

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		
	Vegan	Gluten Free	Vegetarian
<b>Salads</b> (Omit Rustic Bread for Gluten Free Option)			
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
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	X
Buttermilk Dill Dressing (Cobb Salad)		X	X
Preserved Lemon Vinaigrette (House & Mixed Beet)	X	X	X
<b>Sandwiches</b>			
Grilled Portobello Mushroom (Omit Pesto Goat Cheese for Vegan)	X		X
<b>Bowls</b> (Omit Rustic Bread for Gluten Free Option)			
Beet + Avocado Plant Based Bowl	X	X	X
Curry Tofu and Vegetable Braise	X	X	X
Moroccan Chicken Braise		X	
Lamb Osso Bucco		X	
Braised Beef and Mushrooms		X	
<b>Plates</b> (Omit Rustic Bread for Gluten Free Option)			
Meatless Loaf	X	X	X
Ahi Tuna		X	
Grilled Chicken		X	
Grilled Steak		X	
Grilled Steak with Chimichurri		X	
Salsa Verde Barramundi Seabass with Hollandaise		X	
Grilled Salmon with Dijon Mustard Sauce		X	
Chimichurri Sauce	X	X	X
Lemon Hollandaise Sauce		X	
Habanero Mango BBQ Sauce	X	X	X

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<b>Soups</b> (Omit Rustic Bread for Gluten Free Option)			
Tomato Basil (Omit Croutons for GF)	X	X	X
<b>Cold Sides</b>			
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>			
Asparagus	X	X	X
Charred Broccoli	X	X	X
Brussels Sprouts		X	
Macaroni and Cheese			X
Mashed Potatoes		X	X
Cremini & Oyster Mushrooms with Parmesan Garlic Butter			X
Maple Butternut Squash with Coconut	X	X	X
Red & White Quinoa w/ Tomato Pesto Hot Side	X	X	X
Creamed Spinach			X
Basmati Rice Pilaf	X	X	X
Roasted Sweet Potatoes with Peppers and Onions	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>			
Chips	X	X	X
Rustic Bread	X		X
<b>Replenisher</b>			
Pineapple Coconut Lime	X	X	X
Ginseng Mint Green Tea	X	X	X
Organic Lemonade	X	X	X
Strawberry Basil Lemonade	X	X	X

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