



## 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 \$74.95 | add a side for \$18

**LARGE** choice of any 10 sandwiches cut in half \$149.95 | 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 \$13.95 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 \$15.5

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

### GRILLED PORTOBELLO MUSHROOM \$13.5 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 DF

### GRILLED PORTOBELLO MUSHROOM \$13.5 VEG

### CAGE FREE CHICKEN CLUB \$15.5

### 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 DF

### URBAN COWGIRL DF

### 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

### CHILI GLAZED

### GRILLED TOFU \$13.5 GF V DF

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

## SOUPS

### TOMATO BASIL SOUP V DF

cup \$4.95 • bowl \$6.95

organic tomatoes, coconut milk, vegan pesto, garlic croutons

### 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 \$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

### 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 [urbanplates.com](http://urbanplates.com) for pick up or delivery. To speak with a catering consultant, email [catering@urbanplates.com](mailto: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

*\*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

### #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\* \$20.5 GF DF

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

#### CHIMICHURRI GRASS FED STEAK\* \$21.5 GF DF

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

#### GRILLED SUSTAINABLE SALMON\* \$20.5 GF DF

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

#### GRILLED CAGE FREE CHICKEN \$17.5 GF DF

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

#### CHILI GLAZED GRILLED TOFU \$14.95 GF V DF

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

### #3 CHOOSE TWO SIDES

#### MASHED ORGANIC POTATOES GF VEG

#### CHIPOTLE GARLIC ROASTED

#### MARBLE POTATOES GF V DF

#### BEEF SALAD W. GOAT CHEESE GF 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

#### HARISSA LIME CAULIFLOWER GF V DF

#### MACARONI & CHEESE VEG

### ADD EXTRA PROTEIN

50% MORE PROTEIN 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

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

#### 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

## INDIVIDUAL SALADS

Individual salads (serves 1)

#### CHICKEN COBB GF \$17.5

organic artisan lettuce, grilled cage-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 jalapeno-lime dressing

#### SALMON CAESAR\* \$18.5

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 \$17.5

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

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

romaine lettuce, organic baby kale, grilled cage-free chicken, organic tomatoes, garlic croutons, shaved asiago, caesar dressing

#### CARIBBEAN GF V DF \$15

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

#### CAESAR \$12

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



CATERING SALADS



PROTEINS & SIDES

## 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 \$124.95 • large \$249.95

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

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

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

#### GRILLED SUSTAINABLE SALMON\* GF DF small \$124.95 • large \$249.95

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

#### GRILLED CAGE FREE CHICKEN GF DF small \$99.95 • large \$199.95

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

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

#### MACARONI & CHEESE 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

#### BASMATI RICE PILAF GF V DF

### EXTRAS

#### GRILLED RUSTIC BREAD V DF

\$0.75 per piece

#### SAUCES

small \$7.95 • large \$11.95

#### CHIMICHURRI GF V DF

#### DIJON HONEY GF VEG DF

#### GRAVY GF

DF DAIRY FREE

GF GLUTEN FREE

VEG VEGETARIAN

V VEGAN