

URBAN PLATES NUTRITION FACTS FOR MENU ITEMS

Urban Plates provides a nutritional analysis of menu items to assist you in balancing your meal choices. Our goal is to provide you with information to make sensible dining decisions. Consumption of 2,000 calories per day is generally used as the basis for nutritional advice although individual calorie needs may vary significantly. Please note that nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes or variation in portion sizes. Not all items are served all year or in all locations. We may update this chart from time to time.

3.30.21

| Nutrition Facts | Cooked Weight Serving Portion Protein | Calories | Calories From Fat | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbs | Dietary Fiber | Sugars | Protein | % Daily Value | | | |
|---|---|----------|-------------------|-----------|---------------|-----------|-------------|--------|-------|------------------|--------|---------|---------------|-----------|---------|------|
| | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Plates: Proteins & Bread | | | | | | | | | | | | | | | | |
| Grilled Wild Ahi Tuna | 4 oz | 130 | 15 | 2g | 0g | 0g | 40mg | 480mg | 2g | < 1g | 0g | 27g | 2% | 20% | 2% | 6% |
| Grilled Chicken (without skin) | 5 oz | 230 | 80 | 9g | 3g | 0g | 180mg | 840mg | 0g | 0g | 0g | 35g | 10% | 8% | 8% | 15% |
| Grilled Steak | 4.5 oz | 250 | 110 | 11g | 5g | 0g | 100mg | 360mg | 0g | 0g | 1g | 37g | 0% | 0% | 2% | 25% |
| Grilled Chicken | 5 oz | 270 | 140 | 16g | 5g | 0g | 190mg | 690mg | 0g | 0g | 2g | 32g | 10% | 8% | 8% | 10% |
| Grilled Salmon | 5.25 oz | 330 | 180 | 20g | 4g | 0g | 110mg | 160mg | 0g | 0g | 0g | 37g | 4% | 50% | 4% | 8% |
| Meatless Loaf | 8 oz | 380 | 130 | 18g | 4g | 0g | 0mg | 790mg | 44g | 8g | 8g | 13g | 0% | 0% | 8% | 25% |
| Grilled Steak and Blue Cheese | 4.5 oz | 400 | 220 | 24g | 13g | 0g | 140mg | 820mg | 2g | 0g | 3g | 44g | 89% | 0% | 15% | 25% |
| Crispy Chicken Tenders 3 Piece | 3 Tenders | 550 | 170 | 19g | 3.5g | 0g | 270mg | 1450mg | 28g | 2g | 5g | 67g | 0% | 0% | 6% | 0% |
| Nashville Hot Chicken Tenders 3 Piece | 3 Tenders | 740 | 280 | 32g | 6g | 0g | 270mg | 2490mg | 43 | 3 | 16g | 68g | 0% | 0% | 10% | 4% |
| Chimichurri Chicken Plate, Quinoa, Asparagus | 1 Plate | 750 | 370 | 43g | 7g | 0g | 155mg | 1380mg | 60g | 7g | 5g | 38g | 30% | 40% | 15% | 40% |
| Crispy Chicken Tenders 6 Piece | 6 Tenders | 1100 | 340 | 38g | 7g | 0.5g | 540mg | 2900mg | 56g | 3g | 9g | 134g | 0% | 0% | 30% | 0% |
| Nashville Hot Chicken Tenders 6 Piece | 6 Tenders | 1480 | 570 | 63g | 12g | 0.5g | 540mg | 4980g | 86g | 6g | 33g | 136g | 0% | 0% | 20% | 8% |
