

# EVERYDAY VALUE

craveable, wholesome meals start at just \$11.5

## CHEESEBURGER \$11.5

char-grilled, pasture raised beef topped with hand sliced american cheese and onion, layered with vine-ripened tomato, pickles and housemade thousand island on a toasted potato bun. served with herb seasoned fries

## BEETS + AVOCADO BOWL \$11.75 GF V DF

organic red and white quinoa, roasted organic beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso lemongrass dressing

## CURRY TOFU & VEGETABLE BRAISE \$11.75 GF V DF

organic tofu slow cooked in a green curry-coconut sauce, with organic carrots, zucchini, organic apples, red bell pepper, daikon radish, raisins, fresh ginger, garlic, kaffir lime, lemongrass, cilantro and a splash of lime juice

## GRILLED PORTOBELLO MUSHROOM SANDWICH \$11.5 VEG

marinated grilled portobello mushroom, pesto goat cheese, grilled zucchini, julienne red bell peppers, shaved red onion, arugula served on grilled rustic bread with chips

## THREE UP PLATE \$11.95

choice of three scratch-made sides

## GRILLED CAGE FREE CHICKEN SANDWICH \$11.95 DF

herb marinated, antibiotic & hormone free, never frozen chicken, slow roasted tomatoes & orange-basil aioli served on grilled rustic bread with chips

## CLASSIC CRISPY TENDER SANDWICH \$11.95

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served on a toasted potato bun with lettuce, orange basil aioli, dijon honey sauce, chow chow relish. served with chips

## NASHVILLE HOT TENDER SANDWICH \$11.95

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders tossed in nashville hot sauce, served on a toasted potato bun with lettuce, orange basil aioli, chow chow relish. served with chips

## MOROCCAN CHICKEN BRAISE \$12.75 GF DF

cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, marinated olives, turmeric, fresh ginger, spices and cilantro

cheeseburger with herb seasoned french fries \$11.5



## DESSERTS

Made-from-scratch daily by our pastry chefs.

CHOCOLATE CHUNK COOKIE one \$3.75 / three \$9.95

URBAN COWGIRL COOKIE one \$3.75 / three \$9.95 DF

ALMOND MACAROON \$3.5 GF DF

BANANA CREAM PIE \$6.5

CHOCOLATE FLOURLESS CAKE slice \$6.95 GF

HUMMINGBIRD CAKE slice \$6.95

CHOCOLATE VANILLA LAYER CAKE slice \$6.95

MANGO TART slice \$6.95

**new!** MINI APPLE PIE \$6.95

## BEVERAGES

BOTTLED ALKALINE WATER \$3.5

STUBBORN NATURAL SODA \$3.75

ORGANIC ICED TEA \$3.75

CAFE MOTO ORGANIC COFFEE \$3

CAFE MOTO HOT TEAS \$3

KOMBUCHA ON TAP \$6.25

HOUSE MADE REPLENISHERS \$4.95

organic lemonade, organic ginseng mint green tea, pineapple coconut lime, seasonal selection

## 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.

CRISPY CHICKEN TENDERS \$50.95 contains gluten

GRILLED CAGE FREE CHICKEN \$52.95 DF

GRILLED GRASS FED STEAK\* \$58.95 DF

CHIMICHURRI GRASS FED STEAK\* \$62.95 DF

ROASTED BARRAMUNDI SEA BASS\* \$59.95

GRILLED SUSTAINABLE SALMON\* \$61.95 DF

MEATLESS LOAF \$48.95 V DF

12 TENDER FEAST \$42.95 contains gluten

(does not come with two sides)

available to-go only

## URBAN PLATES



food you crave



made from scratch



quality ingredients



honest value



always kind

\*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.

SC 10.12.22

## CATERING & GROUP ORDERING

Made-from-scratch favorites for office, home and special events. Minimum order of 10 or more. Add in increments of one.

### PLATES

Our signature proteins served with two scratch-made sides.

GRILLED GRASS FED STEAK\* GF DF

CHIMICHURRI GRILLED GRASS FED STEAK\* GF DF

GRILLED SUSTAINABLE SALMON\* GF DF

GRILLED CAGE FREE CHICKEN GF DF

MEATLESS LOAF GF V DF

### SIDES

Select two sides to accompany plates order. Additional sides available by the quart.

ROASTED SWEET POTATOES W. PEPPERS & ONIONS V DF

RAINBOW CARROTS & GOLDEN BEETS GF V DF

ROASTED BRUSSELS SPROUTS WITH TURKEY BACON GF DF

MACARONI & CHEESE VEG

MASHED ORGANIC POTATOES GF VEG

... and more!

