

# 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
These are updated from time to time	An "X" indicates the Menu Item contains the Allergen Item marked																
	"Green" Indicates the Menu Item is Vegan																
Ahi Nicoise Salad			X						X	X					X		X
Asian Chicken Noodle 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
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
Portobello Mushroom Sandwich		X		X											X		
Beef and Mushroom Braise Bowl												X	X		X	X	
Moroccan Chicken Braise Bowl									X			X			X		X
Beet + Avocado Plant Bowl						X	X	X	X						X		X
Chili Grilled Tofu with Asparagus and Red & White Quinoa							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
Grilled Steak													X		X		X
Lamb Osso Bucco															X	X	
Gluten Free Gravy							X					X	X		X		
Garlic Aioli			X												X		
Dijon Honey Mustard Sauce			X						X						X		X
Traditional Chimichurri Sauce									X						X		
Nashville Hot Sauce							X		X						X		X
Buffalo Hot Sauce							X		X						X		
Habanero Mango BBQ Sauce							X	X	X						X		X
Buttermilk Dill Sauce		X	X												X		

# 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
Thousand Island Sauce			X												X		X
Tomato Basil Soup (Vegan)				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		
Asparagus Hot Side															X		
Broccolini Hot Side							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		
Basmati Rice Pilaf Hot Side									X						X		
Maple Butternut Squash with Coconut, Dates Hot Side						X									X		X
Garlic Parmesan Cremini and Oyster Mushrooms Hot Side		X		X											X		X
Chips																	
Rustic Bread				X													X
Gluten Free Bread (for sandwiches)			X														X
Lemonade Replenisher																	X
Strawberry Basil Lemonade Replenisher																	X
Green Tea Replenisher																	X
Pineapple Coconut Lime Replenisher						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