

# URBAN PLATES NUTRITION FACTS FOR MENU ITEMS

Urban Plates provides a nutritional analysis of menu items to assist you in balancing your meal choices. Our goal is to provide you with information to make sensible dining decisions. Consumption of 2,000 calories per day is generally used as the basis for nutritional advice although individual calorie needs may vary significantly. Please note that nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes or variation in portion sizes. Not all items are served all year or in all locations. We may update this chart from time to time.

1.3.23

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	
<b>Plates: Proteins &amp; Bread</b>																	
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%	
<b>Urban Greens Salads (with 1.75 ounces of Dressing &amp; without bread)</b>																	
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%	
<b>House Made Dressings &amp; Sauces</b>																	
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%	
<b>Sandwiches (without Chips)</b>																	
Grilled Cheeseburger	1 Sandwich	650	350	39g	14g	0g	90mg	2060mg	44g	2g	7g	30g	160%	8%	10%	15%	

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													Vitamin A	Vitamin C	Calcium	Iron
Grilled Cage Free Chicken	1 Sandwich	690	300	34g	6g	0g	180mg	1310mg	62g	2g	3g	36g	15%	20%	8%	30%
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	115mg	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%
<b>Bowls</b>																
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 with Quinoa	1 Bowl	710	240	27g	5g	0g	115mg	1970mg	86g	11g	29g	31g	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%
Lamb Osso Bucco with Mashed Potatoes	1 Bowl	820	420	47g	24g	0g	190mg	1910mg	53g	8g	10g	39g	640%	60%	15%	25%
<b>Hot Sides</b>																
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%
Roasted Sweet Potatoes with Peppers & Onions	5 oz	150	45	5g	0g	0g	0g	590mg	25g	3g	7g	2g	0%	0%	4%	4%
Rainbow Carrots & Golden Beets	6 oz	170	80	9g	1g	0g	0mg	750mg	22g	4g	15g	2g	400%	15%	6%	4%
Maple Butternut Squash with Dates and Coconut	5 oz	180	60	7g	1.5g	0g	0mg	270mg	31g	3g	15g	2g	0%	0%	6%	6%
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%
Cremini & Oyster Mushroom with Garlic Parmesan Butter	5 oz	240	190	22g	4.5g	0g	15mg	620mg	10g	2g	3g	5g	0%	0%	4%	6%
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	5 oz	430	200	22g	3.5g	0g	0mg	1760mg	45g	3g	0g	2g	0%	0%	0%	2%
<b>Cold Sides</b>																
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%
<b>Soups</b>																
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%
<b>Kids Proteins &amp; Sides</b>																
Kids Chicken	4 oz	230	50	6g	1.5g	0g	130mg	740mg	1g	0g	1g	39g	30%	4%	4%	10%

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													Vitamin A	Vitamin C	Calcium	Iron
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%
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%
<b>Cookies</b>																
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%
<b>Other Pastries</b>																
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%
<b>Cakes &amp; Cupcakes</b>																
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%
<b>Replenishers</b>																
Ginseng Mint Green Tea	16 oz	80	0	0g	0g	0g	0mg	20mg	19g	0g	19g	0g	0%	0%	2%	0%
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	0g	0mg	30mg	55g	1g	50g	< 1g	4%	80%	2%	2%
Cranberry Apple Ginger Lemon	16 oz	220	0	0g	0g	0g	0mg	15mg	56g	3g	45g	< 1g	10%	50%	2%	2%
Pineapple Coconut Lime	16 oz	360	140	16g	12g	0g	0mg	10mg	51g	0g	49g	2g	0%	0%	0%	4%
<b>Beverages</b>																
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%