

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.

May 12, 2021

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 & Sides																
Kids Chicken	4 oz	230	50	6g	1.5g	0g	130mg	740mg	1g	0g	1g	39g	30%	4%	4%	10%
Kids Steak	4 oz	220	90	10g	4.5g	0g	90mg	320mg	0g	0g	1g	33g	0%	0%	25%	0%
Kids Meatless Loaf	4 oz	180	70	8g	2g	0g	70mg	590mg	12g	< 1g	7g	15g	25%	25%	2%	4%
Kids Crispy Chicken Tender	2 Tender	370	110	13g	2.5	0g	180mg	970mg	19g	1g	3g	45g	0%	0%	6%	0%
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	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%
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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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%