

# URBAN PLATES NUTRITION FACTS FOR MENU ITEMS

Urban Plates provides a nutritional analysis of menu items to assist you in balancing your meal choices. Our goal is to provide you with information to make sensible dining decisions. Consumption of 2,000 calories per day is generally used as the basis for nutritional advice although individual calorie needs may vary significantly. Please note that nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes or variation in portion sizes. Not all items are served all year or in all locations. We may update this chart from time to time.

10.14.19

Nutrition Facts	Cooked Weight Serving Portion	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
<b>Plates: Proteins &amp; Bread</b>																
Grilled Wild Ahi Tuna	4 oz	130	15	2g	0g	0g	40mg	480mg	2g	< 1g	0g	27g	2%	20%	2%	6%
Grilled Chicken (without skin)	5 oz	230	80	9g	3g	0g	180mg	840mg	0g	0g	0g	35g	10%	8%	8%	15%
Grilled Steak	4.5 oz	250	110	11g	5g	0g	100mg	360mg	0g	0g	1g	37g	0%	0%	2%	25%
Grilled Chicken	5 oz	270	140	16g	5g	0g	190mg	690mg	0g	0g	2g	32g	10%	8%	8%	10%
Striped Sea Bass (with Miso Marinade, Sesame Ginger)	5.25 oz	310	140	16g	2.5g	0g	70mg	650mg	6g	0g	5g	33g	10%	2%	2%	6%
Oven Baked Salmon	5.25 oz	310	150	17g	3.5g	0g	110mg	170mg	2g	< 1g	0g	38g	4%	70%	4%	8%
BBQ Turkey Meatloaf (with BBQ Sauce)	8 oz	330	140	16g	4g	0g	145mg	1020mg	19g	2g	10g	30g	50%	40%	6%	6%
Grilled Chicken with Kimchi Aioli	5 oz	340	200	22g	5g	0g	200mg	960mg	4g	0g	5g	32g	10%	8%	8%	15%
Oven Baked Salmon (with Honey Mustard Sauce)	5.25 oz	350	190	21g	4g	0g	115mg	240mg	< 1g	0g	< 1g	38g	4%	50%	4%	8%
Oven Baked Salmon (with Hoisin Teriyaki Glaze)	5.25 oz	350	160	18g	3.5g	0g	110mg	400mg	8g	< 1g	6g	38g	4%	50%	6%	10%
Australian Lamb Osso Bucco (16 oz on the bone)	~11 oz meat	470	230	26g	10g	0g	130mg	770mg	16g	3g	4g	33g	100%	15%	8%	20%
Australian Lamb Osso Bucco (16 oz on the bone with Mash Potatoes)	~11 oz meat	720	360	41g	20g	0g	170mg	1570mg	42g	7g	8g	37g	110%	70%	15%	25%
Habanero Mango Ribs (16 oz on the bone)	~9 oz meat	860	550	60g	23g	0g	205mg	1780mg	25g	< 1g	22g	53g	7%	4%	15%	35%
Rustic Bread Slice - No Oil	1 Slice	130	15	2g	0g	0g	0mg	330mg	24g	< 1g	0g	4g	2%	0	6%	2%
Rustic Bread Slice - With Oil	1 Slice	150	30	4g	0.5g	0g	0mg	330mg	24g	< 1g	0g	4g	2%	0	6%	2%
<b>Urban Greens Salads (with 1.75 ounces of Dressing &amp; without bread)</b>																
Entrée House	1 Salad	400	220	25g	2g	0g	0mg	870mg	47g	6g	31g	3g	330%	60%	10%	8%
Local Mixed Beet	1 Salad	560	370	42g	6g	0g	10mg	1590mg	47g	10g	28g	11g	210%	60%	20%	20%
Entrée Caesar	1 Salad	570	400	45g	10g	0g	70mg	1230mg	28g	5g	3g	17g	220%	130%	40%	15%