| Rustic Bread Slice - No Oil | 1 Slice | 130 | 15 | 2g | 0g | 0g | 0mg | 330mg | 24g | < 1g | 0g | 4g | 2% | 0% | 6% | 2% |
| Rustic Bread Slice - With Oil | 1 Slice | 150 | 30 | 4g | 0.5g | 0g | 0mg | 330mg | 24g | < 1g | 0g | 4g | 2% | 0% | 6% | 2% |
| Urban Greens Salads (with 1.75 ounces of Dressing & without bread) | | | | | | | | | | | | | | | | |
| Entrée House Salad | 1 Salad | 400 | 220 | 25g | 2g | 0g | 0mg | 870mg | 47g | 6g | 31g | 3g | 330% | 60% | 10% | 8% |
| Local Mixed Beet Salad | 1 Salad | 560 | 370 | 42g | 6g | 0g | 10mg | 1590mg | 47g | 10g | 28g | 11g | 210% | 60% | 20% | 20% |
| Entrée Caesar Salad | 1 Salad | 570 | 400 | 45g | 10g | 0g | 70mg | 1230mg | 28g | 5g | 3g | 17g | 220% | 130% | 40% | 15% |
| Grilled Steak Salad | 1 Salad | 590 | 330 | 38g | 8g | 0g | 90mg | 710mg | 30g | 5g | 20g | 39g | 160% | 90% | 8% | 40% |
| Urban Grilled Chicken Salad | 1 Salad | 620 | 340 | 39g | 6g | 0g | 155mg | 1450mg | 46g | 6g | 32g | 28g | 350% | 70% | 20% | 20% |
| Grilled Wild Ahi Nicoise | 1 Salad | 650 | 430 | 49g | 6g | 0g | 200mg | 1100mg | 19g | 4g | 6g | 35g | 180% | 45% | 8% | 25% |
| Asian Chicken Salad | 1 Salad | 650 | 330 | 38g | 7g | 0g | 155mg | 1260mg | 43g | 8g | 16g | 40g | 250% | 140% | 25% | 30% |
| Chicken Cobb Salad | 1 Salad | 690 | 440 | 50g | 11g | 0g | 355mg | 1260mg | 14g | 6g | 5g | 49g | 160% | 45% | 20% | 20% |
| Urban Grove Antioxidant (Summer) | 1 Salad | 700 | 470 | 54g | 8g | 0g | 15mg | 650mg | 50g | 6g | 37g | 11g | 820% | 70% | 15% | 15% |
| Chicken Caesar | 1 Salad | 740 | 460 | 52g | 13g | 0g | 225mg | 1840mg | 31g | 5g | 5g | 42g | 230% | 130% | 45% | 25% |
| Salmon Caesar | 1 Salad | 880 | 550 | 62g | 14g | 0g | 180mg | 1400mg | 28g | 5g | 3g | 54g | 230% | 180% | 45% | 25% |
| Crispy Chicken Tender Salad | 1 Salad | 890 | 470 | 52g | 10g | 0g | 415mg | 2040mg | 48g | 4g | 15g | 60g | 220% | 50% | 25% | 15% |
| House Made Dressings & Sauces | | | | | | | | | | | | | | | | |
| Gravy | 1 oz | 10 | 0 | 0g | 0g | 0g | 0mg | 90mg | 2g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| Creamy Honey Mustard Sauce | 1 oz | 40 | 35 | 4g | 0g | 0g | 5mg | 75mg | < 1g | 0g | < 1g | 0g | 0% | 0% | 0% | 0% |
| Buffalo Hot Sauce | 1 oz | 60 | 60 | 7g | 1.5g | 0g | 0g | 720mg | 0g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| Peanut Dressing (Asian Chicken Salad) | 1 oz | 90 | 45 | 6g | 1g | 0g | 0mg | 270mg | 9g | < 1g | 7g | 3g | 0% | 2% | 2% | 2% |
| Jalapeno Lime Vinaigrette (Caribbean & Steak Salad) | 1 oz | 100 | 90 | 10g | 1g | 0g | 0mg | 85mg | 4g | 0g | 3g | 0g | 0% | 8% | 0% | 2% |
| Traditional Chimichurri | 1 oz | 100 | 90 | 10g | 1g | 0g | 0mg | 220mg | 4g | 0g | 1g | 0g | 15% | 20% | 2% | 2% |
