

# EVERYDAY VALUE

2 TENDER PLATE \$13.95

CHEESEBURGER + FRIES \$12.95



MOROCCAN CHICKEN BRAISE \$13.95



BEETS + AVOCADO BOWL \$12.95



CHILI GLAZED GRILLED TOFU \$13.5



CARIBBEAN SALAD \$12.95



MIXED BEET SALAD \$13.5



GRILLED CAGE FREE CHICKEN \$12.95



PORTOBELLO MUSHROOM \$12.95



CLASSIC CRISPY TENDER \$12.95



NASHVILLE HOT TENDER \$12.95



THREE UP PLATE \$11.95



FOUR UP PLATE \$13.5



scratch-made mango tart

## DESSERTS

Made-from-scratch daily by our pastry chefs.

- CHOCOLATE CHUNK COOKIE one \$3.95 / three \$10.5
- URBAN COWGIRL COOKIE one \$3.95 / three \$10.5 **DF**
- GLUTEN FREE CHOCOLATE COOKIE one \$3.95 / three \$10.5 **GF**
- BANANA CREAM PIE \$7
- CHOCOLATE FLOURLESS CAKE slice \$7.5 **GF**
- HUMMINGBIRD CAKE slice \$7.5
- CHOCOLATE VANILLA LAYER CAKE slice \$7.5
- MANGO TART slice \$7.5
- new!** PEANUT BUTTER CHOCOLATE CREAM PIE \$7

## BEVERAGES

- BOTTLED ALKALINE WATER \$3.5
- STUBBORN NATURAL SODA \$3.75
- ORGANIC ICED TEA \$3.75
- CAFE MOTO ORGANIC COFFEE \$3
- CAFE MOTO HOT TEAS \$3
- KOMBUCHA ON TAP \$6.25
- HOUSE MADE REPLENISHERS \$4.95  
organic lemonade, organic ginseng mint green tea, pineapple coconut lime, seasonal selection

## family meals

choice of protein served with any two scratch-made sides and grilled rustic bread. serves 4 make it **GF** when you request no bread.

- CRISPY CHICKEN TENDERS \$57.95 contains gluten
- GRILLED CAGE FREE CHICKEN \$57.95 **DF**
- GRILLED GRASS FED STEAK\* \$77.95 **DF**
- CHIMICHURRI GRASS FED STEAK\* \$79.95 **DF**
- GRILLED SUSTAINABLE SALMON\* \$77.95 **DF**
- ROASTED BARRAMUNDI SEA BASS\* \$73.95 **DF**

add a FAMILY HOUSE or CAESAR SALAD +\$10

available to-go only

## URBAN PLATES



\*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.

Menu prices vary by location. Prices shown are for dine-in and takeout orders. Prices for delivery orders are generally higher. Prices and menu items subject to change and availability. 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. NC-EB 4.3.24

## CATERING & GROUP ORDERING

Made-from-scratch favorites for office, home and special events. Minimum order of 10 or more. Add in increments of one.

### #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\* **GF DF**
- CHIMICHURRI GRILLED GRASS FED STEAK\* **GF DF**
- GRILLED SUSTAINABLE SALMON\* **GF DF**
- GRILLED CAGE FREE CHICKEN **GF DF**
- CHILI GLAZED GRILLED TOFU **GF V DF**

### #3 CHOOSE TWO SIDES

- MASHED ORGANIC POTATOES **GF VEG**
- BEET SALAD W. GOAT CHEESE **GF VEG**
- MACARONI & CHEESE **VEG**
- HERB ROASTED MARBLE POTATOES **GF V DF**
- ROASTED BRUSSELS SPROUTS W. BALSAMIC GLAZE **GF V DF**
- ORGANIC WHITE & RED QUINOA W. TOMATO PESTO **GF V DF**
- ROASTED SWEET POTATOES W. PEPPERS & ONIONS **V DF**
- BASMATI RICE PILAF **GF V DF**
- ROASTED MUSHROOMS W. GARLIC PARMESAN BUTTER **VEG**

## LARGE SALADS

Small size catering salads serve 10. Large size catering salads serve 20. Salads are served in large plastic bowls.

