

Urban Plates Allergen Chart

Menu Item	Vegan	Dairy	Eggs	Gluten	Peanuts	Tree Nuts	Soy	Capsiacin	Fish	Shell Fish	Poultry	Beef	Pork	Garlic	Alcohol	Processed Sugar
Albacore Nicoise Salad			X					X	X					X		
Asian Chicken Salad				X	X		X	X			X			X		X
Antioxidant Salad Summer		X				X										X
Antioxidant Salad Winter	X	X				X										X
Grilled Steak Salad				X		X		X				X		X		X
Beet and Fennel Salad		X				X										
Local Mixed Beet Salad		X				X		X								
BBQ Chicken Salad		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
Kale Coconut Tofu Salad	X					X	X	X						X		X
Steak Sandwich			X	X								X		X		X
Albacore Sandwich			X	X				X	X					X		
Vegetable Sandwich		X		X		X										
Chicken Sandwich			X	X							X			X		X
Chicken Club Sandwich		X		X				X			X		X	X		X
Meatloaf Sandwich				X				X			X			X		X
Chicken Salad Sandwich		X	X	X							X			X		X
Beef and Mushroom Braise		X		X								X		X	X	
Tofu Curry Braise	X						X							X		X
Moroccan Chicken Braise								X			X			X		
Grilled Chicken											X			X		X
Oven Baked Salmon									X							
Oven Baked Salmon- Honey Mustard Sauce			X					X	X					X		
Albacore									X							
Scallion Ginger Miso Albacore							X	X	X					X		
Meatloaf			X	X				X			X			X		X
Grilled Steak												X		X		X
BBQ Ribs								X					X	X		X
Sweet and Sour Plum BBQ Ribs							X	X	X				X	X		X
Atlantic Salmon- Teriyaki				X			X	X	X					X		X
Creamy Honey Mustard Sauce			X					X						X		
Scallion Ginger Miso Sauce	X						X	X						X		

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Traditional Chimichurri	X							X						X		
Plum Barbeque Sauce	X						X	X						X		X
Carrot and Ginger Soup	X													X		X
Chicken Vegetable Soup Spring/Summer							X	X			X			X	X	
Tomato Basil Soup (Vegan)	X			X										X		
Corn & Poblano Soup	X	X						X						X	X	
Chicken Tomatillo Soup								X			X			X		
Winter Squash Soup	X													X		X
Southwest Black Bean Soup	X							X						X		
Clam Chowder		X		X				X		X				X		
Pesto Pasta Cold Side		X	X	X		X								X		
Caesar Kale Pasta Salad		X	X	X					X					X		X
Israeli Couscous, Broccolini, Roast Mushroom		X		X				X						X		
Southwest Quinoa								X								
Sweet Potato Kale Quinoa	X															X
Tomato Mozz Cold Side		X														
Beet Salad Cold Side	X	X				X										
Summer Superfood Cold Side																
Fall Superfood Cold Side	X															
Winter Superfood Cold Side	X															
Southwest Quinoa								X								
Spring Pea Quinoa	X													X		
Kelp Noodles with Tamari & Ginger	X						X	X						X		X
Fruit Salad Cold Side	X															
Rosemary Potato Hot Side	X						X							X		
Mashed Potato Hot Side		X														
Macaroni and Cheese Hot Side		X		X												
Brussels Sprouts Hot Side											X			X		
Suzies Summer Squash Hot Side	X															
Harissa Cauliflower Zucchini Hot Side	X							X						X		
Roasted Summer Squash Hot Side	X							X						X		
Mixed Mushroom Hot Side	X													X	X	
Miso Mushroom Sweet Potato Saute Hot Side	X						X	X						X		X
Mushroom Snap Pea Hot Side	X													X		

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Broccoli Hot Side	X						X	X						X		
Asparagus Hot Side	X													X		
Green Beans, Calabrian Chile, Lemon & Mint	X							X								
Grilled Cheese Kid Meal		X		X												
Macaroni and Cheese Kid Meal		X		X												
Pepperoni Pizza Kid Meal		X		X									X	X		X
Cheese Pizza Kid Meal		X		X												X
Margherita Pizzette		X		X										X		
Pepperoni Pizzette		X		X				X				X	X	X		X
Cheese Pizzette		X		X										X		X
BBQ Chicken Pizzette		X		X				X			X			X		X
Portobello Mushroom Pizzette		X		X		X								X		
Chips	X															
Focaccia	X			X												
Lemonade	X															X
Strawberry Lemonade	X															X
Cactus Pear Mint Jalapeno Lemonade	X							X								X
Guava Ginger Kombucha Limeade	X															X
Green Tea Replenisher																
Watermelon Pineapple	X															
Orange Carrot Replenisher	X															
Pomegranate Cranberry Ginger	X															
Passion Fruit Coconut Mint	X															X
Super Green	X															
Mango Tart		X	X	X											X	X
Chocolate Chunk Cookie		X	X	X			X									X
Cowgirl Cookie			X	X			X									X
Gingersnap Cookie			X	X												X
GF Walnut Cookie		X	X			X	X									X
Almond Macaroon			X			X										X
Chocolate Dipped Coconut Macaroon			X				X									X
Chocolate Brownie		X	X	X			X									X
Espresso Swirl Brownie		X	X	X			X									X
Lemon Bar		X	X	X												X

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Strawberry Rhubarb Tart		X	X	X												X
Pumpkin Tart		X	X	X												
Peach Blackberry Tart		X	X	X												X
Apple Tart		X	X	X												X
Pear Almond Tart		X	X	X		X										X
Chocolate Flourless Cake		X	X				X									X
Coconut Cake		X	X	X			X									X
Chocolate Vanilla Layer Cake		X	X	X			X								X	X
Matcha Vanilla Cake (raw)	X					X										
Hummingbird Cake		X	X	X		X	X								X	X
Strawberry Cake		X	X	X			X								X	X
Apple Crisp Cake		X	X	X			X								X	X
Blood Orange White Chocolate Cake		X	X	X			X								X	X
Chocolate Peanut Butter Pretzel Cupcake		X	X	X	X		X									X
Ginger Cupcake		X	X	X												X
Vanilla Cheesecake		X	X	X												X
Banana Cream Pie		X	X	X			X									X
Chocolate Pudding		X	X				X								X	X
Pizza Dough				X												