| Dijon Honey (Crispy Chicken and Grilled Salmon) | 1 oz | 110 | 90 | 10g | 1g | 0g | 15mg | 125mg | 4g | 0 | 4g | 0g | 0% | 0% | 0% | 0% |
| Buttermilk Dill (Cobb Salad) | 1 oz | 130 | 130 | 14g | 2g | 0g | 25mg | 70mg | 1g | 0g | < 1g | < 1g | 2% | 2% | 2% | 0% |
| Nashville Hot Sauce | 1 oz | 130 | 80 | 9g | 1.5g | 0g | 0g | 690mg | 10g | <1g | 8g | 0g | 0% | 0% | 0% | 2% |
| Caesar (Caesar Salad) | 1 oz | 150 | 140 | 16g | 2g | 0g | 25mg | 230mg | 1g | 0g | 0g | 2g | 2% | 2% | 4% | 2% |
| Preserved Lemon Vinaigrette (House Salad) | 1 oz | 160 | 150 | 17g | 1.5g | 0g | 0mg | 40mg | 2g | 0g | 2g | 0g | 0% | 0% | 0% | 0% |
| Lemongrass Mint Balsamic Vinaigrette (Urban Grove Antioxidant Salad) | 1 oz | 170 | 170 | 19g | 1.5g | 0g | 0mg | 75mg | 2g | 0g | 2g | 0g | 0% | 0% | 0% | 2% |
| Mustard Caper Vinaigrette (Nicoise Salad) | 1 oz | 180 | 180 | 21g | 2.5g | 0g | 0mg | 95mg | < 1g | 0g | < 1g | 0g | 0% | 0% | 0% | 2% |
| Sandwiches (without Chips) | | | | | | | | | | | | | | | | |

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| | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Grilled Ahi Banh Mi | 1 Sandwich | 680 | 240 | 28g | 3g | 0g | 80mg | 1450mg | 69g | 4g | 6g | 38g | 50% | 60% | 6% | 30% |
| Grilled Cage Free Chicken | 1 Sandwich | 690 | 300 | 34g | 6g | 0g | 180mg | 1310mg | 62g | 2g | 3g | 36g | 15% | 20% | 8% | 30% |
| Grilled Portobello Mushroom | 1 Sandwich | 720 | 380 | 44g | 9g | 0g | 15mg | 1020mg | 66g | 4g | 4g | 20g | 30% | 60% | 10% | 35% |
| Grilled Steak Banh Mi | 1 Sandwich | 750 | 310 | 36g | 7g | 0g | 115mg | 1790mg | 70g | 3g | 10g | 40g | 45% | 20% | 6% | 40% |
| Crispy Chicken Tender | 1 Sandwich | 750 | 270 | 31g | 4g | 0g | 200mg | 1470mg | 67g | 3g | 12g | 53g | 0% | 0% | 4% | 6% |
| Grilled Chicken Banh Mi | 1 Sandwich | 760 | 340 | 39g | 7g | 0g | 190mg | 1920mg | 66g | 3g | 7g | 36g | 50% | 35% | 10% | 30% |
| Grilled Steak | 1 Sandwich | 760 | 330 | 37g | 7g | 0g | 120mg | 1190mg | 62g | 2g | 1g | 43g | 15% | 25% | 6% | 45% |
| Nashville Hot Crispy Chicken Tender | 1 Sandwich | 880 | 320 | 36g | 5g | 0g | 195mg | 2440mg | 86g | 4g | 27g | 53g | 0% | 0% | 0% | 8% |
| Grilled Steak and Blue Cheese | 1 Sandwich | 910 | 440 | 50 | 15g | 0g | 155mg | 1640mg | 67g | 2g | 3g | 51g | 100% | 15% | 20% | 45% |
| Chicken Club | 1 Sandwich | 1220 | 700 | 79g | 23g | 0g | 275mg | 1960mg | 73g | 3g | 14g | 55g | 45% | 25% | 40% | 35% |
| Side - Potato Chips | 1 oz | 150 | 80 | 9g | 1g | 0g | 0mg | 115mg | 16g | 1g | 0g | 2g | 0% | 10% | 0% | 2% |
| Bowls | | | | | | | | | | | | | | | | |
