4788



INDIVIDUALLY PACKAGED

GROUP TRAY PACKAGING

## OUR FAMOUS PLATES & SIDES

### #1 CHOOSE PACKAGING

#### INDIVIDUALLY PACKAGED

includes 1 protein + 2 sides per person. Packaged individually (one person, one container)

#### GROUP TRAY PACKAGING

includes 1 protein + 2 sides per person. Packaged buffet style (in trays for buffet service)

### #2 CHOOSE A PROTEIN

#### GRILLED GRASS FED STEAK\* \$19.95 GF DF

our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare and hand carved

#### CHIMICHURRI GRASS FED STEAK\* \$20.95 GF DF

our signature grass-fed and grass-finished steak grilled medium rare, drizzled with our housemade chimichurri sauce

#### GRILLED SUSTAINABLE SALMON\* \$19.95 GF DF

chargrilled ASC certified sustainable salmon finished with our housemade dijon honey sauce

#### GRILLED CAGE FREE CHICKEN \$16.95 GF DF

chargrilled, herb marinated cage-free, antibiotic & hormone free, never frozen chicken

#### CHILI GLAZED GRILLED TOFU \$14 GF V DF

grilled marinated tofu with a chili glaze, topped with gochujang sauce

### #3 CHOOSE TWO SIDES

#### MASHED ORGANIC POTATOES GF VEG

#### HERB ROASTED MARBLE POTATOES GF V DF

#### BEET SALAD W. GOAT CHEESE GF VEG

#### MACARONI & CHEESE VEG

#### BASMATI RICE PILAF GF V DF

#### ROASTED MUSHROOMS

#### W. GARLIC PARMESAN BUTTER VEG + \$1

#### ROASTED BRUSSELS SPROUTS

#### W. BALSAMIC GLAZE GF V DF

#### ORGANIC RED & WHITE QUINOA

#### W. TOMATO PESTO GF V DF

#### ROASTED SWEET POTATOES W.

#### PEPPERS & ONIONS V DF

### ADD ONS

**EXTRA PROTEIN** 50% more protein +\$5.5/plate (Chicken); \$6.95/plate (Steak or Salmon)

**EXTRA SIDES** additional sides are available a la carte at \$17.95 per quart

**ADD A SAUCE** one pint \$7.95 | one quart \$14.95

• CHIMICHURRI GF V DF • GRAVY GF • DIJON HONEY GF VEG DF

## SALADS

Individual size salads serve one.

Small size catering salads serve 10.

Large size catering salads serve 20.

#### HOUSE GF V DF

individual \$12 • small \$35 • large \$55  
organic artisan lettuce, organic tomatoes, carrots, jicama pickled onion, preserved lemon vinaigrette

#### LOCAL MIXED BEET GF VEG

individual \$15 • small \$45 • large \$72  
marinated organic yellow & red beets, arugula, organic artisan lettuce, roasted tomatoes, organic carrot, crisp jicama, raw walnuts, hemp seeds, goat cheese, preserved lemon vinaigrette

#### CHICKEN COBB GF

individual \$17.5 • small \$52 • large \$85  
organic artisan lettuce, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic tomatoes, crispy turkey bacon, avocado, chopped organic egg, blue cheese, buttermilk dill dressing

#### SALMON CAESAR\*

individual \$18.5 • small \$55 • large \$90  
romaine lettuce, organic baby kale, grilled sustainable salmon, organic tomatoes, croutons, shaved asiago, caesar dressing

#### CAESAR

individual \$12 • small \$42 • large \$65  
romaine lettuce, organic baby kale, organic tomatoes, garlic croutons, shaved asiago, caesar dressing

#### GRILLED STEAK\* DF GF

individual \$18.5 • small \$55 • large \$90  
organic artisan lettuce, grilled grass-fed steak, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

#### ASIAN CHICKEN NOODLE DF

individual \$17 • small \$50 • large \$83  
ramen noodles mixed with organic artisan lettuce, arugula, shredded cabbage, mandarin oranges, roasted peanuts, pineapple mango salsa, miso lemongrass dressing, grilled cage-free, antibiotic & hormone free, never frozen chicken, spicy peanut dressing

#### WILD AHI NICOISE\* GF DF

individual \$17.5 • small \$52 • large \$85  
organic artisan lettuce, seared herb crusted wild ahi tuna, green beans, chopped organic egg, organic tomatoes, potatoes, capers, marinated olives, mustard-champagne vinaigrette

#### CHICKEN CAESAR

individual \$17 • small \$50 • large \$83  
romaine lettuce, organic baby kale, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic tomatoes, garlic croutons, shaved asiago, caesar dressing

#### CARIBBEAN GF DF

individual \$15 • small \$45 • large \$72  
organic artisan lettuce, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

**ADD EXTRA DRESSING** one pint \$6.95 | one quart \$12.95



HOUSE

CAESAR

CARIBBEAN

DF DAIRY FREE

GF GLUTEN FREE

VEG VEGETARIAN

V VEGAN



## SANDWICHES

Assorted sandwich trays. Hand-carved on grilled rustic bread. Sandwiches are served cut in half & served with chips.

**SMALL** choice of any 5 sandwiches \$72.5 | add a side for \$18

**LARGE** choice of any 10 sandwiches \$145 | add a side for \$36

Also available individually packaged with chips at the prices listed below:

#### TURKEY AVOCADO CLUB \$15.95

herb-roasted turkey breast, avocado, duroc pork bacon, havarti cheese, crisp lettuce, vine-ripened tomato & chipotle aioli

#### GRILLED CAGE FREE CHICKEN \$12.95 DF

herb marinated chicken, slow roasted tomatoes & orange-basil aioli

#### GRILLED GRASS FED STEAK\* \$15.95 DF

spice rubbed grass-fed steak, slow roasted tomatoes & chimichurri aioli

#### CAGE FREE CHICKEN CLUB \$14.95

herb marinated chicken, duroc pork bacon, organic tomato, pickled onion, artisan lettuce, garlic aioli & white cheddar cheese

#### GRILLED PORTOBELLO

#### MUSHROOM \$12.95 VEG

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

## BRAISES & SOUPS

Our slow-cooked braises are available individually or by the quart. Each quart serves three. Braises served with choice of basmati rice pilaf or mashed potatoes.

#### BRAISED BEEF & MUSHROOMS GF DF individual \$15.5 • quart \$45

seasoned natural beef, slow cooked with red wine sauce, whole mushrooms, yellow onions, organic carrots, celery, garlic and fresh parsley

#### MOROCCAN CHICKEN GF DF individual \$13.95 • quart \$40

cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, marinated olives, turmeric, fresh ginger, spices and cilantro

#### TOMATO BASIL SOUP V DF cup \$4.95 • bowl \$6.95 • quart \$18 (5 servings)

organic tomatoes, coconut milk, vegan pesto, garlic croutons

#### GREEN LENTIL SOUP GF V DF cup \$4.95 • bowl \$6.95 • quart \$18 (5 servings)

savory lentil soup with onions, celery, carrots, bell peppers, kombu dashi, fresh herbs

## VEGAN BOWLS

#### CHILI GLAZED GRILLED TOFU \$12.95 GF V DF

grilled marinated tofu with a chili glaze, organic red and white quinoa, asparagus, microgreens, topped with gochujang sauce

#### BEETS + AVOCADO \$12.95 GF V DF

organic red & white quinoa, roasted organic beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso lemongrass dressing