

URBAN PLATES NUTRITION FACTS FOR MENU ITEMS

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10.28.22

Nutrition Facts	Cooked 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	8 g	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%
Salsa Verde Barramundi Sea Bass with Hollandaise	5.25 oz	450	320	37g	14g	0g	145mg	440mg	3g	< 1g	0g	28g	0%	0%	4%	6%
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%
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%
Urban Grove Antioxidant (Winter)	1 Salad	730	470	54g	8g	0g	15mg	650mg	57g	7g	37g	11g	840%	70%	20%	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%
Hollandaise Sauce	1 oz	190	180	21g	13g	0	85mg	100mg	0g	0g	0g	0g	70%	0%	0%	0%
Sandwiches (without Chips)																
Grilled Cheeseburger	1 Sandwich	650	350	39g	14g	0g	90mg	2060mg	44g	2g	7g	30g	160%	8%	10%	15%
Grilled Cage Free Chicken	1 Sandwich	690	300	34g	6g	0g	180mg	1310mg	62g	2g	3g	36g	15%	20%	8%	30%

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													Vitamin A	Vitamin C	Calcium	Iron
Grilled Portobello Mushroom	1 Sandwich	720	380	44g	9g	0g	15mg	1020mg	66g	4g	4g	20g	30%	60%	10%	35%
Crispy Chicken Tender	1 Sandwich	750	270	31g	4g	0g	200mg	1470mg	67g	3g	12g	53g	0%	0%	4%	6%
Grilled Steak	1 Sandwich	760	330	37g	7g	0g	120mg	1190mg	65g	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	50g	15g	0g	155mg	1640mg	67g	2g	3g	51g	100%	15%	20%	45%
Grilled Double Cheeseburger	1 Sandwich	1020	610	68g	27g	0g	170g	2480g	47g	3g	8g	53g	160%	8%	10%	25%
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																
Tofu & Vegetable Curry Braise (with 10 oz mashed potatoes)	1 Bowl	550	310	35g	21g	0g	60mg	1470mg	53g	8g	16g	10g	80%	45%	10%	20%
Beef & Mushroom Braise (with 10 oz mashed potatoes)	1 Bowl	550	270	30g	17g	0g	110mg	1510mg	44g	7g	8g	21g	70%	80%	10%	15%
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%
Nyjah Chicken Bowl	1 Bowl	590	220	25g	5g	0g	120mg	2250mg	66mg	10g	34g	28g	10%	0%	15%	30%
Tofu & Vegetable Curry Braise (with 10 oz Basmati Rice Pilaf)	1 Bowl	670	170	20g	8g	0g	0mg	1700mg	112g	5g	12g	13g	0%	0%	10%	45%
Beef & Mushroom Braise (with 10 oz Basmati Rice Pilaf)	1 Bowl	670	130	15g	4g	0g	50mg	1740mg	103g	5g	5g	25g	0%	0%	8%	40%
Moroccan Chicken Braise (with 10 oz Basmati Rice Pilaf)	1 Bowl	700	130	14g	2.5g	0g	120mg	1850mg	105g	5g	6g	35g	0%	0%	10%	45%
Beets + Avocado Plant Based	1 Bowl	720	390	45g	4.5g	0g	0mg	1570mg	70g	15g	24g	19g	35%	70%	10%	30%
Hot Sides																
Asparagus	5 oz	70	45	5g	0.5g	0g	0mg	130mg	5g	2g	2g	2g	15%	15%	2%	15%
Charred Broccoli	5 oz	140	90	10g	1.5g	0g	0mg	430mg	13g	5g	3g	5g	0%	0%	6%	8%
Organic Farro, Sweet Peppers, and Corn	5 oz	150	30	3g	1g	0g	0mg	430mg	28g	4g	5g	3g	0%	0%	2%	8%
Roasted Sweet Potatoes with Peppers & Onions	5 oz	150	45	5g	0g	0g	0g	590mg	25g	3g	7g	2g	0%	0%	4%	4%
Cauliflower Vegetable Fried Rice	5 oz	160	50	6g	1g	0g	0mg	800mg	23	4g	9g	4g	0%	0%	4%	8%
Rainbow Carrots & Golden Beets	6 oz	170	80	9g	1g	0g	0mg	750mg	22g	4g	15g	2g	400%	15%	6%	4%
Roasted Brussels Sprouts with Turkey Bacon	6 oz	180	110	13g	1.5g	0g	< 5mg	150mg	15g	5g	4g	5g	20%	180%	8%	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%
Basmati Rice Pilaf	5 oz	240	25	3g	0g	0g	0mg	680mg	48g	2g	2g	4g	0%	0%	2%	15%
Creamed Spinach	5 oz	240	180	20g	12g	1g	55mg	350mg	10g	3g	3g	6g	0%	0%	15%	8%
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%
Herb Crusted French Fries	4 oz	370	190	20g	3.5g	0g	0mg	1410mg	36g	2g	0g	2g	0%	0%	0%	0%
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%
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 Tenders	370	110	13g	2.5	0g	180mg	970mg	19g	1g	3g	45g	0%	0%	6%	0%

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													Vitamin A	Vitamin C	Calcium	Iron
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%
Cookies																
Almond Macaroon	1 each	230	80	10g	1g	0g	0mg	110mg	33g	2g	29g	4g	0%	0%	6%	4%
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%
Mini Apple Pie	1 each	920	350	39g	17g	0g	45mg	670mg	139g	5g	83g	7g	0%	0%	4%	5%
Cakes & Cupcakes																
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%
Replenishers																
Ginseng Mint Green Tea	16 oz	80	0	0g	0g	0g	0mg	20mg	19g	0g	19g	0g	0%	0%	2%	0%
Watermelon Pineapple	16 oz	100	0	0g	0g	0g	0mg	65mg	26g	2g	21g	2g	25%	90%	4%	4%
Lemonade	16 oz	170	0	0g	0g	0g	0mg	35mg	44g	0g	40g	0g	0%	45%	2%	0%
Strawberry Basil Lemonade	16 oz	210	0	0g	0g	**	0mg	30mg	55g	1g	50g	< 1g	4%	80%	2%	2%
Pineapple Coconut Lime	16 oz	360	140	16g	12g	0g	0mg	10mg	51g	0g	49g	2g	0%	0%	0%	4%
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%
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%