

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	Category		
<b>Salads</b> (Omit Rustic Bread for Gluten Free Option)	Vegan	Gluten Free	Vegetarian
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		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	X
Family House Salad	X	X	X
Mustard Caper Vinaigrette (Nicoise)	X	X	X
Peanut Dressing (Asian)	X	X	X
Mint- Lemongrass Balsamic Vinaigrette (Antioxidant Salads)	X	X	X
Jalapeno Lime Dressing (Steak Salad)	X	X	X
Caesar Dressing		X	
Buttermilk Dill Dressing (Cobb Salad)	X	X	X
Preserved Lemon Vinaigrette (House & Mixed Beet)	X	X	X
<b>Sandwiches</b>	Vegan	Gluten Free	Vegetarian
Grilled Portobello Mushroom (Omit Pesto Goat Cheese for Vegan)	X		X
<b>Bowls</b> (Omit Rustic Bread for Gluten Free Option)	Vegan	Gluten	Vegetarian
Beet + Avocado Plant Based Bowl	X	X	X
Chickpea + Sweet Potato Plant Based Bowl	X	X	X
Curry Tofu and Vegetable Braise	X	X	X
Moroccan Chicken Braise		X	
Braised Beef and Mushrooms		X	
<b>Plates</b> (Omit Rustic Bread for Gluten Free Option)	Vegan	Gluten Free	Vegetarian
Meatless Loaf	X	X	X
Grilled Ahi Tuna		X	
Grilled Chicken		X	
Grilled Steak		X	
Grilled Steak with Chimichurri		X	
Grilled Steak with Blue Cheese Sauce		X	
Grilled Salmon with Dijon Mustard Sauce		X	
Lamb Osso Bucco		X	
Chimichurri Sauce	X	X	X
Lemon Hollandaise Sauce		X	
Habanero Mango BBQ Sauce	X	X	

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Menu Item	Category		
<b>Soups</b>			
(Omit Rustic Bread for Gluten Free Option)			
Tomato Basil (Omit Croutons for GF)	X	X	X
<b>Cold Sides</b>			
	Vegan	Gluten Free	Vegetarian
Beet and Goat Cheese (Omit Goat Cheese for Vegan)	X	X	X
Sliced Avocado with EVOO and Sea Salt	X	X	X
Fresh Sliced Fruit	X	X	X
<b>Hot Sides</b>			
	Vegan	Gluten Free	Vegetarian
Asparagus	X	X	X
Broccolini	X	X	X
Brussels Sprouts		X	
Macaroni and Cheese			X
Mashed Potatoes		X	X
Organic White or Brown Rice	X	X	X
Rainbow Carrots and Golden Beets	X	X	X
Cauliflower and Vegetabel Rice	X	X	X
Red & White Quinoa w/ Tomato Pesto Hot Side	X	X	X
Chickpeas & Lentils with Kale Pesto	X	X	X
Old Bay® Potatoes	X	X	X
Rosemary Potatoes	X	X	X
<b>Kid's Plates</b>			
(Omit Rustic Bread for Gluten Free Option)			
Macaroni and Cheese Kid Meal			X
Chicken Plate		X	
Steak Plate		X	
Salmon Plate		X	
<b>Other</b>			
	Vegan	Gluten Free	Vegetarian
Chips	X	X	X
Rustic Bread	X		X
<b>Replenisher</b>			
	Vegan	Gluten Free	Vegetarian
Passion Fruit Coconut Lime	X	X	X
Ginseng Mint Green Tea	X	X	X
Lemonade	X	X	X
Blueberry Lemonade	X	X	X

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<b>Menu Item</b>		<b>Category</b>		
<b>Pastry</b>		Vegan	Gluten Free	Vegetarian
<b>All Pastries Contain Egg*, all Other Ingredients are Vegetarian.</b>				
Almond Macaroon			X	
Chocolate Flourless Cake			X	