

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.

October 2, 2016

Nutrition Facts	Cooked Weight Serving Portion	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
Proteins & Bread																
Grilled Free Range Chicken (without Skin)	5 Oz	70	40	4.5g	1.5g	0g	25mg	120mg	0g	0g	0g	6g	2%	0%	0%	2%
Grilled Free Range Chicken (with Skin)	5 Oz	160	35	4g	1g	0g	95mg	530mg	1g	0g	< 1g	28g	4%	6%	4%	6%
Grilled Wild Albacore	4 Oz	140	20	2.5g	0g	0g	50mg	1210mg	< 1g	0g	0g	25g	0%	0%	0%	4%
Grilled Steak	4.5 Oz	280	140	15g	6g	0g	75mg	230mg	0g	0g	0g	33g	0%	0%	2%	20%
BBQ Turkey Meatloaf (with BBQ Sauce)	8 Oz	360	150	16g	4.5g	0g	145mg	1190mg	24g	2g	14g	30g	50%	45%	6%	6%
Oven Baked Salmon	6 Oz	390	220	25g	6g	**	100mg	260mg	2g	< 1g	0g	38g	2%	30%	2%	4%
Oven Baked Salmon (with Honey Mustard Sauce)	6 Oz	420	260	29g	6g	0g	105mg	340mg	< 1g	0g	< 1g	38g	2%	10%	2%	4%
Oven Baked Salmon (with Hoisin Teriyaki Glaze)	6 Oz	430	230	26g	6g	0g	100mg	340mg	8g	< 1g	6g	38g	2%	15%	4%	6%
Focaccia Bread Slice - No Oil	1 Slice	150	0	0g	0g	0g	0mg	300mg	28g	0g	0g	5g	0	0	8%	2%
Focaccia Bread Slice - With Oil	1 Slice	210	60	7g	1g	0g	0mg	450mg	28g	0g	0g	5g	0	0	8%	4%
Urban Greens Salads (includes 1.75 ounces of Dressing & without bread)																
Grilled Steak	1 Salad	620	360	41g	9g	0g	65mg	580mg	31g	5g	19g	35g	160%	90%	8%	35%
Urban Grove Antioxidant (Summer)	1 Salad	650	490	56g	10g	0g	20mg	760mg	31g	5g	21g	12g	150%	50%	25%	15%
Urban Grove Antioxidant (Winter)	1 Salad	730	490	56g	10g	0g	20mg	730mg	52g	6g	35g	12g	150%	60%	25%	15%
Arugula, Beet & Fennel	1 Salad	660	500	58g	11g	0g	40mg	750mg	34g	11g	15g	15g	170%	35%	40%	20%
Local Mixed Beet Salad	1 salad	540	340	39g	5g	0g	5mg	1200mg	48g	9g	30g	11g	210%	50%	20%	25%
Chicken Caesar	1 Salad	950	640	73g	18g	0g	190mg	1890mg	29g	5g	4g	47g	260%	130%	45%	25%
Salmon Caesar	1 Salad	950	620	70g	16g	0g	165mg	1450mg	27g	5g	3g	54g	220%	140%	45%	20%
Asian Chicken	1 Salad	800	430	50g	10g	0g	125mg	1400mg	48g	9g	19g	46g	250%	140%	20%	30%
Grilled Wild Albacore Nicoise	1 Salad	620	400	46g	6g	0g	235mg	1830mg	16g	4g	5g	34g	170%	35%	8%	25%
Chicken Cobb	1 Salad	840	600	68g	17g	0g	370mg	1330mg	13g	5g	5g	46g	160%	40%	20%	20%
Kale Coconut Tofu	1 Salad	520	300	35g	13g	0g	0mg	890mg	41g	7g	14g	15g	400%	280%	25%	30%
Raw Kale	1 Salad	900	570	65g	5g	0g	0mg	780mg	71g	9g	42g	22g	260%	210%	45%	30%
Desert BBQ Chicken	1 Salad	1130	730	84g	15g	0g	140mg	1590mg	55g	14g	12g	47g	230%	90%	20%	35%
Family Meal - House Salad (4 servings & includes 4 oz of dressing)	1 Salad	840	620	70g	6g	0g	0mg	330mg	52g	7g	38g	5g	470%	70%	10%	15%