| Chickpea + Sweet Potato Plant Based | 1 Bowl | 580 | 310 | 36g | 3g | 0g | 0mg | 1850mg | 57g | 19g | 13g | 17g | 240% | 130% | 25% | 35% |
| Beets + Avocado Plant Based | 1 Bowl | 720 | 390 | 45g | 4.5g | 0g | 0mg | 1570mg | 70g | 15g | 24g | 19g | 35% | 70% | 10% | 30% |
| Grilled Chicken, Quinoa, Asparagus, Chimichurri | 1 Bowl | 750 | 370 | 43g | 7g | 0g | 155mg | 1380mg | 60g | 7g | 5g | 38g | 30% | 40% | 15% | 40% |
| Tofu & Vegetable Curry Braise (with 10 oz brown rice) | 1 Bowl | 490 | 120 | 14g | 7g | 0g | 0mg | 360mg | 81g | 7g | 10g | 12g | 70% | 50% | 10% | 20% |
| Tofu & Vegetable Curry Braise (with 10 oz mashed potatoes) | 1 Bowl | 520 | 280 | 33g | 20g | 0g | 60mg | 1480mg | 53g | 8g | 15g | 10g | 80% | 120% | 15% | 20% |
| Tofu & Vegetable Curry Braise (with 10 oz white rice) | 1 Bowl | 540 | 100 | 12g | 7g | 0g | 0mg | 350mg | 96g | 3g | 9g | 12g | 70% | 50% | 10% | 30% |
| Beef & Mushroom Braise (with 10 oz brown rice) | 1 Bowl | 510 | 100 | 11g | 4g | 0g | 50mg | 390mg | 72g | 7g | 3g | 23g | 60% | 10% | 6% | 15% |
| Beef & Mushroom Braise (with 10 oz mashed potatoes) | 1 Bowl | 540 | 270 | 30g | 17g | 0g | 110mg | 1510mg | 44g | 7g | 8g | 21g | 70% | 80% | 10% | 15% |
| Beef & Mushroom Braise (with 10 oz white rice) | 1 Bowl | 560 | 80 | 9g | 3.5g | 0g | 50mg | 380mg | 87g | 3g | 2g | 23g | 60% | 10% | 6% | 30% |
| Moroccan Chicken Braise (with 10 oz brown rice) | 1 Bowl | 530 | 90 | 11g | 2g | 0g | 120mg | 490mg | 75g | 7g | 4g | 34g | 25% | 20% | 8% | 20% |
| Moroccan Chicken Braise (with 10 oz mashed potatoes) | 1 Bowl | 570 | 260 | 30g | 15g | 0g | 180mg | 1620mg | 46g | 7g | 9g | 32g | 40% | 90% | 15% | 20% |
| Moroccan Chicken Braise (with 10 oz white rice) | 1 Bowl | 590 | 80 | 9g | 2g | 0g | 120mg | 480mg | 89g | 3g | 3g | 34g | 25% | 20% | 8% | 30% |
| Hot Sides | | | | | | | | | | | | | | | | |
| Sesame Broccolini | 4 oz | 50 | 10 | 1.5g | 0g | 0g | 0mg | 460mg | 5g | 3g | 1g | 4g | 60% | 30% | 10% | 15% |
| Asparagus | 5 oz | 70 | 45 | 5g | 0.5g | 0g | 0mg | 130mg | 5g | 2g | 2g | 2g | 15% | 15% | 2% | 15% |
| Cauliflower and Vegetable Rice | 5 oz | 130 | 90 | 10g | 1g | 0g | 0mg | 340mg | 10g | 2g | 5g | 2g | 0% | 0% | 2% | 4% |
| Brown Rice | 4 oz | 130 | 10 | 1g | 0g | ** | 0mg | 5mg | 26g | 2g | 0g | 3g | 0% | 0% | 2% | 2% |
| White Rice | 4 oz | 150 | 0 | 0g | 0g | ** | 0mg | 0mg | 32g | 0g | 0g | 3g | 0% | 0% | 2% | 8% |
| Roasted Rosemary Potatoes | 6 oz | 160 | 40 | 4.5g | 0g | 0g | 0mg | 260mg | 28g | 3g | 2g | 3g | 0% | 20% | 2% | 8% |
| Rainbow Carrots & Golden Beets | 6 oz | 170 | 80 | 9g | 1g | 0g | 0mg | 750mg | 22g | 4g | 15g | 2g | 400% | 15% | 6% | 4% |
| Roasted Old Bay Potatoes | 6 oz | 180 | 70 | 8g | 0.5g | 0g | 0mg | 610mg | 26g | 4g | 2g | 3g | 2% | 40% | 2% | 6% |