Grilled Steak Salad	1 Salad	590	330	38g	8g	0g	90mg	710mg	30g	5g	20g	39g	160%	90%	8%	40%
Grilled Chicken House Salad	2 Salad	620	340	39g	6g	0g	155mg	1450mg	46g	6g	32g	28g	350%	70%	20%	20%
Grilled Wild Ahi Nicoise	1 Salad	650	430	49g	6g	0g	200mg	1100mg	19g	4g	6g	35g	180%	45%	8%	25%
Urban Grove Antioxidant (Summer)	1 Salad	650	490	56g	10g	0g	20mg	760mg	31g	5g	21g	12g	150%	50%	25%	15%
Asian Chicken	1 Salad	650	330	38g	7g	0g	155mg	1260mg	43g	8g	16g	40g	250%	140%	25%	30%
Chicken Cobb	1 Salad	690	440	50g	11g	0g	355mg	1260mg	14g	6g	5g	49g	160%	45%	20%	20%
Urban Grove Antioxidant (Winter)	1 Salad	730	490	56g	10g	0g	20mg	730mg	52g	6g	35g	12g	150%	60%	25%	15%
Chicken Caesar	1 Salad	740	460	52g	13g	0g	225mg	1840mg	31g	5g	5g	42g	230%	130%	45%	25%
Desert BBQ Chicken	1 Salad	850	540	62g	11g	0g	170mg	1500mg	42g	11g	14g	39g	230%	90%	25%	30%
Salmon Caesar	1 Salad	880	550	62g	14g	0g	180mg	1400mg	28g	5g	3g	54g	230%	180%	45%	25%
Family Meal - House Salad (4 servings & includes 4 oz of dressing)	1 Salad	840	620	70g	6g	0g	0mg	330mg	52g	7g	38g	5g	470%	70%	10%	15%
<b>Salad Dressings (1 Oz Portions)</b>																
Peanut Dressing (Asian Chicken Salad)	1 oz	90	45	6g	1g	0g	0mg	270mg	9g	< 1g	7g	3g	0%	2%	2%	2%
Jalapeno Lime Vinaigrette (Caribbean & Steak Salad)	1 oz	100	90	10g	1g	0g	0mg	85mg	4g	0g	3g	0g	0%	8%	0%	2%
Buttermilk Dill (Cobb Salad)	1 oz	130	130	14g	2g	0g	25mg	70mg	1g	0g	< 1g	< 1g	2%	2%	2%	0%
Caesar (Caesar Salad)	1 oz	150	140	16g	2g	0g	25mg	230mg	1g	0g	0g	2g	2%	2%	4%	2%
Preserved Lemon Vinaigrette (House Salad)	1 oz	160	150	17g	1.5g	0g	0mg	40mg	2g	0g	2g	0g	0%	0%	0%	0%
Chipotle Lime Vinaigrette (Desert BBQ Chicken Salad)	1 oz	160	150	17g	1.5g	0g	0mg	135mg	2g	0g	2g	0g	0%	4%	0%	0%
Lemongrass Mint Balsamic Vinaigrette (Urban Grove Antioxidant Salad)	1 oz	170	170	19g	1.5g	0g	0mg	75mg	2g	0g	2g	0g	0%	0%	0%	2%
Mustard Caper Vinaigrette (Nicoise Salad)	1 oz	180	180	21g	2.5g	0g	0mg	95mg	< 1g	0g	< 1g	0g	0%	0%	0%	2%
<b>Sandwiches (without Chips)</b>																

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													Vitamin A	Vitamin C	Calcium	Iron
Grilled Wild Albacore	1 Sandwich	640	240	28g	3g	0g	75mg	2080mg	59g	3g	< 1g	35g	30%	4%	15%	10%
Grilled Ahi Banh Mi	1 Sandwich	680	240	28g	3g	0g	80mg	1450mg	69g	4g	6g	38g	50%	60%	6%	30%
Grilled Cage Free Chicken	1 Sandwich	690	300	34g	6g	0g	180mg	1310mg	62g	2g	3g	36g	15%	20%	8%	30%
Grilled Portobello Mushroom	1 Sandwich	720	380	44g	9g	0g	15mg	1020mg	66g	4g	4g	20g	30%	60%	10%	35%
Grilled Steak Banh Mi	1 Sandwich	750	310	36g	7g	0g	115mg	1790mg	70g	3g	10g	40g	45%	20%	6%	40%
Grilled Chicken Banh Mi	1 Sandwich	760	340	39g	7g	0g	190mg	1920mg	66g	3g	7g	36g	50%	35%	10%	30%