Salad Dressings (1 Oz Portions)																
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 (Grilled Steak Salad)	1 Oz	100	90	10g	1g	0g	0mg	85mg	4g	0g	3g	0g	0%	8%	0%	2%
Buttermilk Dill (Chicken Cobb Salad)	1 Oz	130	130	14g	2g	0g	25mg	70mg	1g	0g	< 1g	< 1g	2%	2%	2%	0%
Caesar (Chicken Caesar Salad)	1 Oz	140	120	14g	2g	0g	15mg	370mg	2g	0g	0g	3g	2%	6%	6%	0%
Blood Orange White Balsamic Vinaigrette (Arugula, Beet & Fennel Salad)	1 Oz	150	140	17g	1.5g	0g	0mg	0mg	5g	0g	2g	0g	0%	0%	0%	0%
Balsamic Vinaigrette (House Salad)	1 Oz	160	150	17g	1.5g	0g	0mg	40mg	2g	0g	2g	0g	0%	0%	0%	0%
Chipotle Lime Vinaigrette (Desert BBQ Chicken Salad)	1 Oz	160	150	17g	1.5g	0g	0mg	135mg	2g	0g	2g	0g	0%	4%	0%	0%
Pear Cranberry Vinaigrette (Raw Kale Salad)	1 Oz	160	160	18g	1.5g	0g	0mg	70mg	2g	0g	2g	0g	0%	0%	0%	2%
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 (Grilled Wild Albacore Nicoise Salad)	1 Oz	180	180	21g	2.5g	0g	0mg	95mg	< 1g	0g	< 1g	0g	0%	0%	0%	2%

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													Vitamin A	Vitamin C	Calcium	Iron
Sandwiches (without Chips)																
BBQ Turkey Meatloaf	1 Sandwich	630	160	18g	4.5g	0g	145mg	1910mg	82g	5g	21g	39g	80%	70%	8%	25%
Chicken Salad	1 Sandwich	670	300	34g	4g	0g	115mg	1200mg	58g	3g	6g	35g	20%	20%	8%	20%
Grilled Portobello Mushroom	1 Sandwich	670	380	43g	9g	0g	15mg	920mg	58g	4g	5g	18g	30%	60%	10%	30%
BBQ Beef	1 Sandwich	690	230	26g	7g	0g	80mg	2210mg	75g	4g	28g	37g	60%	60%	8%	35%
Grilled Wild Albacore	1 Sandwich	570	220	24g	2.5g	0g	75mg	1860mg	52g	3g	1g	33g	10%	4%	2%	20%
Grilled Steak	1 Sandwich	740	360	39g	7g	0g	95mg	950mg	57g	2g	2g	38g	15%	20%	2%	35%
Grilled Free Range Chicken	1 Sandwich	790	400	45g	9g	0g	150mg	1260mg	55g	2g	3g	39g	15%	20%	2%	25%
Chicken Club	1 Sandwich	1020	700	78g	22g	0g	140mg	1230mg	51g	2g	12g	29g	40%	20%	30%	20%
Oven Baked Salmon	1 Sandwich	860	450	50g	8g	0g	140mg	860mg	54g	3g	3g	47g	15%	30%	2%	20%
Side - House Made Potato Chips	1 Oz	60	40	4.5g	1g	0g	0mg	70mg	4g	0g	0g	0g	0%	8%	0%	0%
Side - Kettle Brand® Chips	1 Oz	150	80	9g	1g	0g	0mg	115mg	16g	1g	0g	2g	0%	10%	0%	2%
Hot Sides																
Asparagus	5 Oz	70	45	5g	0.5g	0g	0mg	130mg	5g	2g	2g	2g	15%	15%	2%	15%
Summer Squash	4 Oz	50	35	4g	0g	0g	0mg	250mg	5g	1g	4g	2g	10%	35%	2%	4%
Sesame Broccoli	4 Oz	50	10	1.5g	0g	0g	0mg	460mg	5g	3g	1g	4g	60%	30%	10%	15%
Sautéed Mushrooms, Butternut Squash & Red Peppers	4 Oz	70	20	2.5g	0g	0g	0mg	260mg	12g	3g	3g	2g	160%	70%	4%	4%
