

Urban Plates			
Gluten Free, Vegan & Vegetarian Menu Options			
While the gluten free options listed are not made with gluten, our kitchen and restaurant are not gluten free. We may update this chart from time to time.			
Menu Item	Vegan	Gluten Free	Vegetarian
Salads (Omit Rustic Bread for Gluten Free Option)			
Grilled Wild Ahi Nicoise (Omit Ahi and Egg for Vegan)	X	X	
Asian Chicken (Omit Chicken for Vegan)	X		
Asian Chicken (Omit Wontons for GF)		X	
Urban Grove Antioxidant (Winter) (Omit Blue Cheese for Vegan)	X	X	X
Grilled Steak (Omit Steak for Vegetarian)	X	X	
Local Mixed Beet Salad (Omit Goat Cheese for Vegan)	X	X	X
Desert BBQ Chicken (Omit Chicken for Vegetarian)			X
Desert BBQ Chicken (Omit Wontons for GF)		X	
Chicken Caesar (Omit Croutons for GF)		X	
Salmon Caesar (Omit Croutons for GF)		X	
Chicken Cobb		X	
Grilled Chicken House Salad		X	
Side House Salad	X	X	
Family House Salad	X	X	
Mustard Caper Vinaigrette (Nicoise)	X	X	
Peanut Dressing (Asian)	X	X	
Mint- Lemongrass Balsamic Vinaigrette (Antioxidant Salads)	X	X	
Chipotle Lime Dressing (Desert BBQ)	X	X	
Jalapeno Lime Dressing (Steak Salad)	X	X	
Caesar Dressing		X	
Buttermilk Dill Dressing (Cobb Salad)	X	X	
Preserved Lemon Vinaigrette (House & Mixed Beet)	X	X	
Sandwiches			
Grilled Portobello Mushroom (Omit Pesto Goat Cheese for Vegan)	X		X
Caprese			X
Bowls			
Curry Tofu and Vegetable Braise	X	X	
Moroccan Chicken Braise		X	
Braised Beef and Mushrooms		X	

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Plates (Omit Rustic Bread for Gluten Free Option)			
Grilled Ahi Tuna		X	
Grilled Chicken		X	
Grilled Chicken with Kimchi Aioli		X	
Grilled Steak		X	
Grilled Steak with Chimichurri		X	
Oven Baked Salmon		X	
Oven Baked Salmon with Creamy Honey Mustard		X	
Habanero Mango BBQ Ribs		X	
Lamb Osso Bucco		X	
Grilled Ahi Tuna Plate with brown rice, broccolini, and Miso lemongrass		X	
Grilled Salmon with red & white quinoa, sesame broccolini and hollandaise		X	
Grilled Shrimp with chickpea & lentil pilaf, tomatoes, sesame broccolini & pesto		X	
Grilled Rudy Red Trout with white beans & collards, sesame broccolini, chimichurri sauce		X	
Grilled Barramundi with red & white quinoa, sesame broccolini, and kale pesto		X	
Scallion Ginger Miso Sauce	X	X	
Chimichurri Sauce	X	X	
Lemon Hollandaise Sauce		X	
Cranberry Relish	X	X	
Habanero Mango BBQ Sauce	X	X	
Soups (Omit Rustic Bread for Gluten Free Option)			
Tomato Basil (Omit Croutons for GF)	X	X	
Sweet Potato, Carrot & Red Curry	X	X	
Cold Sides			
Tomato Mozzarella Salad		X	X
Beet and Goat Cheese (Omit Goat Cheese for Vegan)	X	X	X
Red Lentils and Black Beans w/ Red Chile Sauce	X	X	
Sliced Avocado with EVOO and Sea Salt	X	X	
Fresh Sliced Fruit	X	X	
Hot Sides			
Asparagus	X	X	
Broccolini	X	X	
Brussels Sprouts		X	
Macaroni and Cheese			X
Mashed Potatoes		X	X
Organic White or Brown Rice	X	X	
Rainbow Carrots and Golden Beets	X	X	
White Beans w/Turkey Bacon & Collard Greens		X	
Red & White Quinoa w/ Tomato Pesto Hot Side	X	X	
Chickpeas & Lentils with Kale Pesto	X	X	
Old Bay® Potatoes	X	X	
Rosemary Potatoes	X	X	

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Kid' Plates			
Macaroni and Cheese Kid Meal			X
Chicken Plate (Omit Rustic Bread)		X	
Steak Plate (Omit Rustic Bread)		X	
Salmon Plate (Omit Rustic Bread)		X	
Shrimp Plate (Omit Rustic Bread)		X	
Other			
Chips	X	X	
Rustic Bread	X		
Replenisher			
Passion Fruit Coconut Lime	X	X	
Ginseng Mint Green Tea	X	X	
Lemonade	X	X	
Pomegranate Cranberry Ginger	X	X	
Acai, Apple, Beet, Carrot	X	X	
Strawberry Basil Lemonade	X	X	
Green Sencha Antioxidant Limeade	X	X	
Blueberry Limeade	X	X	
Watermelon Pineapple Replenisher	X	X	
Green Superfood Replenisher	X	X	
Cantaloupe Pineapple Mango	X	X	
Pastry			
All Pastries Contain Egg*, all Other Ingredients are Vegetarian.			
Gluten Free Chocolate Chip Walnut Cookie		X	
Almond Macaroon		X	
Coconut Macaroon		X	
Red Velvet Parfait *no egg	X	X	
Chocolate Flourless Cake		X	
Gluten Free Pineapple Cake with Diplomat Cream		X	