

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
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	
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
Bowls			
(Omit Rustic Bread for Gluten Free Option)			
Beet + Avocado Plant Based Bowl	X	X	
Chickpea + Sweet Potato Plant Based Bowl	X	X	
Curry Tofu and Vegetable Braise	X	X	
Moroccan Chicken Braise		X	
Braised Beef and Mushrooms		X	
Plates			
(Omit Rustic Bread for Gluten Free Option)			
Meatless Loaf	X	X	
Grilled Ahi Tuna		X	
Grilled Chicken		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 Sauce		X	
Grilled Salmon Plate with Red & White Quinoa, Sesame Broccolini and Hollandaise Sauce		X	
Scallion Ginger Miso Sauce	X	X	
Chimichurri Sauce	X	X	
Lemon Hollandaise Sauce		X	

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Habanero Mango BBQ Sauce	X	X	
Soups (Omit Rustic Bread for Gluten Free Option)			
Tomato Basil (Omit Croutons for GF)	X	X	
Cold Sides			
Beet and Goat Cheese (Omit Goat Cheese for Vegan)	X	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	
Green Beans and Red Chile Mushrooms	X	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	
Kid's Plates (Omit Rustic Bread for Gluten Free Option)			
Macaroni and Cheese Kid Meal			X
Chicken Plate		X	
Steak Plate		X	
Salmon Plate		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	
Pastry All Pastries Contain Egg*, all Other Ingredients are Vegetarian.			
Almond Macaroon		X	
Chocolate Flourless Cake		X	