Sautéed Green Beans	4 Oz	70	35	4g	0.5g	0g	0mg	210mg	9g	3g	4g	2g	15%	25%	4%	8%
Honey Glazed Carrots	4 Oz	90	0	0g	0g	0g	0mg	180mg	22g	3g	16g	1g	330%	15%	4%	2%
Roasted Rosemary Potatoes	6 Oz	160	40	4.5g	0g	0g	0mg	260mg	28g	3g	2g	3g	0%	20%	2%	8%
House Made Potato Chips	2 Oz	120	80	9g	2g	0g	0mg	140mg	9g	< 1g	0g	< 1g	0%	15%	0%	2%
Kettle Brand® Chips	3 Oz	150	100	12g	2.5g	0g	0mg	170mg	11g	< 1g	0g	1g	0%	20%	0%	2%
Roasted Brussels Sprouts with Turkey Bacon	6 Oz	180	110	13g	1.5g	0g	< 5mg	150mg	15g	5g	4g	5g	20%	180%	8%	10%
Brown Rice	7 Oz	220	15	2g	0g	**	0mg	10mg	46g	4g	< 1g	5g	0%	0%	2%	4%
White Rice	7 Oz	260	0	0.5g	0g	**	0mg	0mg	56g	< 1g	0g	5g	0%	0%	2%	15%
Mashed Potatoes	8 Oz	340	190	22g	14g	0g	70mg	940mg	34g	5g	4g	4g	15%	70%	6%	6%
Macaroni & Cheese	6 Oz	270	190	21g	13g	0g	70mg	440mg	10g	0g	2g	11g	15%	0%	30%	4%
Harissa Cauliflower & Zucchini	5 Oz	100	70	8g	0.5g	0g	0mg	420mg	7g	2g	4g	2g	8%	70%	2%	4%
Green Bean, Calabrian Chile, Lemon & Mint Saute	6 Oz	110	60	7g	0.5g	0g	0mg	160mg	11g	4g	5g	2g	30%	80%	4%	6%
Roasted Mushroom, Pepper & Snap Pea	5 Oz	130	40	4.5g	0g	0g	0mg	630mg	16g	7g	8g	7g	25%	130%	2%	6%
Mixed Mushrooms	6 Oz	50	20	2g	0g	0g	0mg	460mg	5g	2g	2g	2g	2%	15%	2%	2%
Miso Mushroom Sweet Potato Saute	5 Oz	140	45	5g	1g	0g	0mg	630mg	21g	3g	6g	2g	2%	25%	2%	2%
Cold Sides																
Fruit Salad	5 Oz	60	0	0g	0g	**	0mg	15mg	14g	< 1g	12g	< 1g	30%	50%	2%	2%
Side House Salad	1 Salad	110	80	9g	1g	0g	0mg	45mg	9g	1g	6g	< 1g	70%	15%	2%	2%
Raw Super Food Salad	4 Oz	110	70	8g	0.5g	0g	0mg	250mg	10g	2g	6g	3g	50%	35%	4%	4%
Fall Superfood Salad	4 Oz	110	45	5g	2.5g	0g	0mg	230mg	15g	3g	5g	4g	50%	90%	6%	6%
Beet Salad (without Goat Cheese)	4 Oz	130	70	8g	0.5g	0g	0mg	100mg	14g	3g	11g	3g	4%	10%	4%	6%
Beet Salad (with Goat Cheese)	4 Oz	170	90	11g	3g	0g	5mg	150mg	14g	3g	11g	6g	6%	10%	6%	8%
Tomato & Mozzarella Salad	4 Oz	140	90	11g	4g	0g	20mg	180mg	5g	< 1g	2g	7g	15%	20%	15%	2%
Side Kale Salad	1 Salad	190	80	9g	1g	0g	0mg	230mg	27g	2g	17g	1g	90%	80%	6%	4%
Sweet Potato Kale Quinoa Salad	5 Oz	270	100	12g	1g	0g	0mg	600mg	36g	4g	7g	6g	70%	15%	4%	10%
Spring Quinoa Salad	4 Oz	150	60	7g	0.5g	0g	0mg	140mg	18g	3g	1g	4g	10%	25%	2%	8%

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													Vitamin A	Vitamin C	Calcium	Iron
Southwest Quinoa	4 Oz	110	15	1.5g	0g	0g	0mg	70mg	20g	3g	2g	4g	15%	45%	2%	6%
Pesto Pasta	4 Oz	230	110	12g	1g	0g	30mg	540mg	24g	1g	2g	6g	10%	25%	2%	8%

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													Vitamin A	Vitamin C	Calcium	Iron
