

\$10 EVERYDAY

wholesome meals for any budget at
only \$10 each, all day, everyday.

CHIMICHURRI CHICKEN PLATE 10 **DF**

served with organic red & white quinoa and seasonal green

URBAN GRILLED CHICKEN SALAD 10 **DF**

herb marinated, antibiotic and hormone free grilled chicken, lettuce blend, organic tomatoes, carrots, jicama, pickled onion, preserved lemon vinaigrette

BEETS + AVOCADO

PLANT BASED BOWL 10 **GF** **V** **DF**

with organic red and white quinoa, walnuts, pickled red onion, hemp seeds, cabbage, miso lemongrass dressing

CHICKPEA + SWEET POTATO

PLANT BASED BOWL 10 **GF** **V** **DF**

with organic lentils, cabbage, goji berries, green peas, chia seeds, kale pesto, harissa sauce

MOROCCAN CHICKEN BRAISE 10 **GF** **DF**

antibiotic-free chicken slow cooked with vegetables, preserved lemon, turmeric, cinnamon and spices

CURRY TOFU & VEGETABLE

BRAISE 10 **GF** **V** **DF**

organic tofu slow cooked with organic carrots, organic apples and zucchini, in a green curry-coconut sauce, with ginger and garlic

GRILLED CAGE FREE

CHICKEN SANDWICH 10 **DF**

antibiotic and hormone free grilled chicken, slow roasted tomatoes & orange-basil aioli

GRILLED PORTOBELLO

MUSHROOM SANDWICH 10 **VEG**

marinated portobello mushroom, pesto goat cheese, zucchini, red bell peppers, red onion, arugula

THREE UP 10

your choice of three sides

DESSERTS

Made-from-scratch daily by our pastry chefs.

CHOCOLATE CHUNK COOKIE one 2.75 / three 7

URBAN COWGIRL COOKIE one 2.75 / three 7 **DF**

ALMOND MACARON 2.75 **GF** **DF**

BANANA CREAM PIE 5.75

CHOCOLATE FLOURLESS CAKE slice 5.75 **GF**

HUMMINGBIRD CAKE slice 5.75

CHOCOLATE VANILLA LAYER CAKE slice 5.75

MANGO TART slice 5.75

BEVERAGES

STUBBORN NATURAL SODA 2.75

ORGANIC ICED TEA 2.75

CAFE MOTO ORGANIC COFFEE 2

CAFE MOTO HOT TEAS 2

KOMBUCHA ON TAP 5.95

HOUSE MADE REPLENISHERS 4 organic lemonade, organic ginseng mint green tea, passion fruit coconut lime, and pomegranate cranberry apple ginger

family meals

choice of protein served with any two scratch-made sides and grilled rustic bread. serves 4
make it **GF** when you request no bread.

GRILLED CAGE FREE CHICKEN 43.95 **DF**

GRILLED GRASS FED STEAK 49.95 **DF**

CHIMICHURRI GRASS FED STEAK 53.95 **DF**

GRILLED WILD CAUGHT AHI 45.95 **DF**

SUSTAINABLE OVEN BAKED SALMON 53.95 **DF**

MEATLESS LOAF 43.95 **V** **DF**

available to-go only

URBAN PLATES



food you
crave



made from
scratch



quality
ingredients



honest
value

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Menu prices vary by location. Prices shown are for dine-in and guests carry-out orders. Prices charged by third-party delivery services are generally higher. Prices and menu items subject to change and availability. While some items are marked "Gluten Free, Dairy Free, Vegetarian and Vegan," we cannot guarantee that food items will not inadvertently come into contact with others during preparation.



URBAN PLATES

farm to table kitchen

the classic menu

eat in comfort and health knowing everything
is made from scratch using clean,
wholesome ingredients.

everyone deserves
to eat this good.

urbanplates.com

SALADS

Hand-tossed entree salads with scratch-made dressing and grilled rustic bread. Make it **GF** when you request no bread, wontons, or croutons.

URBAN GRILLED CHICKEN 10 **DF**

herb marinated, antibiotic and hormone free grilled chicken, lettuce blend, organic tomatoes, carrots, jicama, pickled onion, preserved lemon vinaigrette

ANTIOXIDANT 11.75 **VEG**

lettuce blend, organic baby kale, cucumbers, celery, mint, pickled onions, raw walnuts, grapes, blue cheese, seasonal fruit, mint-lemongrass vinaigrette

MIXED BEET 11.75 **VEG**

yellow & red beets, arugula, lettuce blend, roasted tomatoes, organic carrot, jicama, raw walnuts, hemp seeds, goat cheese, preserved lemon vinaigrette

WILD AHI NICOISE* 13 **DF**

lettuce blend, grilled wild ahi, green beans, organic egg, organic tomatoes, potatoes, capers, marinated olives, mustard-champagne vinaigrette

ASIAN CHICKEN 12.75 **DF**

lettuce blend, arugula, grilled cage free chicken, organic carrots, green onions, oranges, spicy roasted peanuts, crispy wontons, red bell peppers, cilantro, spicy peanut dressing

CHICKEN COBB* 13.75

lettuce blend, grilled cage free chicken, organic tomatoes, turkey bacon, avocado, organic egg, blue cheese, buttermilk dill dressing

