

Urban Plates Allergen Chart

Menu Item	Vegan	Dairy	Eggs	Gluten	Peanuts	Tree Nuts	Soy	Sesame	Capsaicin	Fish	Shell Fish	Poultry	Beef	Pork	Garlic	Alcohol	Processed Sugar
Ahi Nicoise Salad			X					X	X	X					X		
Antioxidant Salad Summer		X				X			X								X
Antioxidant Salad Winter		X				X			X								X
Asian Chicken Salad				X	X		X	X	X			X			X		X
BBQ Chicken Salad		X		X					X			X			X		X
Chicken Caesar Salad		X	X	X						X		X			X		X
Chicken Cobb Salad		X	X									X			X		X
Grilled Chicken House Salad									X			X					X
Grilled Steak Salad				X		X			X				X		X		X
Local Mixed Beet Salad		X				X			X								
Chicken Club Sandwich		X		X					X			X		X	X		X
Chicken Sandwich			X	X								X			X		X
Meatloaf Sandwich				X					X			X			X		X
Oven Baked Salmon Sandwich			X						X	X					X		
Steak Sandwich			X	X									X		X		X
Chicken Banh Mi Sandwich			X	X					X			X			X		X
Ahi Tuna Banh Mi Sandwich			X	X					X	X					X		X
Steak Banh Mi Sandwich			X	X					X				X		X		X
Portobello Mushroom Sandwich		X		X											X		
Caprese Sandwich		X		X					X						X		
Beef and Mushroom Braise Bowl												X	X		X	X	
Green Curry Tofu and Vegetable Braise Bowl	X						X	X	X						X		X
Moroccan Chicken Braise Bowl									X			X			X		
Meatball Braise with Red Sauce		X	X	X				X				X	X		X		X
Albacore										X							
Ahi Tuna								X	X	X					X		
Grilled Chicken												X			X		X
Grilled Steak													X		X		X
Meatloaf			X	X					X			X			X		X
Oven Baked Salmon- Teriyaki				X			X		X	X					X		X
Oven Baked Salmon										X							
Oven Baked Salmon- Honey Mustard Sauce			X						X	X					X		
Striped Sea Bass with Miso Marinade							X	X	X	X					X		X
Habanero Mango BBQ Ribs							X	X	X					X	X		X
Lamb Osso Bucco *not including mashed potatoes															X	X	
Plate: Chicken, White Beans, Broccolini w Tomato Pesto											X				X		

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Lemon Hollandaise Sauce		X	X						X								
Creamy Honey Mustard Sauce			X						X								
Scallion Ginger Miso Sauce	X						X	X	X						X		
Traditional Chimichurri Sauce	X								X						X		
Habanero Mango BBQ Sauce	X						X	X	X						X		X
Roasted Corn, Crab & Poblano Soup									X		X				X		
Seafood Chowder		X							X	X	X			X	X		
Sweet Potato, Carrot and Red Curry Soup	X						X	X	X								
Tomato Basil Soup (Vegan)	X			X											X		
Green Lentil Soup with Kombu Dashi	X						X	X	X						X		
Beet Salad Cold Side		X				X											
Quinoa Tabbouleh with Feta Cold Side		X							X								X
Blackbean and Red Lentil w/ Red Chili Sauce Cold Side	X								X						X		
Sliced Avocado with EVOO and Sea Salt Cold Side	X																
Fresh Sliced Fruit Cold Side	X																X
Tomato Mozzarella Cold Side		X							X								X
Asparagus Hot Side	X																
Broccoli Hot Side	X						X		X						X		
Brussels Sprouts with Turkey Bacon Hot Side												X			X		
Miso Mushroom Sweet Potato Saute Hot Side	X						X	X	X						X		
Harissa Corn on the Cob Hot Side			X					X	X						X		
Macaroni and Cheese Hot Side		X		X													
Mashed Potatoes Hot Side		X															
Rosemary Potatoes Hot Side	X						X								X		
Old Bay® Potatoes Hot Side	X								X						X		
Mixed Carrots & Golden Beets Hot Side	X														X		X
White Beans w/Turkey Bacon & Collard Greens Hot Side												X			X		
Red & White Quinoa w/ Tomato Pesto Hot Side	X														X		
Chickpeas & Lentils with Kale Pesto	X														X		
Macaroni and Cheese Kid Meal		X		X													
Chips	X																
Rustic Bread	X			X													
Lemonade	X																X
Green Tea Replenisher	X																
Green Sencha Antioxidant Limeade	X																X
Watermelon Pineapple Replenisher	X																

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Cantaloupe Pineapple Mango Replenisher	X																
Passion Fruit Coconut Lime Replenisher	X																X
Blueberry Ginger Limeade Replenisher	X																X
Green Superfood Replenisher	X																
Pomegranate Cranberry Replenisher	X																
Acai, Apple, Beet, Carrot Replenisher	X																
Mango Tart		X	X	X												X	X
Chocolate Chunk Cookie		X	X	X													X
Cowgirl Cookie			X	X													X
Gingersnap Cookie			X	X													X
GF Walnut Cookie		X	X			X											X
Almond Macaroon			X			X											X
Chocolate Dipped Coconut Macaroon		X	X														X
Chocolate Flourless Cake		X	X														X
Coconut Lemon Cake		X	X	X													X
Chocolate Vanilla Layer Cake		X	X	X												X	X
Hummingbird Cake		X	X	X		X										X	X
Strawberry Vanilla Cake		X	X	X												X	X
Fresh Apple Cake w/ Caramel Buttercream		X	X	X		X											X
Coconut Lemon Cake		X	X	X												X	X
Heaven and Hell Cake		X	X	X	X				X								X
Gluten Free Pineapple Cake with Diplomat Cream		X	X														X
Chocolate Peanut Butter Pretzel Cupcake		X	X	X	X												X
Vanilla Cheesecake		X	X	X													X
Red Velvet Parfait (Raw)	X					X											
Banana Cream Pie		X	X	X													X
Chocolate Pudding		X	X													X	X