Grilled Steak	1 Sandwich	760	330	37g	7g	0g	120mg	1190mg	65g	2g	1g	43g	15%	25%	6%	45%
Caprese	1 Sandwich	790	410	48g	12g	0g	40mg	1280mg	68g	4g	6g	23g	50%	90%	45%	30%
Chicken Club	1 Sandwich	1220	700	79g	23g	0g	275mg	1960mg	73g	3g	14g	55g	45%	25%	40%	35%
Side - Potato Chips	1 oz	150	80	9g	1g	0g	0mg	115mg	16g	1g	0g	2g	0%	10%	0%	2%
<b>Bowls</b>																
Grilled Chicken, White Beans, Broccoli,Tomato Pesto	1 Bowl	550	290	32g	6g	0g	160mg	1510mg	29g	9g	6g	38g	170%	100%	30%	40%
Tofu & Vegetable Curry Braise (with 7 oz brown rice)	1 Bowl	390	110	13g	7g	0g	0mg	360mg	61g	6g	10g	10g	70%	50%	10%	15%
Tofu & Vegetable Curry Braise (with 7 oz mashed potatoes)	1 Bowl	420	230	26g	16g	0g	40mg	1140mg	42g	6g	14g	8g	80%	100%	15%	15%
Tofu & Vegetable Curry Braise (with 7 oz white rice)	1 Bowl	430	100	12g	7g	0g	0mg	350mg	72g	3g	9g	10g	70%	50%	10%	25%
Beef & Mushroom Braise (with 7 oz brown rice)	1 Bowl	410	90	10g	3.5g	0g	50mg	380mg	53g	5g	3g	21g	60%	10%	6%	15%
Beef & Mushroom Braise (with 7 oz mashed potatoes)	1 Bowl	440	210	24g	13g	0g	95mg	1170mg	33g	5g	7g	19g	70%	60%	10%	15%
Beef & Mushroom Braise (with 7 oz white rice)	1 Bowl	450	80	9g	3.5g	0g	50mg	370mg	63g	2g	2g	21g	60%	10%	6%	20%
Moroccan Chicken Braise (with 7 oz brown rice)	1 Bowl	440	90	10g	2g	0g	120mg	490mg	55g	5g	4g	31g	25%	20%	8%	15%
Moroccan Chicken Braise (with 7 oz mashed potatoes)	1 Bowl	460	210	23g	11g	0g	160mg	1270mg	35g	6g	7g	30g	35%	70%	10%	15%
Moroccan Chicken Braise (with 7 oz white rice)	1 Bowl	480	80	9g	2g	0g	120mg	480mg	65g	3g	3g	32g	25%	20%	8%	25%
<b>Hot Sides</b>																
Sesame Broccoli	4 oz	50	10	1.5g	0g	0g	0mg	460mg	5g	3g	1g	4g	60%	30%	10%	15%
Asparagus	5 oz	70	45	5g	0.5g	0g	0mg	130mg	5g	2g	2g	2g	15%	15%	2%	15%
Braised White Beans with Collards & Turkey Bacon	6 oz	120	20	2g	0g	0g	5mg	420mg	18g	5g	2g	8g	100%	50%	15%	15%
Brown Rice	4 oz	130	10	1g	0g	**	0mg	5mg	26g	2g	0g	3g	0%	0%	2%	2%
White Rice	4 oz	150	0	0g	0g	**	0mg	0mg	32g	0g	0g	3g	0%	0%	2%	8%
Harissa Corn on the Cob	2 pieces	160	60	7g	1g	0g	10mg	620mg	25g	2g	14g	3g	6%	15%	2%	4%
Roasted Rosemary Potatoes	6 oz	160	40	4.5g	0g	0g	0mg	260mg	28g	3g	2g	3g	0%	20%	2%	8%
Rainbow Carrots & Golden Beets	6 oz	170	80	9g	1g	0g	0mg	750mg	22g	4g	15g	2g	400%	15%	6%	4%
Roasted Old Bay Potatoes	6 oz	180	70	8g	0.5g	0g	0mg	610mg	26g	4g	2g	3g	2%	40%	2%	6%
Roasted Brussels Sprouts with Turkey Bacon	6 oz	180	110	13g	1.5g	0g	< 5mg	150mg	15g	5g	4g	5g	20%	180%	8%	10%
Macaroni & Cheese	6 oz	370	200	23g	12g	0g	70mg	600mg	26g	1g	3g	14g	15%	0%	30%	6%
Potato Chips	2 oz	300	160	18g	2g	0g	0mg	230mg	32g	2g	0g	4g	0%	20%	0%	0%
Mashed Potatoes	10 oz	350	190	21g	13g	0g	60mg	1140mg	37g	6g	6g	5g	15%	70%	8%	6%
<b>Cold Sides</b>																