| Roasted Brussels Sprouts with Turkey Bacon | 6 oz | 180 | 110 | 13g | 1.5g | 0g | < 5mg | 150mg | 15g | 5g | 4g | 5g | 20% | 180% | 8% | 10% |
| Chickpeas & Lentils wit Kale Pesto | 6 oz | 220 | 130 | 14g | 1.5g | 0g | 0mg | 710mg | 20g | 4g | 4g | 6g | 45% | 20% | 4% | 10% |
| White and Red Quinoa with Tomato Pesto | 6 oz | 230 | 110 | 13g | 1g | 0g | 0mg | 610mg | 25g | 3g | 2g | 5g | 25% | 10% | 4% | 10% |
| Potato Chips | 2 oz | 300 | 160 | 18g | 2g | 0g | 0mg | 230mg | 32g | 2g | 0g | 4g | 0% | 20% | 0% | 0% |
| Mashed Potatoes | 10 oz | 350 | 190 | 21g | 13g | 0g | 60mg | 1140mg | 37g | 6g | 6g | 5g | 15% | 70% | 8% | 6% |
| Macaroni & Cheese | 6 oz | 370 | 200 | 23g | 12g | 0g | 70mg | 600mg | 26g | 1g | 3g | 14g | 15% | 0% | 30% | 6% |
| Cold Sides | | | | | | | | | | | | | | | | |
| Sliced Fruit Side | 5 oz | 60 | 0 | 0g | 0g | 0g | 0mg | 0mg | 15g | 2g | 12g | < 1g | 10% | 60% | 2% | 2% |
| Beet Salad (without Goat Cheese) | 5 oz | 100 | 25 | 3g | 0g | 0g | 0mg | 330mg | 17g | 4g | 12g | 3g | 0% | 10% | 2% | 8% |

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|--|---|----------|-------------------|-----------|---------------|-----------|-------------|--------|-------|------------------|--------|---------|---------------|-----------|---------|------|
| | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Side House Salad | 1 salad | 110 | 80 | 9g | 1g | 0g | 0mg | 45mg | 9g | 1g | 6g | < 1g | 70% | 15% | 2% | 2% |
| Beet Salad (with Goat Cheese) | 5 oz | 130 | 45 | 5g | 2g | 0g | 5mg | 360mg | 17g | 4g | 12g | 5g | 2% | 10% | 4% | 8% |
| Side Caesar Salad | 1 salad | 170 | 120 | 13g | 3g | 0g | 20mg | 590mg | 11g | 2g | 1g | 5g | 110% | 60% | 15% | 6% |
| Soups | | | | | | | | | | | | | | | | |
| Vegan Tomato Basil cup | 7 oz | 110 | 50 | 6g | 3g | 0g | 0mg | 740mg | 12g | 2g | 10g | 3g | 60% | 35% | 6% | 6% |
| Vegan Tomato Basil bowl | 12 oz | 190 | 80 | 10g | 5g | 0g | 0mg | 1290mg | 21g | 4g | 17g | 4g | 100% | 60% | 10% | 10% |
| Kids Proteins & Meals | | | | | | | | | | | | | | | | |
| Kids Shrimp | 5 oz | 120 | 35 | 4g | 1g | 0g | 160mg | 880mg | 1g | 0g | 0g | 17g | 4% | 0% | 6% | 2% |
| Kids Chicken | 3 oz | 170 | 40 | 4.5g | 1g | 0g | 95mg | 550mg | 1g | 0g | < 1g | 30g | 4% | 6% | 4% | 6% |
| Kids Steak | 3 oz | 170 | 70 | 8g | 3.5g | 0g | 65mg | 240mg | 0g | 0g | < 1g | 25g | 0% | 0% | 2% | 15% |
| Kids Meatless Loaf | 4 oz | 180 | 70 | 8g | 2g | 0g | 70mg | 590mg | 12g | < 1g | 7g | 15g | 25% | 25% | 2% | 4% |
| Kids Crispy Chicken Tender | 1 Tender | 180 | 60 | 6g | 1g | 0g | 90mg | 480mg | 9g | < 1g | 2g | 22g | 0% | 0% | 0% | 2% |