### LARGE SALADS

Small size catering salads serve 8-12 side portions. Large size catering salads serve 16-20 side portions. Salads are served in large plastic bowls.

HOUSE small or large GF V DF

CAESAR small or large

ANTIOXIDANT small or large GF VEG

LOCAL MIXED BEET small or large GF VEG

CHICKEN CAESAR small or large

WILD AHI NICOISE\* small or large GF DF

ASIAN CHICKEN small or large DF

CHICKEN COBB small or large GF

GRILLED STEAK\* small or large GF DF

SALMON CAESAR\* small or large

### SANDWICH PLATTERS

Sandwiches are served cut in half.

SMALL serves 5-7

LARGE serves 10-15

GRILLED CAGE FREE CHICKEN DF

GRILLED GRASS FED STEAK\* DF

GRILLED PORTOBELLO MUSHROOM VEG

GRILLED CAGE FREE CHICKEN CLUB

### ORDERING

Email [catering@urbanplates.com](mailto:catering@urbanplates.com) or call 1-800-652-4788 to speak with a catering specialist. Orders can also be placed online at [urbanplates.com](http://urbanplates.com).



# URBAN PLATES

farm to table kitchen

everyone deserves to eat this good

our mission is to have a profoundly positive impact on the way the world eats by making craveable, wholesome and clean food accessible to all

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.

### CRISPY CHICKEN TENDER SALAD \$14.95

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders, organic artisan lettuce, chopped organic egg, shredded cheddar cheese, roasted corn, poblano peppers, roasted tomatoes, croutons, cilantro, dijon honey dressing

### ANTIOXIDANT \$13.95 **VEG**

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

### LOCAL MIXED BEET \$13.95 **VEG**

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

### WILD AHI NICOISE\* \$15.95 **DF**

organic artisan lettuce, seared herb crusted wild ahi tuna, green beans, chopped organic egg, organic tomatoes, potatoes, capers, marinated olives, mustard-champagne vinaigrette

### ASIAN CHICKEN \$15.95 **DF**

organic artisan lettuce, arugula, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic carrots, green onions, oranges, spicy roasted peanuts, crispy wontons, julienne red bell peppers, cilantro, spicy peanut dressing

### CHICKEN COBB \$15.95

organic artisan lettuce, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic tomatoes, crispy turkey bacon, avocado, chopped organic egg, blue cheese, buttermilk dill dressing

### GRILLED STEAK\* \$17.95 **DF**

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

### CAESAR

romaine lettuce, organic baby kale, organic tomatoes, garlic croutons, shaved asiago, caesar dressing

Grilled Cage Free Chicken \$15.95 • Sustainable Salmon\* \$17.95

Add a Cup of Soup \$2.5

#### Add Proteins

grilled grass fed steak\* \$9.75 • wild ahi tuna\* \$7.95

grilled cage free chicken \$7.95 • ginger garlic tofu \$4.5

crispy jumbo chicken tender \$4

grilled sustainable salmon\* \$9.75



chimichurri  
grass fed steak plate

## PLATES

Served with any two sides and grilled rustic bread. Make it **GF** when you request no bread.

### GRILLED CAGE FREE CHICKEN \$15.95 **DF**

char-grilled, herb marinated cage-free, antibiotic & hormone free, never frozen chicken

### CHICKEN 3 TENDER PLATE \$14.95 *contains gluten*

classic crispy or nashville hot. three crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders, choice of housemade dipping sauce

### GRILLED GRASS FED STEAK\* \$18.5 **DF**

our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare and hand carved

### CHIMICHURRI GRASS FED STEAK\* \$19.5 **DF**

our signature grass-fed and grass-finished steak grilled medium rare, drizzled with our housemade chimichurri sauce

### THREE UP \$11.95 / FOUR UP \$13.95

choice of three or four scratch-made sides

### ROASTED BARRAMUNDI SEA BASS\* \$17.95

herb crusted BAP certified barramundi sea bass oven roasted and finished with housemade lemon hollandaise

### GRILLED SUSTAINABLE SALMON\* \$18.5 **DF**

char-grilled ASC certified North Atlantic salmon finished with our housemade dijon honey sauce

### MEATLESS LOAF \$13.95 **V** **DF**

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

## SCRATCH MADE SIDES \$4.95 each

### FRENCH FRIES W. HERB SEASONING

**new!** ROASTED SWEET POTATOES W. PEPPERS & ONIONS **V** **DF**

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

MACARONI & CHEESE **VEG**

**new!** CHARRED BROCCOLI **GF** **V** **DF**

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

**new!** CREAMED SPINACH **VEG**

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

**new!** CAULIFLOWER FRIED RICE **V** **DF**

BASMATI RICE PILAF **GF** **V** **DF**

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

SLICED AVOCADO W. EVOO & SEA SALT **GF** **V** **DF**

BEEF SALAD W. GOAT CHEESE **GF** **VEG**

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

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

SIDE CAESAR SALAD

## SANDWICHES

Chef-crafted sandwiches, served with chips. Sub gluten free bread +\$1.