GRILLED STEAK* 13.75 **DF**

lettuce blend, grilled grass fed steak, pineapple-mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

CAESAR

organic romaine lettuce, organic baby kale, organic tomatoes, garlic croutons, shaved asiago, caesar dressing
Grilled Cage Free Chicken 12.75
Sustainable Salmon 15.5*

Add a Cup of Soup 2

Add Proteins

Ginger Garlic Tofu 4 • Grilled Cage Free Chicken 5.25

Wild Ahi Tuna* 5.25 • Grilled Grass Fed Steak* 6.5

Oven Baked Sustainable Salmon* 7.5

DF DAIRY FREE **GF** GLUTEN FREE **VEG** VEGETARIAN **V** VEGAN

PLATES

Served with any two sides and grilled rustic bread.

Make it **GF** when you request no bread.

GRILLED CAGE FREE CHICKEN 12.75 **DF**

herb marinated, antibiotic and hormone free grilled chicken

GRILLED GRASS FED STEAK* 13.95 **DF**

spice rubbed aged steak served medium rare

CHIMICHURRI GRASS FED STEAK* 14.95 **DF**

grilled medium rare, drizzled with our fresh chimichurri sauce

FOUR UP 12.75 4 sides

your choice of any 4 sides

WILD AHI TUNA* 13 **DF**

grilled rare wild line caught ahi tuna

OVEN BAKED SUSTAINABLE SALMON* 15.5 **DF**

honey mustard sauce

MEATLESS LOAF 12.75 **V** **DF**

plant based loaf of garden veggies, black beans, and organic quinoa topped with our homemade tomato jam

OSSO BUCCO 17.5

grass fed lamb shank slow cooked and served with a mint gremolata and mashed organic potatoes (*this plate does not include two sides*)

SCRATCH MADE SIDES 4.25 each

ROASTED OLD BAY POTATOES **GF** **V** **DF**

MACARONI & CHEESE **VEG**

MASHED ORGANIC POTATOES **GF** **VEG**

SEASONAL GREEN **GF** **V** **DF**

ROASTED BRUSSELS SPROUTS W. TURKEY BACON **GF** **DF**

ORGANIC RED & WHITE QUINOA W. TOMATO PESTO **GF** **V** **DF**

CHICKPEAS & ORGANIC LENTILS W. KALE PESTO **GF** **V** **DF**

GREEN BEANS & RED CHILI MUSHROOMS **GF** **V** **DF**

ORGANIC BROWN OR WHITE RICE **GF** **V** **DF**

RAINBOW CARROTS & GOLDEN BEETS **GF** **V** **DF**

BEET SALAD with goat cheese, miso lemongrass vinaigrette **GF** **VEG**

FRESH SLICED FRUIT **GF** **V** **DF**

SIDE HOUSE SALAD **GF** **V** **DF**

SIDE CAESAR SALAD

SOUP

Made from Scratch. Choose bowl or cup.

Make it **GF** when you request no bread or croutons.

TOMATO BASIL 5.75 / 4 **V** **DF**

organic tomatoes, coconut milk, pesto, croutons

SANDWICHES

On grilled rustic bread, served with chips.

GRILLED CAGE FREE CHICKEN 10 **DF**

antibiotic and hormone free grilled chicken, slow roasted tomatoes & orange-basil aioli

GRILLED GRASS FED STEAK* 11 **DF**

slow roasted tomatoes & chimichurri aioli

GRILLED PORTOBELLO MUSHROOM 10 **VEG**

marinated portobello mushroom, pesto goat cheese, zucchini, red bell peppers, red onion, arugula

GRILLED CAGE FREE CHICKEN CLUB 11

antibiotic and hormone free chicken, duroc pork bacon, organic tomato, pickled onion, lettuce mix, garlic aioli, white cheddar cheese

Add a Cup of Soup 2 • Add any Side 3

BOWLS

Braises served with choice of organic brown or white rice or mashed potatoes.

BEETS + AVOCADO 10 **GF** **V** **DF**

with organic red and white quinoa, walnuts, pickled red onion, hemp seeds, cabbage, miso lemongrass dressing

CHICKPEA + SWEET POTATO 10 **GF** **V** **DF**

with organic lentils, cabbage, goji berries, green peas, chia seeds, kale pesto, harissa sauce

BRAISED BEEF & MUSHROOMS 11 **GF** **DF**

natural beef slow cooked with red wine sauce, mushrooms, onions and organic carrots

MOROCCAN CHICKEN BRAISE 10 **GF** **DF**

antibiotic-free chicken slow cooked with vegetables, preserved lemon, turmeric, cinnamon and spices

CURRY TOFU & VEGETABLE BRAISE 10 **GF** **V** **DF**

organic tofu slow cooked with organic carrots, organic apples and zucchini, in a green curry-coconut sauce, with ginger and garlic

KIDS

Served with organic milk or organic apple juice.

MACARONI & CHEESE 6.5 **VEG**

served with fruit salad & chips

CHICKEN PLATE 7.5 **DF**

any side & grilled rustic bread

STEAK PLATE* 8.5 **DF**

any side & grilled rustic bread

SALMON PLATE* 10.5 **DF**

any side & grilled rustic bread