- HOUSE small or large **GF V DF**
- CAESAR small or large
- LOCAL MIXED BEET small or large **GF VEG**
- CARIBBEAN small or large **GF V DF**
- ASIAN CHICKEN NOODLE small or large **DF**
- CHICKEN CAESAR small or large
- WILD AHI NICOISE\* small or large **GF DF**
- CHICKEN COBB small or large **GF**
- GRILLED STEAK\* small or large **GF DF**
- SALMON CAESAR\* small or large

## SANDWICH TRAYS

Sandwiches are served cut in half and come with chips.

SMALL serves 5 • LARGE serves 10

- GRILLED CAGE FREE CHICKEN **DF**
- GRILLED GRASS FED STEAK\* **DF**
- GRILLED PORTOBELLO MUSHROOM **VEG**
- GRILLED CAGE FREE CHICKEN CLUB
- TURKEY AVOCADO CLUB

## ORDERING

Email [catering@urbanplates.com](mailto:catering@urbanplates.com) or call 1-800-652-4788 to speak with a catering specialist. Orders can also be placed online at [urbanplates.com](http://urbanplates.com).



# URBAN PLATES

made from scratch

everyone deserves to eat this good

we're changing the way the world eats by making craveable, wholesome and clean food accessible to all

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

## SALADS

Hand-tossed entree salads with scratch-made dressing and grilled rustic bread. Make it **GF** when you request no bread, croutons or noodles.

### GRILLED CHICKEN COBB **\$16.5** **GF**

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

### WILD AHI NICOISE\* **\$17.95** **GF** **DF**

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 **\$15.95** **DF**

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

### GRILLED STEAK\* **\$17.95** **GF** **DF**

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

### LOCAL MIXED BEET **\$13.5** **GF** **VEG**

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

### CARIBBEAN **\$12.95** **GF** **V** **DF**

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

### GRILLED CHICKEN CAESAR **\$15.95**

romaine lettuce, organic baby kale, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic tomatoes, garlic croutons, shaved asiago, caesar dressing

### GRILLED SALMON CAESAR\* **\$17.95**

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

Add a Cup of Soup + \$2.5

#### Add Proteins

grilled grass fed steak\* \$9.95 • wild ahi tuna\* \$7.95 • garlic shrimp skewer \$5  
grilled cage free chicken \$8.5 • chili glazed grilled tofu \$5  
crispy jumbo chicken tender \$4.5 • grilled sustainable salmon\* \$9.95

A 3% surcharge is added to each check to help defray California mandated labor costs.



chimichurri  
grass fed steak plate

our famous

## PLATES & SIDES

Served with any two sides and grilled rustic bread. Make it **GF** when you request no bread.

### #1 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

#### SURF & TURF\* **\$24.95** **GF**

our signature grass-fed and grass-finished steak, grilled medium rare and broiled sustainable shrimp with garlic parmesan butter

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

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

#### new! ROASTED BARRAMUNDI SEA BASS\* **\$18.95** **GF**

herb crusted sustainable barramundi sea bass oven roasted and finished with housemade lemon hollandaise

#### GARLIC SHRIMP W. PARMESAN BUTTER **\$16.5** **GF**

broiled sustainable shrimp with garlic parmesan butter

#### GRILLED CAGE FREE CHICKEN **\$16.5** **GF** **DF**

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

#### 2 TENDERS **\$13.95** / 3 TENDERS **\$16.5** *contains gluten*

classic crispy or nashville hot. two or three crispy jumbo chicken tenders with choice of housemade dipping sauce

#### 6 TENDER FEAST **\$23.95** *contains gluten (sides not included)*

classic crispy or nashville hot. six crispy jumbo chicken tenders with choice of two housemade dipping sauces

### #2 CHOOSE TWO SIDES

FRENCH FRIES W. HERB SEASONING

MASHED ORGANIC POTATOES **GF** **VEG**

MACARONI & CHEESE **VEG**

SEASONAL GREEN **GF** **V** **DF**

HERB ROASTED MARBLE POTATOES **GF** **V** **DF**

new! ROASTED BRUSSELS SPROUTS W. BALSAMIC GLAZE **GF** **V** **DF**

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

new! ROASTED SWEET POTATOES W. PEPPERS & ONIONS **V** **DF**

BASMATI RICE PILAF **GF** **V** **DF**

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

SIDE HOUSE **GF** **V** **DF** OR CAESAR SALAD

new! ROASTED MUSHROOMS W. GARLIC PARMESAN BUTTER **VEG** +\$1

ADDITIONAL SIDES \$4.95 each (plates come with two sides)

## SANDWICHES

Chef-crafted sandwiches, served with chips. Sub gluten free bread +\$1.