Caesar Kale Pasta	4 Oz	390	230	26g	3g	0g	10mg	400mg	33g	2g	1g	7g	20%	20%	6%	10%
Israeli Couscous, Broccolini, Mushroom	4 Oz	220	100	12g	2g	0g	< 5mg	580mg	24g	2g	2g	5g	20%	15%	8%	4%
Sesame Kelp Noodle	4 Oz	60	15	2g	0g	0g	0mg	480mg	9g	2g	6g	2g	70%	40%	10%	6%
Sauces																
House Made Traditional Chimichurri	1 Oz	100	90	10g	1g	0g	0mg	220mg	4g	0g	1g	0g	15%	20%	2%	2%
House Made Honey Mustard Sauce	1 Oz	40	35	4g	0g	0g	5mg	75mg	< 1g	0g	< 1g	0g	0%	0%	0%	0%
House Made Plum Barbecue Sauce	2 Oz	30	10	1g	0g	0g	0mg	115mg	6g	0g	5g	0g	2%	4%	0%	0%
House Made Scallion Ginger Miso Sauce	1 Oz	110	90	10g	1.5g	0g	0mg	300mg	3g	0g	3g	0g	2%	2%	0%	0%
House Made Gravy	2 Oz	60	35	4g	2g	0g	25mg	150mg	3g	0g	0g	4g	6%	2%	2%	2%
Braises																
Tofu Curry (without Rice or Mashed Potatoes)	10 Oz	360	250	30g	24g	0g	0mg	510mg	19g	3g	8g	9g	140%	100%	15%	30%
Moroccan Chicken Braise (without Rice or Mashed Potatoes)	10 Oz	590	350	40g	9g	0g	185mg	1120mg	28g	5g	9g	34g	70%	60%	15%	25%
Moroccan Chicken Pea Braise (without Rice or Mashed Potatoes)	10 Oz	720	400	44g	11g	0g	225mg	1020mg	35g	6g	8g	44g	50%	50%	10%	25%
Beef & Mushroom (without Rice or Mashed Potatoes)	10 Oz	510	220	25g	10g	0g	100mg	1270mg	15g	3g	3g	39g	70%	15%	6%	25%
Side - Brown Rice	7 Oz	220	15	2g	0g	**	0mg	10mg	46g	4g	< 1g	5g	0%	0%	2%	4%
Side - White Rice	7 Oz	260	0	0.5g	0g	**	0mg	0mg	56g	< 1g	0g	5g	0%	0%	2%	15%
Side - Mashed Potatoes	8 Oz	340	190	22g	14g	0g	70mg	940mg	34g	5g	4g	4g	15%	70%	6%	6%
Soups																
Butternut Squash Soup (without Creme Fraiche)	12 Oz	220	70	8g	3.5g	0g	10mg	1310mg	37g	2g	16g	4g	460%	50%	15%	10%
Winter Squash Soup	12 Oz	140	15	2g	0g	0g	0mg	1020mg	33g	3g	23g	2g	80%	30%	8%	6%
Southwest Black Bean Soup (w/out Sour Cream)	12 Oz	200	35	4g	0g	0g	0mg	870mg	32g	11g	4g	11g	25%	70%	6%	20%
Southwest Black Bean soup (w/ Sour Cream)	12 Oz	230	60	7g	2g	0g	5mg	880mg	33g	11g	5g	11g	25%	70%	8%	20%
Carrot Ginger Soup	12 Oz	130	35	4g	0g	0g	0mg	880mg	25g	5g	15g	2g	450%	20%	8%	4%
Chicken Noodle Soup	12 Oz	110	20	2.5g	0g	0g	30mg	1660mg	10g	3g	5g	12g	130%	25%	8%	6%
Chicken Tomatillo Soup	12 Oz	120	25	3g	0g	0g	20mg	690mg	15g	4g	6g	9g	60%	70%	4%	8%
Chicken Vegetable Soup	12 Oz	150	35	4g	0g	0g	30mg	780mg	13g	3g	6g	13g	70%	25%	6%	8%
Clam Chowder	12 Oz	500	360	40g	25g	0g	130mg	1210mg	21g	2g	5g	13g	30%	10%	10%	15%
Corn & Poblano Soup (without Sour Cream)	12 Oz	230	90	10g	1.5g	0g	0mg	1680mg	35g	5g	10g	5g	60%	70%	4%	8%
Corn & Poblano Soup (with Sour Cream)	12 Oz	310	100	12g	2.5g	0g	< 5mg	950mg	51g	7g	15g	8g	60%	80%	6%	10%
