



PLATES

Pricing for our family-style catering plates includes a single portion of protein and two individual side portions per person*
(Minimum order required)

GRILLED GRASS FED STEAK

seasoned and grilled medium-rare
\$15.5

CHIMICHURRI STEAK

grilled medium-rare with chimichurri sauce
\$16.5

GRILLED CAGE FREE CHICKEN

herb-marinated, roasted and grilled
\$14.5

GRILLED WILD CAUGHT ALBACORE

seasoned and grilled rare
\$14.5

GINGER MISO ALBACORE

grilled rare, with scallion ginger miso sauce
\$15.5

TURKEY MEATLOAF

house-made bbq sauce
\$14.5

OVEN BAKED SALMON

\$17.5

HONEY MUSTARD SALMON

\$17.5

*For events where guests serve themselves, we recommend 50% more protein:
+\$4.5/plate (Steak, Chicken, Albacore, Meatloaf) +\$5.5/plate (Salmon)



URBAN SAUCES

Customize any PLATE with our house-made sauces.

16 oz - \$6.5

32 oz - \$12.5

SIDES

Select two family-style sides to accompany catering plates order.

Additional sides are available a la carte at \$14.5/quart

BRUSSELS SPROUTS W/TURKEY BACON

ROSEMARY POTATOES

MACARONI & CHEESE

ROASTED RAINBOW CARROTS & GOLDEN BEETS

MASHED POTATOES W/CHICKEN GRAVY

ORGANIC BROWN RICE

ORGANIC WHITE RICE

ROASTED VEGETABLE FARRO

TOMATO MOZZARELLA SALAD

FRESH SLICED FRUIT

BEET SALAD W/GOAT CHEESE



GREENS

A regular size catering salad will serve up to 12 shared portions, and up to 3 as an entrée. Our large size catering salad will serve up to 20 shared portions, and up to 5 as an entrée.

HOUSE SALAD

lettuce blend with organic tomato, carrots,
jicama and pickled onion – preserved lemon vinaigrette
regular - \$26 large - \$42

ANTIOXIDANT SALAD

lettuce blend, organic baby kale, cucumbers, celery, mint, pickled onions, raw walnuts, grapes,
blue cheese, seasonal fruit, mint – lemongrass vinaigrette
regular - \$42 large - \$64

MIXED BEET SALAD

arugula, lettuce blend, roasted tomatoes, organic carrot, jicama, raw walnuts,
hemp seeds, goat cheese – preserved lemon vinaigrette
regular - \$42 large - \$64

ASIAN CHICKEN SALAD

lettuce blend, grilled cage free chicken, arugula, organic carrots, green onions, oranges, spicy
roasted peanuts, crispy wontons, red bell peppers, cilantro – spicy peanut dressing
regular - \$48 large - \$75

WILD ALBACORE NICOISE SALAD

lettuce blend, grilled wild caught albacore, green beans, organic egg, organic tomatoes,
potatoes, capers, marinated olives, mustard – champagne vinaigrette
regular - \$48 large - \$75

CHICKEN CAESAR SALAD

organic romaine, organic baby kale, grilled cage free chicken, organic tomatoes,
garlic croutons, shaved asiago – Caesar dressing
regular - \$48 large - \$75

CHICKEN COBB SALAD

lettuce blend, grilled cage free chicken, organic tomatoes, turkey bacon, avocado,
organic egg, blue cheese – buttermilk dill dressing
regular - \$52 large - \$80



BBQ CHICKEN SALAD

organic romaine, grilled cage free chicken, corn, black beans, grilled onions, avocado, organic cheese blend, crispy wontons, red bell pepper, chipotle – lime dressing
regular - **\$48** large - **\$75**

STEAK SALAD

lettuce blend with grilled grass fed steak, pineapple-mango salsa, jicama, mint, coconut roasted cashews - mild jalapeno lime dressing
regular - **\$52** large - **\$80**

SALMON CAESAR SALAD

organic romaine, organic baby kale, oven baked salmon, organic tomatoes, garlic croutons, shaved asiago - Caesar dressing
regular - **\$58** large - **\$89**

SANDWICHES

CAGE FREE CHICKEN CLUB

brown sugar chili duroc pork bacon, lettuce mix, organic tomato, pickled onion and aged white cheddar with garlic aioli on grilled rustic bread
w/chips - **\$12.5** w/chips and 1 side - **\$16**

GRILLED CAGE FREE CHICKEN

slow roasted tomatoes with orange-basil aioli on grilled rustic bread
w/chips - **\$11.5** w/chips and 1 side - **\$15**

GRILLED GRASS FED STEAK

slow-roasted tomatoes with chimichurri aioli on grilled rustic bread
w/chips - **\$12.5** w/chips and 1 side - **\$16**

