

# Urban Plates Allergen Chart

| Menu Item  | Vegan | Dairy | Eggs | Gluten | Peanuts | Tree Nuts | Soy | Sesame | Capsiacin | Fish | Shell Fish | Poultry | Beef | Pork | Garlic | Alcohol | Processed Sugar |
|--|-------|-------|------|--------|---------|-----------|-----|--------|-----------|------|------------|---------|------|------|--------|---------|-----------------|
| Ahi Nicoise Salad  |       |       | 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               |
| 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               |
| Local Mixed Beet Salad   |       | X     |      |        |         | X         |     |        | X         |      |            |         |      |      |        |         |                 |
| Chicken Club Sandwich  |       | X     | X    | X      |         |           |     |        | X         |      |            | X       |      | X    | X      |         | X               |
| Chicken Sandwich   |       |       | X    | X      |         |           |     |        |           |      |            | X       |      |      | X      |         | X               |
| Steak Sandwich   |       |       | X    | X      |         |           |     |        |           |      |            |         | X    |      | X      |         | X               |
| Ahi Tuna Banh Mi Sandwich                                      |       |       | X    | X      |         |           |     |        | X         | X    |            |         |      |      | X      |         | X               |
| Portobello Mushroom Sandwich                                   |       | 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      |         | X               |
| Beet + Avocado Plant Bowl                                      | X     |       |      |        |         | X         | X   | X      | X         |      |            |         |      |      | X      |         | X               |
| Chickpea + Sweet Potato Plant Bowl                             | X     |       |      |        |         |           |     |        | X         |      |            |         |      |      | X      |         | X               |
| Ahi Tuna   |       |       |      |        |         |           |     | X      | X         | X    |            |         |      |      | X      |         |                 |
| Grilled Chicken  |       |       |      |        |         |           |     |        |           |      |            | X       |      |      | X      |         | X               |
| Grilled Steak  |       |       |      |        |         |           |     |        |           |      |            |         | X    |      | X      |         | X               |
| Meatless Loaf  | X     |       |      |        |         | X         | X   |        | X         |      |            |         |      |      | X      |         |                 |
| Plate: Chicken, Red & White Quinoa, Broccolini , Chimichurri   |       |       |      |        |         |           |     |        | X         |      |            | X       |      |      | X      |         | X               |
| Plate: Ahi Tuna, Brown Rice, Sesame Broccolini,Miso Lemongrass |       |       |      |        |         |           | X   | X      | X         | X    |            |         |      |      | X      |         |                 |
| Plate: Salmon, Quinoa, Broccolini, Hollandaise                 |       | X     | X    |        |         |           |     |        | X         | X    |            |         |      |      | X      |         |                 |
| Lemon Hollandaise Sauce  |       | X     | X    |        |         |           |     |        | X         |      |            |         |      |      |        |         |                 |
| Creamy Honey Mustard Sauce                                     |       |       | X    |        |         |           |     |        | X         |      |            |         |      |      |        |         |                 |
| Traditional Chimichurri Sauce                                  | X     |       |      |        |         |           |     |        | X         |      |            |         |      |      | X      |         |                 |
| Habanero Mango BBQ Sauce                                       | X     |       |      |        |         |           | X   | X      | X         |      |            |         |      |      | X      |         | X               |
| Tomato Basil Soup (Vegan)                                      | X     |       |      | X      |         |           |     |        |           |      |            |         |      |      | X      |         |                 |
| Beet Salad with Miso Vinaigrette Cold Side                     |       | X     |      |        |         |           | X   |        |           |      |            |         |      |      |        |         |                 |
| Beet Salad with Miso Vinaigrette Cold Side no cheese           |       |       |      |        |         |           | X   |        |           |      |            |         |      |      |        |         |                 |
| Sliced Avocado with EVOO and Sea Salt Cold Side                | X     |       |      |        |         |           |     |        |           |      |            |         |      |      |        |         |                 |

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|--|-------|-------|------|--------|---------|-----------|-----|--------|-----------|------|------------|---------|------|------|--------|---------|-----------------|
| Fresh Sliced Fruit Cold Side                 | X     |       |      |        |         |           |     |        |           |      |            |         |      |      |        |         | X               |
| Asparagus Hot Side                           | X     |       |      |        |         |           |     |        |           |      |            |         |      |      |        |         |                 |
| Broccoli Hot Side                            | X     |       |      |        |         |           | X   | X      | X         |      |            |         |      |      | X      |         |                 |
| Green Beans & Red Chle Mushrooms Hot Side    | X     |       |      |        |         |           |     |        | X         |      |            |         |      |      | X      |         |                 |
| Brussels Sprouts with Turkey Bacon Hot Side  |       |       |      |        |         |           |     |        |           |      |            | X       |      |      | X      |         |                 |
| Macaroni and Cheese Hot Side                 |       | X     |      | X      |         |           |     |        |           |      |            |         |      |      |        |         |                 |
| Mashed Potatoes Hot Side                     |       | X     |      |        |         |           |     |        |           |      |            |         |      |      |        |         |                 |
| Rosemary Potatoes Hot Side                   | X     |       |      |        |         |           |     |        |           |      |            |         |      |      | X      |         |                 |
| Old Bay® Potatoes Hot Side                   | X     |       |      |        |         |           |     |        | X         |      |            |         |      |      | X      |         |                 |
| Mixed Carrots & Golden Beets Hot Side        | X     |       |      |        |         |           |     |        |           |      |            |         |      |      | X      |         | X               |
| Red & White Quinoa w/ Tomato Pesto Hot Side  | X     |       |      |        |         |           |     |        |           |      |            |         |      |      | X      |         |                 |
| Chickpeas & Lentils with Kale Pesto Hot Side | X     |       |      |        |         |           |     |        | X         |      |            |         |      |      | X      |         |                 |
| Chips  | X     |       |      |        |         |           |     |        |           |      |            |         |      |      |        |         |                 |
| Rustic Bread                                 | X     |       |      | X      |         |           |     |        |           |      |            |         |      |      |        |         |                 |
| Lemonade                                     | X     |       |      |        |         |           |     |        |           |      |            |         |      |      |        |         | X               |
| Green Tea Replenisher                        | X     |       |      |        |         |           |     |        |           |      |            |         |      |      |        |         | X               |
| Passion Fruit Coconut Lime Replenisher       | X     |       |      |        |         |           |     |        |           |      |            |         |      |      |        |         | X               |
| Pomegranate Cranberry Replenisher            | X     |       |      |        |         |           |     |        |           |      |            |         |      |      |        |         |                 |
| Mango Tart                                   |       | X     | X    | X      |         |           |     |        |           |      |            |         |      |      |        | X       | X               |
| Chocolate Chunk Cookie                       |       | X     | X    | X      |         |           |     |        |           |      |            |         |      |      |        |         | X               |
| Cowgirl Cookie                               |       |       | X    | X      |         |           |     |        |           |      |            |         |      |      |        |         | X               |
| Almond Macaroon                              |       |       | X    |        |         | X         |     |        |           |      |            |         |      |      |        |         | X               |
| Chocolate Flourless Cake                     |       | X     | X    |        |         |           |     |        |           |      |            |         |      |      |        |         | X               |
| Chocolate Vanilla Layer Cake                 |       | X     | X    | X      |         |           |     |        |           |      |            |         |      |      |        |         | X               |
| Hummingbird Cake                             |       | X     | X    | X      |         | X         |     |        |           |      |            |         |      |      |        | X       | X               |
| Banana Cream Pie                             |       | X     | X    | X      |         |           |     |        |           |      |            |         |      |      |        |         | X               |