Tomato Basil Soup	12 Oz	280	120	14g	2.5g	0g	5mg	1920mg	33g	4g	21g	8g	80%	45%	15%	8%
Vegan Tomato Basil	12 Oz	190	80	10g	5g	0g	0mg	1290mg	21g	4g	17g	4g	100%	60%	10%	10%
Pizzettes																
Margherita	1 Pizzette	440	120	13g	7g	0g	40mg	980mg	58g	3g	5g	19g	20%	30%	25%	15%
Cheese	1 Pizzette	460	140	16g	9g	0g	35mg	1050mg	56g	3g	5g	20g	15%	50%	0%	15%
BBQ Chicken	1 Pizzette	510	130	15g	7g	0g	70mg	1250mg	60g	3g	9g	30g	20%	60%	2%	20%
Portobello & Pesto	1 Pizzette	520	220	25g	5g	0g	10mg	720mg	58g	4g	4g	13g	20%	40%	8%	20%
Pepperoni & Cheese	1 Pizzette	530	200	23g	11g	0g	50mg	1280mg	56g	3g	5g	23g	15%	50%	0%	15%
Kids Meals & Side Choices																
Kids Mac & Cheese	8 Oz	370	250	28g	17g	0g	90mg	580mg	13g	0g	3g	15g	20%	0%	40%	4%
Kids Chicken Plate	3 Oz	140	30	3.5g	1g	0g	80mg	430mg	< 1g	0g	< 1g	25g	2%	6%	2%	6%
Kids Steak Plate	3 Oz	190	90	10g	4g	0g	50mg	150mg	0g	0g	0g	22g	0%	0%	2%	15%
Kids Grilled Cheese Sandwich	1 Sandwich	430	200	22g	13g	0g	60mg	590mg	39g	6g	4g	19g	10%	0%	30%	10%
Side - House Made Potato Chips	1 Oz	60	40	4.5g	1g	0g	0mg	70mg	4g	0g	0g	0g	0%	8%	0%	0%

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Side - Kettle Brand® Chips	1 Oz	150	80	9g	1g	0g	0mg	115mg	16g	1g	0g	2g	0%	10%	0%	2%
Side - Fruit Salad	5 Oz	60	0	0g	0g	**	0mg	15mg	14g	< 1g	12g	< 1g	30%	50%	2%	2%
Replenishers																
Antioxidant Ginseng Mint Green Tea	16 Oz	80	0	0g	0g	0g	0mg	20mg	19g	0g	19g	0g	0%	0%	2%	0%
Watermelon, Pineapple, Basil & Mint	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%
Cactus Pear Mint Jalapeno Lemonade	16 Oz	180	0	0g	0g	0g	0mg	35mg	46g	1g	41g	0g	2%	60%	2%	0%
Orange, Carrot & Ginger	16 Oz	180	10	1g	0g	0g	0mg	150mg	41g	2g	30g	3g	430%	240%	6%	6%
Super Green	16 Oz	110	10	1g	0g	**	0mg	60mg	25g	4g	14g	3g	80%	110%	10%	8%
Pomegranate, Cranberry, Ginger, Organic Apple	16 Oz	190	0	0g	0g	0g	0mg	20mg	46g	3g	36g	1g	2%	40%	4%	2%
Guava Lime Ginger Kombucha	16 Oz	240	0	0.5g	0g	0g	0mg	90mg	63g	3g	52g	2g	8%	240%	4%	2%
Passion Fruit Coconut Lime	16 Oz	450	160	19g	13g	0g	0mg	90mg	67g	0g	53g	3g	10%	60%	2%	8%
Cookies																
Almond Macaroon	1 Each	230	80	10g	1g	0g	0mg	110mg	33g	2g	29g	4g	0%	0%	6%	4%
Coconut Macaroon (Chocolate Dipped)	1 Each	350	150	18g	15g	0g	0mg	240mg	44g	4g	39g	6g	0%	0%	0%	0%
Gluten Free Chocolate Chip Coconut Walnut Cookie	1 Each	310	150	17g	6g	0g	15mg	240mg	38g	3g	24g	4g	0%	0%	2%	10%
Gingersnap Cookie (No Butter)	1 Each	430	140	16g	1.5g	0g	15mg	350mg	72g	< 1g	47g	3g	0%	0%	6%	15%