### GRILLED CAGE FREE CHICKEN \$11.95 **DF**

herb marinated, antibiotic & hormone free, never frozen chicken, slow roasted tomatoes & orange-basil aioli served on grilled rustic bread with chips

### GRILLED CAGE FREE CHICKEN CLUB \$13.95

herb marinated, antibiotic & hormone free, never frozen chicken, duroc pork bacon, organic tomato, pickled onion, artisan lettuce, garlic aioli, white cheddar cheese served on grilled rustic bread with chips

### GRILLED GRASS FED STEAK\* \$14.25 **DF**

hand carved grass-fed steak, slow roasted tomatoes and chimichurri aioli served on grilled rustic bread with chips

### GRILLED PORTOBELLO MUSHROOM \$11.5 **VEG**

marinated grilled portobello mushroom, pesto goat cheese, grilled zucchini, julienne red bell peppers, shaved red onion, arugula served on grilled rustic bread with chips

### CLASSIC CRISPY TENDER SANDWICH \$11.95

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served on a toasted potato bun with lettuce, orange basil aioli, dijon honey sauce, chow chow relish. served with chips

### NASHVILLE HOT TENDER SANDWICH \$11.95

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders tossed in nashville hot sauce, served on a toasted potato bun with lettuce, orange basil aioli, chow chow relish. served with chips

Add a Cup of Soup \$2.5 • Add any Side \$3

## BURGERS

Made with char-grilled, pasture raised beef. Served with herb seasoned fries

Add any side +\$3 • Add avocado +\$2 • Add duroc bacon +\$1.5

### DOUBLE CHEESEBURGER \$13.5

two char-grilled patties of pasture raised beef topped with hand sliced american cheese and onion, layered with vine-ripened tomato, pickles and housemade thousand island on a toasted potato bun. served with herb seasoned fries

### CHEESEBURGER \$11.5

char-grilled, pasture raised beef topped with hand sliced american cheese and onion, layered with vine-ripened tomato, pickles and housemade thousand island on a toasted potato bun. served with herb seasoned fries



double  
cheeseburger



**new!**  
the nyjah bowl

## BOWLS

Braises served with choice of basmati rice pilaf or mashed potatoes.

### **new!** THE NYJAH BOWL \$13 **DF**

a collab with pro skater & olympian Nyjah Huston - gochujang glazed char-grilled chicken, cauliflower fried rice, charred broccoli, roasted sweet potatoes with peppers & onions, wakame, microgreens

### BEETS + AVOCADO \$11.75 **GF** **V** **DF**

organic red and white quinoa, roasted organic beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso lemongrass dressing

### BRAISED BEEF & MUSHROOMS \$13.75 **GF** **DF**

seasoned natural beef, slow cooked with red wine sauce, whole mushrooms, yellow onions, organic carrots, celery, garlic and fresh parsley

### MOROCCAN CHICKEN BRAISE \$12.75 **GF** **DF**

cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, marinated olives, turmeric, fresh ginger, spices and cilantro

### CURRY TOFU & VEGETABLE BRAISE \$11.75 **GF** **V** **DF**

organic tofu slow cooked in a green curry-coconut sauce, with organic carrots, zucchini, organic apples, red bell pepper, daikon radish, raisins, fresh ginger, garlic, kaffir lime, lemongrass, cilantro and a splash of lime juice

## SOUP

Made-from-scratch, choose bowl or cup. Make it **GF** when you request no bread or croutons.

### TOMATO BASIL bowl \$5.95 / cup \$3.95 **V** **DF**

organic tomatoes, coconut milk, vegan pesto, garlic croutons

## KIDS

Served with organic milk or organic apple juice.

### MACARONI & CHEESE \$7.5 **VEG**

served with fruit salad & chips

### CRISPY JUMBO CHICKEN TENDERS \$9.5

any side & grilled rustic bread

### GRILLED CAGE FREE CHICKEN PLATE \$8.5 **DF**

any side & grilled rustic bread

### GRILLED GRASS FED STEAK PLATE\* \$9.5 **DF**

any side & grilled rustic bread

### GRILLED SUSTAINABLE SALMON PLATE\* \$11.5 **DF**

any side & grilled rustic bread

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

A 3% surcharge is added to each check. We use this to provide health benefits to all full-time employees, and it allows us to keep our wages fair and competitive.



chicken  
cobb salad