GRILLED WILD CAUGHT ALBACORE

lettuce mix and chimichurri aioli on grilled rustic bread
w/chips - **\$11.5** w/chips and 1 side - **\$15**

TURKEY MEATLOAF

organic tomatoes and lettuce mix with bbq sauce on grilled rustic bread
w/chips - **\$11.5** w/chips and 1 side - **\$15**



OVEN BAKED SALMON

organic tomatoes and lettuce mix with garlic aioli on grilled rustic bread
w/chips - **\$14.5** w/chips and 1 side - **\$18**

CAPRESE

marinated fresh mozzarella, organic tomatoes, hot cherry peppers,
fresh basil and vegan pesto on grilled rustic bread
w/chips - **\$11.5** w/chips and 1 side - **\$15**

GRILLED PORTOBELLO MUSHROOM

marinated Portobello mushroom with zucchini, red pepper, red onion,
arugula and pesto goat cheese on grilled rustic bread
w/chips - **\$11.5** w/chips and 1 side - **\$15**

BRAISES

Our made-from-scratch braises are offered by the quart.
Each quart serves 3.

BRAISED BEEF & MUSHROOMS

natural beef, slow-cooked with mushrooms, onions
and organic carrots in a red wine sauce
\$20

GREEN CURRY TOFU & VEGETABLE BRAISE

marinated organic tofu, slow-cooked in a green curry-coconut sauce
with organic carrots, organic apples, zucchini, ginger and garlic
\$20

MOROCCAN CHICKEN BRAISE

antibiotic free chicken slow-cooked with vegetables,
preserved lemon, turmeric, cinnamon and spices
\$20

ADD ORGANIC BROWN OR WHITE RICE \$14.5

ADD MASHED POTATOES \$14.5

ADD GRILLED FOCACCIA (8 PC) \$6



DESSERTS & BEVERAGES

MANGO TART

butter cookie crust filled with rum cream and fresh mango (serves 8)

\$40

FLOURLESS CHOCOLATE CAKE

semi-sweet chocolate cake with chocolate ganache, powdered sugar and seasonal berry garnish (serves 8)

\$35

FRESH APPLE CAKE WITH CARAMEL BUTTERCREAM

apple-walnut cake layers with cinnamon, turmeric, vanilla, layered with caramel cream cheese buttercream, caramelized apple garnish

(serves 10)

\$50

CHOCOLATE VANILLA LAYER CAKE

chocolate cake layered with vanilla bean diplomat cream and chocolate ganache, vanilla bean whipped cream and seasonal berry garnish (serves 10)

\$50

HUMMINGBIRD CAKE

layers of banana cake soaked with rum syrup and layered with pineapple, cream cheese frosting and chopped walnut garnish (serves 10)

\$50

ALMOND MACAROON

organic sugar, egg whites and toasted almonds

\$3

CHOCOLATE COCONUT MACAROON

organic sugar and egg whites with toasted coconut edges, dipping in bittersweet chocolate

\$3

CHOCOLATE CHUNK COOKIE \$3 LARGE / \$1.75 SMALL

GINGERSNAP COOKIE \$3 LARGE / \$1.75 SMALL

COWGIRL COOKIE \$3 LARGE / \$1.75 SMALL



12 PC. BAKERY ASSORTMENT

Cowgirl, Gingersnap and Chocolate Chunk Cookies,
Almond Macaroons and Chocolate Coconut Macaroons

\$33

BOTTLED WATER \$2

ORGANIC ICED TEA - 1/2 GALLON \$10

REPLENISHER/ORGANIC LEMONADE - 1/2 GALLON \$18

REPLENISHER/ORGANIC GREEN & MINT TEA - 1/2 GALLON \$18

REPLENISHER/SEASONAL SELECTIONS- 1/2 GALLON \$18

**LOCAL CRAFT BEERS, LOCAL AND REGIONAL WINES,
KOMBUCHA, NATURAL SODA, AND FAIR TRADE ORGANIC COFFEE**

Call 1-800-652-4788 for details

SERVICWARE

Orders include disposable plates, napkins and cutlery sets. Plates and sides are packaged in sturdy aluminum hotel pans which may be utilized with or without a chafing dish. Salads and sandwiches come in plastic party trays or bowls. Desserts come in bakery boxes or trays. All catering orders come with serving spoons and tongs. Urban Plates supports sustainability and conservation. Kindly let us know if you do not require disposable products.

DISPOSABLE WIRE CHAFING RACK W/BASE PAN AND TWO 4-HOUR STERNO FUELS \$9.50

SET OF TWO 4-HOUR STERNO FUELS \$4.50

3RD PARTY DELIVERY SERVICE STARTING AT \$25

Delivery/Drop-Off available within 10 miles' driving distance.

For expanded services, please call 1-800-652-4788.

Customized delivery service required for extra-large orders.

Price quoted at time of order.