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																
Dark Chocolate Pudding	1 Each	370	240	27g	17g	0g	145mg	135mg	27g	1g	22g	5g	20%	0%	8%	4%
Salted Caramel Brownie	1 Each	600	260	29g	18g	0g	145mg	360mg	85g	6g	60g	8g	20%	0%	4%	20%
Candy Cane Brownie	1 Each	610	260	29g	18g	0g	140mg	230mg	86g	6g	61g	9g	15%	0%	6%	20%
Espresso Swirl Brownie	1 Each	500	260	29g	17g	0g	135mg	320mg	55g	2g	43g	6g	15%	0%	4%	6%
Lemon Bar	1 Each	570	310	35g	21g	0g	350mg	220mg	57g	1g	33g	7g	25%	15%	4%	10%
Apple Tart	1 Each	420	220	25g	16g	0g	80mg	230mg	45g	2g	19g	4g	15%	6%	2%	6%
Pumpkin Tart	1 Each	570	370	42g	25g	0g	165mg	360mg	43g	2g	18g	8g	60%	4%	8%	10%
Strawberry Rhubarb Tart	1 Each	620	280	32g	20g	0g	105mg	340mg	78g	3g	40g	6g	20%	20%	15%	10%
Peach & Blackberry Tart	1 Each	370	200	22g	14g	0g	70mg	210mg	40g	3g	18g	4g	20%	15%	2%	8%
Pear Almond Tart	1 Each	490	230	27g	14g	0g	70mg	360mg	61g	5g	35g	5g	15%	8%	6%	8%
Chocolate Tart	1 Each	700	450	51g	31g	0g	220mg	420mg	56g	3g	32g	8g	30%	2%	6%	20%
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%
Vanilla Cheesecake	1 Each	610	350	40g	22g	0g	160mg	500mg	58g	1g	37g	7g	25%	2%	10%	10%
Cakes & Cupcakes																
Pumpkin Cranberry Cake Slice	1 Slice	670	270	31g	17g	0g	205mg	470mg	88g	3g	55g	12g	60%	10%	15%	15%
Chocolate Flourless Cake Slice	1 Slice	700	410	47g	28g	0g	160mg	240mg	74g	5g	65g	7g	15%	4%	6%	15%
Strawberry EVOO Cake Slice	1 Slice	910	430	49g	21g	0g	265mg	620mg	107g	3g	65g	13g	25%	70%	20%	20%
Strawberry Vanilla Cake Slice	1 Slice	930	450	52g	31g	0g	320mg	810mg	103g	2g	73g	12g	40%	45%	15%	15%
Matcha Vanilla Cake Slice	1 Slice	600	430	50g	27g	0g	0mg	420mg	38g	3g	28g	7g	2%	2%	10%	10%
Coconut Lemon Cake Slice	1 Slice	1050	580	67g	46g	0g	325mg	690mg	105g	2g	72g	12g	35%	6%	20%	25%
Hummingbird Cake Slice	1 Slice	1100	590	67g	19g	0g	140mg	2030mg	116g	4g	80g	12g	20%	15%	8%	15%
Apple Crisp Cake Slice	1 Slice	1050	510	58g	35g	0g	325mg	770mg	123g	4g	81g	11g	40%	4%	15%	15%
Blood Orange White Chocolate Slice	1 Slice	970	440	50g	25g	0g	240mg	580mg	119g	2g	83g	15g	20%	70%	25%	15%

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.

October 2, 2016

Nutrition Facts	Cooked Weight Serving Portion	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
Salted Caramel Ginger Cupcake	1 Each	470	180	21g	12g	0g	85mg	550mg	69g	1g	45g	5g	15%	6%	8%	10%
Chocolate Peanut Butter Crunch Cupcake	1 Each	550	280	32g	13g	0g	120mg	420mg	64g	3g	47g	8g	10%	0%	6%	10%
Red Velvet Cupcake	1 Each	590	300	34g	20g	0g	135mg	470mg	66g	1g	50g	7g	25%	2%	8%	6%