

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 cut in half \$79.95 | add a side for \$18 LARGE choice of any 10 sandwiches cut in half \$159.95 | add a side for \$36

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

TURKEY AVOCADO CLUB \$17.5

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

GRILLED CAGE FREE CHICKEN \$13.95

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

GRILLED GRASS FED STEAK* \$16.95

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

CAGE FREE CHICKEN CLUB \$16.5

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

GRILLED PORTOBELLO MUSHROOM \$13.95 VEG

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

BOXED MEALS

Ordering made easy with individually boxed meals.

your choice of sandwich, served with chips

GRILLED CAGE FREE CHICKEN \$13.95

GRILLED PORTOBELLO MUSHROOM \$13.95

CAGE FREE CHICKEN CLUB \$16.5 GRILLED GRASS FED STEAK* \$16.95 TURKEY AVOCADO CLUB \$17.5

add a side salad +\$3 HOUSE SALAD GF V DF

add a cookie +52 CHOCOLATE CHUNK

CAESAR SALAD

URBAN COWGIRL OF GLUTEN FREE CHOCOLATE GF



BRAISES

Slow-cooked braises served with choice of basmati rice or mashed potatoes. Large (serves 6) • Individual (serves 1)

BRAISED BEEF & MUSHROOMS GF DF large \$92.5 • individual \$15.95

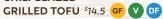
seasoned natural beef, slow cooked with red wine sauce, whole mushrooms, yellow onions, organic carrots, celery, garlic and fresh parsley

MOROCCAN CHICKEN BRAISE GF DF large \$87.5 • individual \$14.95



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

VEGAN BOWLS SOUPS



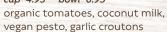
grilled marinated organic tofu, organic red & white quinoa, seasonal green, topped with a sweet and spicy gochujang chili sauce and microgreens

BEETS + AVOCADO \$13.95 GF V DF



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

TOMATO BASIL SOUP V DF cup \$4.95 • bowl \$6.95



CHICKEN TORTILLA SOUP cup \$4.95 • bowl \$6.95

hearty tortilla soup with tender cage-free chicken, poblano peppers. carrots, celery, onions, with crispy tortilla strips, queso fresco & cilantro

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 \$75 · whole \$59

HUMMINGBIRD CAKE slice \$7.5 • whole \$59

CHOCOLATE CHUNK COOKIE 54

URBAN COWGIRL COOKIE 54 OF

GLUTEN FREE CHOCOLATE COOKIE 54 GF

12 PIECE BAKERY ASSORTMENT \$45

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

BEVERAGES

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 BOTTLED SPARKLING WATER \$3.5**

ORDERING & SERVICEWARE

Order online at <u>urbanplates.com</u> for pick up or delivery. To speak with a catering consultant, email catering@urbanplates.com or call 1-800-652-4788. Orders are available for pick up or third-party delivery within a 10-mile radius (\$25 fee). Based on availability, larger orders will be personally delivered by an Urban Plates manager.

All catering orders include: disposable plates, cutlery, napkins and serving utensils. 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

ltems 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

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.



made from scratch

catering menu

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

urbanplates.com/catering 1.800.652.4788





OUR FAMOUS PLATES

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* \$21.5 GF DF



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

CHIMICHURRI GRASS FED STEAK* \$22.5 GF DF



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

GRILLED SUSTAINABLE SALMON* \$21.5 GF DF



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

GRILLED CAGE FREE CHICKEN \$17.95 GF DF



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

CHILI GLAZED GRILLED TOFU \$15.95 GF V DF



grilled marinated organic tofu drizzled with a sweet and spicy gochujang chili sauce

CHOOSE TWO SIDES

MASHED ORGANIC POTATOES GF VEG CHIPOTLE GARLIC ROASTED

MARBLE POTATOES GF V DF



BASMATI RICE PILAF GF V DF **ROASTED MUSHROOMS**

W. GARLIC PARMESAN BUTTER VEG + 51

ROASTED BRUSSELS SPROUTS W. BALSAMIC GLAZE GF V DF

ORGANIC RED & WHITE QUINOA W. TOMATO PESTO GF V DF

HARISSA LIME CAULIFLOWER GF V DF

MACARONI & CHEESE VEG

ADD EXTRA PROTEIN

50% MORE PROTEN Chicken + \$5.95/plate • Steak or Salmon + \$6.95/plate

CATERING SALADS

Small (serves 10) • Large (serves 20)