Sliced Fruit Side	5 oz	60	0	0g	0g	0g	0mg	0mg	15g	2g	12g	< 1g	10%	60%	2%	2%
Side House Salad	1 salad	110	80	9g	1g	0g	0mg	45mg	9g	1g	6g	< 1g	70%	15%	2%	2%
Red Lentils and Black Beans with Red Chili Sauce	5 oz	150	50	6g	0.5g	0g	0mg	610mg	19g	4g	3g	6g	15%	15%	4%	10%
Beet Salad (without Goat Cheese)	5 oz	160	80	10g	1g	0g	0mg	120mg	18g	3g	13g	4g	4%	15%	4%	8%
Tomato & Mozzarella Salad	5 oz	170	110	12g	4.5g	0g	25mg	340mg	9g	< 1g	6g	7g	15%	30%	15%	4%

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													Vitamin A	Vitamin C	Calcium	Iron
Side Caesar Salad	1 salad	170	120	13g	3g	0g	20mg	590mg	11g	2g	1g	5g	110%	60%	15%	6%
Beet Salad (with Goat Cheese)	5 oz	180	90	11g	2g	0g	< 5mg	150mg	18g	3g	13g	5g	6%	15%	4%	8%
Quinoa Tabbouleh with Feta	5 oz	220	120	14g	3g	0g	10mg	500mg	20g	3g	3g	6g	35%	50%	15%	10%
<b>Sauces</b>																
House Made Habanero Mango Barbecue Sauce	1 oz	30	0	0g	0g	0g	0mg	310mg	7g	0g	6g	< 1g	2%	6%	0%	2%
House Made Honey Mustard Sauce	1 oz	40	35	4g	0g	0g	5mg	75mg	< 1g	0g	< 1g	0g	0%	0%	0%	0%
House Made Gravy	2 oz	60	35	4g	2g	0g	25mg	150mg	3g	0g	0g	4g	6%	2%	2%	2%
House Made Kim Chi Aioli	1 oz	70	50	6g	0.5g	0g	10mg	260mg	4g	0g	3g	0g	0%	0%	0%	0%
House Made Traditional Chimichurri	1 oz	100	90	10g	1g	0g	0mg	220mg	4g	0g	1g	0g	15%	20%	2%	2%
House Made Scallion Ginger Miso Sauce	1 oz	110	90	10g	1.5g	0g	0mg	300mg	3g	0g	3g	0g	2%	2%	0%	0%
<b>Soups</b>																
Sweet Potato, Carrot and Red Curry cup	7 oz	100	35	4g	0.5g	0g	0mg	590mg	15g	3g	6g	2g	190%	20%	4%	4%
Sweet Potato, Carrot and Red Curry bowl	12 oz	170	60	7g	1g	0g	0mg	1010mg	26g	5g	9g	3g	310%	35%	8%	8%
Vegan Tomato Basil cup	7 oz	110	50	6g	3g	0g	0mg	740mg	12g	2g	10g	3g	60%	35%	6%	6%
Vegan Tomato Basil bowl	12 oz	190	80	10g	5g	0g	0mg	1290mg	21g	4g	17g	4g	100%	60%	10%	10%
Seafood Chowder cup	7 oz	140	60	7g	4g	0g	45mg	600mg	10g	1g	4g	8g	45%	8%	8%	4%
Seafood Chowder bowl	12 oz	230	110	12g	7g	0g	80mg	1030mg	18g	2g	7g	13g	80%	15%	15%	6%
<b>Kids Meals &amp; Sides</b>																
Kids Chicken	3 oz	170	40	4.5g	1g	0g	95mg	550mg	1g	0g	< 1g	30g	4%	6%	4%	6%
Kids Steak	3 oz	170	70	8g	3.5g	0g	65mg	240mg	0g	0g	< 1g	25g	0%	0%	2%	15%
Kids Turkey Meatloaf (with BBQ Sauce)	4 oz	180	70	8g	2g	0g	70mg	590mg	12g	< 1g	7g	15g	25%	25%	2%	4%
Kids Mac & Cheese	8 oz	490	260	30g	17g	0g	90mg	810mg	35g	2g	4g	18g	20%	0%	40%	8%
Side - Fruit Salad	5 oz	60	0	0g	0g	**	0mg	15mg	14g	< 1g	12g	< 1g	30%	50%	2%	2%
Side - Potato Chips	1 oz	150	80	9g	1g	0g	0mg	115mg	16g	1g	0g	2g	0%	10%	0%	0%
<b>Replenishers</b>																
Ginseng Mint Green Tea	16 oz	80	0	0g	0g	0g	0mg	20mg	19g	0g	19g	0g	0%	0%	2%	0%
Watermelon Pineapple	16 oz	100	0	0g	0g	0g	0mg	65mg	26g	2g	21g	2g	25%	90%	4%	4%