| Kids Salmon | 5.25 oz | 310 | 150 | 17g | 3.5g | 0g | 110mg | 170mg | 2g | < 1g | 0g | 38g | 4% | 70% | 4% | 8% |
| Kids Mac & Cheese | 8 oz | 490 | 260 | 30g | 17g | 0g | 90mg | 810mg | 35g | 2g | 4g | 18g | 20% | 0% | 40% | 8% |
| Side - Fruit Salad | 5 oz | 60 | 0 | 0g | 0g | ** | 0mg | 15mg | 14g | < 1g | 12g | < 1g | 30% | 50% | 2% | 2% |
| Side - Potato Chips | 1 oz | 150 | 80 | 9g | 1g | 0g | 0mg | 115mg | 16g | 1g | 0g | 2g | 0% | 10% | 0% | 0% |
| Replenishers | | | | | | | | | | | | | | | | |
| Ginseng Mint Green Tea | 16 oz | 80 | 0 | 0g | 0g | 0g | 0mg | 20mg | 19g | 0g | 19g | 0g | 0% | 0% | 2% | 0% |
| Lemonade | 16 oz | 170 | 0 | 0g | 0g | 0g | 0mg | 35mg | 44g | 0g | 40g | 0g | 0% | 45% | 2% | 0% |
| Blueberry Lemonade | 16 oz | 190 | 0 | .5g | 0g | 0g | 0mg | 10mg | 50g | 2g | 44g | < 1g | 4% | 40% | 0% | 0% |
| Strawberry Basil Lemonade | 16 oz | 210 | 0 | 0g | 0g | ** | 0mg | 30mg | 55g | 1g | 50g | < 1g | 4% | 80% | 2% | 2% |
| Passion Fruit Coconut Lime | 16 oz | 340 | 150 | 17g | 12g | 0g | 0mg | 25mg | 40g | 0g | 35g | 3g | 0% | 20% | 2% | 6% |
| Cookies | | | | | | | | | | | | | | | | |
| Almond Macaroon | 1 each | 230 | 80 | 10g | 1g | 0g | 0mg | 110mg | 33g | 2g | 29g | 4g | 0% | 0% | 6% | 4% |
| Gluten Free Chocolate Chip Coconut Walnut Cookie | 1 each | 310 | 150 | 17g | 6g | 0g | 15mg | 240mg | 38g | 3g | 24g | 4g | 0% | 0% | 2% | 10% |
| Coconut Macaroon (Chocolate Dipped) | 1 each | 350 | 150 | 18g | 15g | 0g | 0mg | 240mg | 44g | 4g | 39g | 6g | 0% | 0% | 0% | 0% |
| Cowgirl Cookie (No Butter) | 1 each | 450 | 190 | 22g | 9g | 0g | 25mg | 320mg | 60g | 5g | 38g | 6g | 0% | 0% | 4% | 10% |
| Chocolate Chunk Cookie (No Butter) | 1 each | 480 | 210 | 23g | 9g | 0g | 25mg | 520mg | 66g | 3g | 40g | 5g | 0% | 0% | 4% | 15% |
| Other Pastries | | | | | | | | | | | | | | | | |
| Mango Tart Slice | 1 slice | 380 | 170 | 19g | 12g | 0g | 80mg | 115mg | 49g | 3g | 33g | 5g | 45% | 90% | 4% | 6% |
| Banana Cream Pie | 1 each | 670 | 380 | 42g | 25g | 0g | 155mg | 430mg | 69g | 2g | 42g | 6g | 25% | 6% | 10% | 8% |
| Cakes & Cupcakes | | | | | | | | | | | | | | | | |
| Pumpkin Mousse and Walnut Layer Cake | 1 slice | 700 | 480 | 57 | 27 | 0 | 0 | 360 | 48 | 5 | 32 | 9 | 580% | 2% | 10% | 20% |
| Chocolate Flourless Cake Slice | 1 slice | 700 | 410 | 47g | 28g | 0g | 160mg | 240mg | 74g | 5g | 65g | 7g | 15% | 4% | 6% | 15% |
| Chocolate Vanilla Cake Slice | 1 slice | 880 | 470 | 53g | 30g | 0g | 220mg | 690mg | 98g | 4g | 72g | 10g | 30% | 2% | 10% | 20% |
| Hummingbird Cake Slice | 1 slice | 1100 | 590 | 67g | 19g | 0g | 140mg | 2030mg | 116g | 4g | 80g | 12g | 20% | 15% | 8% | 15% |