HOUSE GF V DF

small \$35 • large \$55

organic artisan lettuce, organic tomatoes, carrots, jicama pickled onion, preserved lemon vinaigrette

LOCAL MIXED BEET GF VEG



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

CAESAR

small \$42 · large \$65

romaine lettuce, organic baby kale, organic tomatoes, garlic croutons, shaved asiago, caesar dressing

CARIBBEAN GF V DF

small \$45 • large \$72

organic artisan lettuce, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

ADD EXTRA DRESSING small \$7.95 • large \$11.95

INDIVIDUAL SALADS



free chicken, organic tomatoes, turkey bacon, avocado, organic egg, blue cheese, buttermilk dill dressing

GRILLED STEAK* GF DF \$19.5



organic artisan lettuce, grilled grass-fed steak, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapenolime dressing

SALMON CAESAR* \$19.5

romaine lettuce, organic baby kale, grilled sustainable salmon, organic tomatoes, croutons, shaved asiago, caesar dressing

LOCAL MIXED BEET GF VEG \$15





marinated organic yellow & red beets, arugula, organic artisan lettuce, roasted tomatoes, organic carrot, crisp jicama, raw walnuts, hemp seeds, goat cheese, preserved lemon vinaigrette

HOUSE GF V DF \$12







organic artisan lettuce, organic tomatoes, carrots, jicama pickled onion, preserved lemon vinaigrette

WILD AHI NICOISE* GF DF \$19.5

organic artisan lettuce, seared herb crusted wild ahi tuna, green beans, chopped organic egg, organic tomatoes, potatoes, capers, marinated olives, mustard-champagne vinaigrette

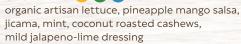
ASIAN CHICKEN NOODLE DF \$17.5

ramen noodles, organic artisan lettuce. arugula, shredded cabbage, mandarin oranges, roasted peanuts, pineapple mango salsa, miso lemongrass dressing, grilled cage-free chicken, spicy peanut dressing

CHICKEN CAESAR \$17.5

romaine lettuce, organic baby kale, grilled cagefree chicken, organic tomatoes, garlic croutons, shaved asiago, caesar dressing

CARIBBEAN GF V DF \$15



CAESAR \$12

romaine lettuce, organic baby kale, organic tomatoes, garlic croutons, shaved asiago, caesar dressing





PROTEINS & SIDES

A la carte grilled proteins and scratch-made sides

PROTEIN TRAYS

Small (serves 10) • Large (serves 20)

GRILLED GRASS FED STEAK* GF DF small \$134.95 • large \$269.95

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

and hand carved CHIMICHURRI GRASS FED STEAK* GF DF small \$144.95 • large \$289.95

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

GRILLED SUSTAINABLE SALMON* GF DF small \$134.95 • large \$269.95 chargrilled ASC certified sustainable salmon served with our housemade dijon honey sauce

GRILLED CAGE FREE CHICKEN GF DF small \$104.95 • large \$209.95 chargrilled, herb marinated cage-free, antibiotic & hormone free, never frozen chicken

SIDE TRAYS

Small (serves 10) \$42 • Large (serves 20) \$84

MASHED ORGANIC POTATOES GF VEG



CHIPOTLE GARLIC ROASTED MARBLE POTATOES GF V DF

MACARONI & CHEESE VEG

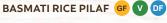
BEET SALAD W. GOAT CHEESE GF VEG

ROASTED MUSHROOMS W. GARLIC PARMESAN BUTTER VEG small +\$10 | large +\$20

ROASTED BRUSSELS SPROUTS W. BALSAMIC GLAZE GF V DF

ORGANIC RED & WHITE QUINOA W. TOMATO PESTO GF V DF

HARISSA LIME CAULIFLOWER GF V DF







GRILLED RUSTIC BREAD V DE ^{\$}0.75 per piece

SAUCES

small \$7.95 • large \$11.95 CHIMICHURRI GF V DF

DIJON HONEY GF VEG















