

Urban Plates Allergen Chart

Menu Item	Vegan	Dairy	Eggs	Gluten	Peanuts	Tree Nuts	Soy	Capsaicin	Fish	Shell Fish	Poultry	Beef	Pork	Garlic	Alcohol	Processed Sugar
Albacore Nicoise Salad			X					X	X					X		
Antioxidant Salad Summer		X				X										X
Antioxidant Salad Winter	X	X				X										X
Asian Chicken Salad				X	X		X	X			X			X		X
BBQ Chicken Salad		X		X				X			X			X		X
Beet and Fennel Salad		X				X										
Chicken Caesar Salad		X	X	X					X		X			X		X
Chicken Cobb Salad		X	X								X			X		X
Grilled Steak Salad				X		X		X				X		X		X
Kale Coconut Tofu Salad	X					X	X	X						X		X
Local Mixed Beet Salad		X				X		X								
Salmon Caesar Salad		X	X	X			X		X					X		
Albacore Sandwich			X	X				X	X					X		
Chicken Club Sandwich		X		X				X			X		X	X		X
Chicken Salad Sandwich		X	X	X							X			X		X
Chicken Sandwich			X	X							X			X		X
Meatloaf Sandwich				X				X			X			X		X
Oven Baked Salmon Sandwich			X					X	X					X		
Steak Sandwich			X	X								X		X		X
Turkey Calabrian Chili Sandwich		X	X	X				X			X			X		
Vegetable Sandwich		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		
Albacore									X							
Atlantic Salmon- Teriyaki				X			X	X	X					X		X
BBQ Ribs								X					X	X		X
Grilled Chicken											X			X		X
Grilled Steak												X		X		X
Herb Roasted Turkey Breast								X			X			X		
Meatloaf			X	X				X			X			X		X
Oven Baked Salmon									X							
Oven Baked Salmon- Honey Mustard Sauce			X					X	X					X		
Scallion Ginger Miso Albacore							X	X	X					X		
Sweet and Sour Plum BBQ Ribs							X	X	X				X	X		X
Cranberry Relish	X															X

©Urban Plates LLC All rights reserved | JR11.9.16.2016

Confidential and Proprietary Information of Urban Plates, LLC and its Subsidiaries

Urban Plates Allergen Chart

Menu Item	Vegan	Dairy	Eggs	Gluten	Peanuts	Tree Nuts	Soy	Capsaicin	Fish	Shell Fish	Poultry	Beef	Pork	Garlic	Alcohol	Processed Sugar
Creamy Honey Mustard Sauce			X					X						X		
Scallion Ginger Miso Sauce	X						X	X						X		
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		
Beet Salad Cold Side	X	X				X										
Caesar Kale Pasta Salad Cold Side		X	X	X					X					X		X
Fall Superfood Cold Side	X															
Fruit Salad Cold Side	X															
Israeli Couscous, Broccolini, Roast Mushroom Cold Side		X		X				X						X		
Kelp Noodles with Tamari & Ginger Cold Side	X						X	X						X		X
Pesto Pasta Cold Side		X	X	X		X								X		
Southwest Quinoa Cold Side								X								
Southwest Quinoa Cold Side								X								
Spring Pea Quinoa Cold Side	X													X		
Summer Superfood Cold Side																
Sweet Potato Kale Quinoa Cold Side	X															X
Tomato Mozz Cold Side		X														
Winter Superfood Cold Side	X															
Asparagus Hot Side	X													X		
Broccolini Hot Side	X						X	X						X		
Brussels Sprouts Hot Side											X			X		
Green Beans, Calabrian Chile, Lemon & Mint Hot Side	X							X								
Harissa Cauliflower Zucchini Hot Side	X							X						X		
Macaroni and Cheese Hot Side		X		X												
Mashed Potato Hot Side		X														
Miso Mushroom Sweet Potato Saute Hot Side	X						X	X						X		X
Mixed Mushroom Hot Side	X													X	X	
Mushroom Snap Pea Hot Side	X													X		

©Urban Plates LLC All rights reserved | JR11.9.16.2016

Confidential and Proprietary Information of Urban Plates, LLC and its Subsidiaries

Urban Plates Allergen Chart

Menu Item	Vegan	Dairy	Eggs	Gluten	Peanuts	Tree Nuts	Soy	Capsaicin	Fish	Shell Fish	Poultry	Beef	Pork	Garlic	Alcohol	Processed Sugar
Mushroom Stuffing Hot Side		X	X	X							X			X		
Roasted Summer Squash Hot Side	X							X						X		
Rosemary Potato Hot Side	X						X							X		
Suzies Summer Squash Hot Side	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 Replenisher	X															
Orange Carrot Replenisher	X															
Pomegranate Cranberry Ginger Replenisher	X															
Passion Fruit Coconut Mint Replenisher	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
Strawberry Rhubarb Tart		X	X	X												X

Urban Plates Allergen Chart

Menu Item	Vegan	Dairy	Eggs	Gluten	Peanuts	Tree Nuts	Soy	Capsaicin	Fish	Shell Fish	Poultry	Beef	Pork	Garlic	Alcohol	Processed Sugar
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
Pumpkin Walnut Cake	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												