| Beverages | | | | | | | | | | | | | | | | |
| Soda Stubborn Sugar Free | 12 oz | 0 | 0 | 0g | 0g | 0g | 0mg | 60mg | 0g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Regular | 12 oz | 130 | 0 | 0g | 0g | 0g | 0mg | 50mg | 34g | 0g | 34g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Black Cherry | 12 oz | 140 | 0 | 0g | 0g | 0g | 0mg | 55mg | 36g | 0g | 36g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Agave Vanilla Cream | 12 oz | 150 | 0 | 0g | 0g | 0g | 0mg | 65mg | 38g | 0g | 38g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Citrus Hibiscus Orange | 12 oz | 150 | 0 | 0g | 0g | 0g | 0mg | 50mg | 38g | 0g | 38g | 0g | 0% | 0% | 0% | 0% |

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| | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Soda Stubborn Classic Root Beer | 12 oz | 150 | 0 | 0g | 0g | 0g | 0mg | 65mg | 39g | 0g | 39g | 0g | 0% | 0% | 0% | 0% |

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Urban Plates provides a nutritional analysis of menu items to assist you in balancing your meal choices. Our goal is to provide you with information to make sensible dining decisions. Consumption of 2,000 calories per day is generally used as the basis for nutritional advice although individual calorie needs may vary significantly. Please note that nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes or variation in portion sizes. Not all items are served all year or in all locations. We may update this chart from time to time.

3.30.21

| Nutrition Facts | Cooked Weight Serving Portion Protein | Calories | Calories From Fat | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Carbs | Dietary Fiber | Sugars | Protein | % Daily Value | | | |
|------------------------------------|---|----------|-------------------|-----------|---------------|-----------|-------------|--------|-------|------------------|--------|---------|---------------|-----------|---------|------|
| | | | | | | | | | | | | | Vitamin A | Vitamin C | Calcium | Iron |
| Soda Stubborn Pineapple Cream Soda | 12 oz | 150 | 0 | 0g | 0g | 0g | 0mg | 50mg | 38g | 0g | 38g | 0g | 0% | 0% | 0% | 0% |
| Soda Stubborn Lemon Berry Acai | 12 oz | 160 | 0 | 0g | 0g | 0g | 0mg | 75mg | 40g | 0g | 40g | 0g | 0% | 0% | 0% | 0% |
| Coffee | 12 oz | 0 | 0 | 0g | 0g | 0g | 0mg | 5mg | 0g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| Tea | 12 oz | 0 | 0 | 0g | 0g | ** | 0mg | 10mg | 1g | 0g | 0g | 0g | 0% | 0% | 0% | 0% |
| Red Wine (est.) | 6 oz | 140 | 0 | 0g | ** | ** | ** | ** | 5g | ** | ** | 0g | ** | ** | ** | ** |
| White Wine (est.) | 6 oz | 140 | 0 | 0g | 0g | ** | 0mg | 10mg | 5g | 0g | 2g | 0g | 0% | 0% | 2% | 2% |