Green Superfood	16 oz	110	10	1g	0g	**	0mg	55mg	26g	4g	14g	3g	60%	130%	10%	8%
Cantaloupe Pineapple Mango	16 oz	140	0	0.5g	0g	0g	0mg	30mg	36g	2g	32g	2g	80%	100%	4%	4%
Acai Apple Beet Carrot	16 oz	140	10	1g	0g	0g	0mg	115mg	33g	5g	23g	2g	380%	15%	6%	6%
Lemonade	16 oz	170	0	0g	0g	0g	0mg	35mg	44g	0g	40g	0g	0%	45%	2%	0%
Green Sencha Antioxidant Limeade	16 oz	180	5	0.5g	0g	0g	0mg	10mg	46g	< 1g	38g	< 1g	2%	50%	2%	4%
Blueberry Ginger Limeade	16 oz	180	0	0g	0g	0g	0mg	10mg	48g	2g	39g	< 1g	2%	50%	2%	2%
Pomegranate Cranberry Ginger	16 oz	190	0	0g	0g	0g	0mg	20mg	46g	3g	36g	1g	2%	40%	4%	2%
Strawberry Basil Lemonade	16 oz	210	0	0g	0g	**	0mg	30mg	55g	1g	50g	< 1g	4%	80%	2%	2%
Passion Fruit Coconut Lime	16 oz	340	150	17g	12g	0g	0mg	25mg	40g	0g	35g	3g	0%	20%	2%	6%
<b>Cookies</b>																
Almond Macaroon	1 each	230	80	10g	1g	0g	0mg	110mg	33g	2g	29g	4g	0%	0%	6%	4%
Gluten Free Chocolate Chip Coconut Walnut Cookie	1 each	310	150	17g	6g	0g	15mg	240mg	38g	3g	24g	4g	0%	0%	2%	10%
Coconut Macaroon (Chocolate Dipped)	1 each	350	150	18g	15g	0g	0mg	240mg	44g	4g	39g	6g	0%	0%	0%	0%
Gingersnap Cookie (No Butter)	1 each	430	140	16g	1.5g	0g	15mg	350mg	72g	< 1g	47g	3g	0%	0%	6%	15%

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Cowgirl Cookie (No Butter)	1 each	450	190	22g	9g	0g	25mg	320mg	60g	5g	38g	6g	0%	0%	4%	10%
Chocolate Chunk Cookie (No Butter)	1 each	480	210	23g	9g	0g	25mg	520mg	66g	3g	40g	5g	0%	0%	4%	15%
<b>Other Pastries</b>																
Dark Chocolate Pudding	1 each	370	240	27g	17g	0g	145mg	135mg	27g	1g	22g	5g	20%	0%	8%	4%
Mango Tart Slice	1 slice	380	170	19g	12g	0g	80mg	115mg	49g	3g	33g	5g	45%	90%	4%	6%
Red Velvet Parfait	1 each	460	360	41g	28g	0g	0mg	230mg	23g	3g	16g	5g	2%	2%	10%	8%
Gluten Free Pineapple Cake with Diplomat Cream	1 each	480	210	24g	13g	0g	145mg	310mg	60g	3g	34g	8g	20%	20%	10%	10%
Banana Cream Pie	1 each	670	380	42g	25g	0g	155mg	430mg	69g	2g	42g	6g	25%	6%	10%	8%
<b>Cakes &amp; Cupcakes</b>																
Strawberry Vanilla Cake Slice	1 slice	540	130	15g	9g	0g	80mg	220mg	93g	2g	74g	9g	10%	60%	6%	6%
Chocolate Peanut Butter Crunch Cupcake	1 each	550	280	32g	13g	0g	120mg	420mg	64g	3g	47g	8g	10%	0%	6%	10%
Chocolate Flourless Cake Slice	1 slice	700	410	47g	28g	0g	160mg	240mg	74g	5g	65g	7g	15%	4%	6%	15%
Heaven and Hell Cake Slice	1 slice	780	330	38g	15g	0g	120mg	510mg	102g	4g	79g	13g	15%	0%	8%	15%
Fresh Apple Cake with Caramel Buttercream Slice	1 slice	830	360	42g	15g	0g	65mg	640mg	111g	3g	84g	6g	15%	4%	6%	10%
Chocolate Vanilla Cake Slice	1 slice	880	470	53g	30g	0g	220mg	690mg	98g	4g	72g	10g	30%	2%	10%	20%
Hummingbird Cake Slice	1 slice	1100	590	67g	19g	0g	140mg	2030mg	116g	4g	80g	12g	20%	15%	8%	15%