

# \$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

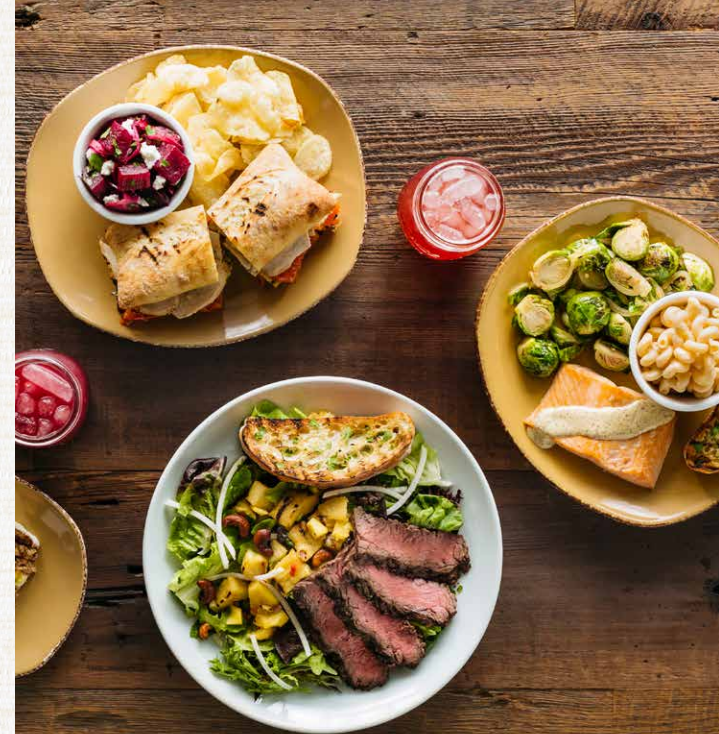


quality  
ingredients



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 12.95 **VEG**

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

### LOCAL MIXED BEET 12.95 **VEG**

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

### WILD AHI NICOISE\* 13.95 **DF**

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

### ASIAN CHICKEN 13.95 **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\* 14.95

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

### GRILLED STEAK\* 14.95 **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 13.95*  
*Sustainable Salmon\* 15.95*

Add a Cup of Soup 2.25

#### Add Proteins

Ginger Garlic Tofu 4 • Grilled Cage Free Chicken 5.95

Wild Ahi Tuna\* 5.95 • Grilled Grass Fed Steak\* 6.95

Oven Baked Sustainable Salmon\* 7.95

**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 10.5 1 side / 13.5 2 sides **DF****  
herb marinated, antibiotic and hormone free grilled chicken

**GRILLED GRASS FED STEAK\* 11.95 1 side / 14.95 2 sides **DF****  
spice rubbed aged steak served medium rare

**CHIMICHURRI GRASS FED STEAK\* **DF****  
grilled medium rare 12.95 1 side / 15.95 2 sides

**THREE UP / FOUR UP 10.5 3 sides / 13.5 4 sides**  
your choice of any 3 or 4 sides

**MEATLESS LOAF 10.5 1 side / 13.5 2 sides **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*)

## SEAFOOD GRILL

Served with grilled rustic bread. Make it **GF** when you request no bread.

**WILD AHI TUNA\* 14 **DF****  
grilled wild line caught ahi tuna, organic brown rice, seasonal green, miso lemongrass sauce

**SUSTAINABLE SALMON\* 15.95**  
grilled sustainable salmon, organic white & red quinoa with tomato pesto, seasonal green, lemon hollandaise

## 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

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

**TOMATO BASIL 5.95 / 3.95 **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\* 11.95 **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 11.95**  
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