

Urban Plates Allergen Chart

Menu Item	Vegan	Dairy	Eggs	Gluten	Peanuts	Tree Nuts	Soy	Sesame	Capsaicin	Fish	Shell Fish	Poultry	Beef	Pork	Garlic	Alcohol	Processed Sugar
Ahi Nicoise Salad			X						X	X					X		X
Antioxidant Salad Summer		X				X			X								X
Antioxidant Salad Winter		X				X			X								X
Asian Chicken Salad				X	X		X	X	X			X			X		X
Chicken Caesar Salad		X	X	X						X		X			X		X
Salmon Caesar Salad		X	X	X						X					X		X
Chicken Cobb Salad		X	X									X			X		X
Urban Grilled Chicken House Salad									X			X					X
Crispy Chicken Salad		X	X	X					X			X			X		X
Grilled Steak Salad						X			X				X		X		X
Local Mixed Beet Salad		X				X			X								
Chicken Club Sandwich		X	X	X					X			X		X	X		X
Chicken Sandwich			X	X								X			X		X
Crispy Chicken Sandwich		X	X	X					X			X			X		X
Nashville Hot Crispy Chicken Sandwich		X	X	X			X		X			X			X		X
Steak Sandwich			X	X									X		X		X
Cheeseburger		X	X	X			X		X				X		X		X
Double Cheeseburger		X	X	X			X		X				X		X		X
Ahi Tuna Banh Mi Sandwich			X	X					X	X					X		X
Portobello Mushroom Sandwich		X		X											X		
Beef and Mushroom Braise Bowl												X	X		X	X	
Green Curry Tofu and Vegetable Braise Bowl	X					X	X	X	X						X		X
Moroccan Chicken Braise Bowl									X			X			X		X
Beet + Avocado Plant Bowl	X					X	X	X	X						X		X
Nyjah Chicken Bowl				X			X	X	X			X			X		X
Grilled Salmon										X							
Barramundi Sea Bass with Hollandaise		X	X						X	X					X		
Herb Crusted Chilled Ahi Tuna										X					X		X
Grilled Chicken												X			X		X
Crispy Chicken Tenders		X	X	X					X			X			X		X
Ginger Garlic Tofu	X			X			X	X	X						X		X
Grilled Steak													X		X		X
Lamb Osso Bucco															X	X	
Meatless Loaf	X					X	X		X						X		
Herb Roasted Turkey Breast (Thanksgiving)		X							X			X			X		X
Blue Cheese Sauce		X													X		
Gluten Free Gravy							X					X	X		X		

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Cranberry Sauce	X														X		X
Garlic Aioli			X												X		
Dijon Honey Mustard Sauce			X						X						X		X
Traditional Chimichurri Sauce	X								X						X		
Nashville Hot Sauce							X		X						X		X
Buffalo Hot Sauce	X						X		X						X		
Habanero Mango BBQ Sauce	X						X	X	X						X		X
Buttermilk Dill Sauce		X	X												X		
Thousand Island Sauce			X												X		X
Tomato Basil Soup (Vegan)	X			X		X									X		
Beet Salad with Miso Vinaigrette Cold Side		X					X	X							X		
Beet Salad with Miso Vinaigrette Cold Side no cheese							X	X							X		
Sliced Avocado with EVOO and Sea Salt Cold Side	X																
Fresh Sliced Fruit Cold Side	X														X		X
Charred Broccoli Hot Side	X								X						X		X
Broccoli Hot Side	X						X	X	X						X		
Brussels Sprouts with Turkey Bacon Hot Side												X			X		
Macaroni and Cheese Hot Side		X		X													
Mashed Potatoes Hot Side		X															
Herbed French Fries Hot Side (*may have contact with animal protein & gluten)				X*					X			X*			X		
Red & White Quinoa w/ Tomato Pesto Hot Side	X														X		
Roasted Sweet Potatoes, Peppers & Onions	X			X			X	X	X						X		X
Basmati Rice Pilaf Hot Side	X								X						X		
Maple Butternut Squash with Coconut, Dates	X					X									X		X
Garlic Parmesan Cremini and Oyster Mushrooms		X		X											X		X
Creamed Spinach Hot Side		X		X											X		
Mushroom Stuffing Hot Side		X	X	X					X			X			X		X
Chips	X																
Rustic Bread	X			X													X
Gluten Free Bread (for sandwiches)			X														X
Lemonade	X																X
Strawberry Basil Lemonade Replenisher	X																X
Green Tea Replenisher	X																X
Passion Fruit Coconut Lime Replenisher	X					X											X
Cranberry Ginger Apple Lemon Replenisher	X																X
Watermelon Pineapple Mint Replenisher	X																

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Pineapple Coconut Lime Replenisher	X					X											X
Mango Tart		X	X	X												X	X
Chocolate Chunk Cookie		X	X	X													X
Cowgirl Cookie			X	X		X											X
Almond Macaroon			X			X											X
Chocolate Flourless Cake		X	X														X
Chocolate Vanilla Layer Cake		X	X	X													X
Hummingbird Cake		X	X	X		X										X	X
Mini Apple Pie		X	X	X			X										X
Banana Cream Pie		X	X	X													X