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

herb marinated, antibiotic & hormone free, never frozen chicken, slow roasted tomatoes & orange-basil aioli served on grilled rustic bread

### CAGE FREE CHICKEN CLUB **\$15.5**

grilled cage-free, antibiotic & hormone free, never frozen chicken, duroc pork bacon, organic tomato, pickled onion, artisan lettuce, garlic aioli, white cheddar cheese served on grilled rustic bread

### TURKEY AVOCADO CLUB **\$16.5**

hand carved herb-roasted turkey breast, avocado, duroc pork bacon, havarti cheese, crisp lettuce, vine ripened tomato, chipotle aioli, served on grilled rustic bread

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

hand carved grass-fed steak, slow roasted tomatoes and chimichurri aioli served on grilled rustic bread

### GRILLED PORTOBELLO MUSHROOM **\$12.95** **VEG**

marinated grilled portobello mushroom, pesto goat cheese, grilled zucchini, julienne red bell peppers, shaved red onion, arugula served on grilled rustic bread. Remove pesto goat cheese to make vegan

### CLASSIC CRISPY TENDER SANDWICH **\$12.95**

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served on a toasted potato bun with roasted garlic aioli and pickles

### NASHVILLE HOT TENDER SANDWICH **\$12.95**

two crispy jumbo hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders tossed in Nashville hot sauce, served on a toasted potato bun with roasted garlic aioli & pickles

Add a Cup of Soup \$2.5 • Add any Side \$3

## BURGERS

Made with chargrilled, pasture raised beef.

Served with herb seasoned fries.

Add any side +\$3 • Add avocado +\$2 • Add duroc bacon +\$1.5

### DOUBLE CHEESEBURGER + FRIES **\$15.95**

two chargrilled patties of pasture raised beef topped with hand sliced american cheese and onion, layered with vine-ripened tomato, pickles and housemade thousand island on a toasted potato bun. served with herb seasoned fries

### CHEESEBURGER + FRIES **\$12.95**

chargrilled, pasture raised beef topped with hand sliced american cheese and onion, layered with vine-ripened tomato, pickles and housemade thousand island on a toasted potato bun. served with herb seasoned fries



double  
cheeseburger + fries



braised beef  
& mushrooms

## BRAISES & SOUPS

Braises served with choice of basmati rice pilaf or mashed organic potatoes and grilled rustic bread. Make it **GF** when you request no bread.

### BRAISED BEEF & MUSHROOMS **\$14.95** **GF** **DF**

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

### MOROCCAN CHICKEN BRAISE **\$13.95** **GF** **DF**

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 *bowl* **\$5.95** / *cup* **\$3.95** **V** **DF**

organic tomatoes, coconut milk, vegan pesto, garlic croutons  
want it gluten free? order it without croutons or bread

### new! GREEN LENTIL SOUP *bowl* **\$5.95** / *cup* **\$3.95** **GF** **V** **DF**

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

## VEGAN

Served with grilled rustic bread. Make it **GF** when you request no bread.

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

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

### CHILI GLAZED GRILLED TOFU BOWL **\$13.5** **GF** **V** **DF**

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

### THREE UP **\$11.95** / FOUR UP **\$13.5** **V** **VEG**

choice of three or four plant-based sides

## KIDS

Served with any side, grilled rustic bread, and choice of organic milk or apple juice.

### MACARONI & CHEESE **\$7.95** **VEG**

### CRISPY JUMBO CHICKEN TENDERS **\$9.95**

### GRILLED CAGE FREE CHICKEN PLATE **\$9.5** **DF**

### GRILLED GRASS FED STEAK PLATE\* **\$10.95** **DF**

### GRILLED SUSTAINABLE SALMON PLATE\* **\$12.95** **DF**

**DF** DAIRY FREE **GF** GLUTEN FREE **VEG** VEGETARIAN **V** VEGAN



chicken  
cobb salad