

KIDS MENU \$7.5

served with organic milk or organic apple juice

GRILLED CHEESE ^{VEG}

cheddar cheese on organic wheat bread
served with fruit salad & chips

MACARONI & CHEESE ^{VEG}

creamy cheddar cheese sauce & pasta
served with fruit salad & chips

PEPPERONI OR CHEESE PIZZETTE

organic cheese, organic tomato sauce, pepperoni
(nitrate-free) served with fruit salad & chips

URBAN KID PLATE \$8.5

choice of grilled free range chicken or grilled steak
served with any side & chargrilled rustic bread

PIZZETTES \$5.5

organic dough

MARGHERITA ^{VEG}

organic tomatoes, fresh mozzarella, garlic, basil

PEPPERONI & CHEESE

organic cheese blend, organic tomato sauce,
pepperoni (nitrate-free)

BBQ CHICKEN

bbq free range chicken, organic cheese blend,
onions, red bell peppers, bbq sauce, cilantro

PORTOBELLO & PESTO ^{VEG}

goat cheese, roasted portobello mushroom,
grilled zucchini, slow roasted tomatoes,
arugula, pesto

V - VEGAN

GF - GLUTEN FREE

VEG - VEGETARIAN

DF - DAIRY FREE

Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of foodborne illness. Prices and menu items subject to change and availability. Please note while some items are marked "Gluten Free, Dairy Free, Vegetarian and Vegan," we cannot guarantee that food items will not inadvertently come into contact with others during preparation.



BAKERY

PASTRIES & BAKED GOODS

Our selection of baked goods includes a variety of made-from-scratch cookies, cupcakes, tarts, layer cakes, cream pies and much more. Gluten free options also available.

BEVERAGES

LOCAL CRAFT BEERS \$5.5 - \$6.5

LOCAL AND REGIONAL WINES

glasses from \$7.5 to \$9.5 and bottles starting at \$30

NATURAL SODA \$2.5

sweetened with organic cane sugar

FAIR TRADE ORGANIC COFFEE \$2

HOT TEAS \$1.5

organic ICED TEA \$2.5

REPLENISHERS \$4

organic lemonade
sweetened with organic sugar

organic ginseng mint green tea
sweetened with honey

organic carrot, orange, ginger
no sugar added

seasonal replenishers

SEASONAL GREEN DRINK \$5.5

KOMBUCHA \$5.5



REAL MEALS MADE FROM SCRATCH

urbanplates.com



SUN - THUR
11 am - 9:30 pm

FRI & SAT
11 am - 10 pm

SAN DIEGO: CARLSBAD • DEL MAR • LA JOLLA
ORANGE COUNTY: BREA • IRVINE • TUSTIN
L.A.: PLAYA VISTA • PASADENA • THOUSAND OAKS
NORCAL: DUBLIN • PLEASANT HILL

DELIVERY, CATERING AND TAKE OUT AVAILABLE

Visit us online at urbanplates.com or call your preferred location. You can even request curbside pick-up!

GREENS

with scratch made dressing & chargrilled rustic bread

GF – please request no bread, wontons, or croutons

HOUSE \$9 **VEG** **DF**

up lettuce blend, **organic** tomatoes, carrots, jicama, pickled onion, lemon vinaigrette

CAESAR \$9

organic romaine, **organic** baby kale, **organic** tomatoes, garlic croutons, asiago, caesar dressing

ANTIOXIDANT \$11 **VEG**

up lettuce blend, **organic** baby kale, cucumbers, celery, mint, pickled onions, raw walnuts, grapes, blue cheese, seasonal fruit, mint-lemongrass balsamic vinaigrette

LOCAL MIXED BEET \$11 **VEG**

arugula, up lettuce blend, roasted tomatoes, **organic** carrot, jicama, raw walnuts, hemp seeds, goat cheese, preserved lemon vinaigrette

GRILLED WILD ALBACORE NICOISE \$12 **DF**

up lettuce blend, grilled wild caught albacore, green beans, **organic** egg, **organic** tomatoes, potatoes, capers, olives, mustard-champagne vinaigrette

ASIAN CHICKEN \$12 **DF**

up lettuce blend, arugula, grilled free range chicken, **organic** carrots, green onions, oranges, spicy roasted peanuts, crispy wontons, red bell peppers, cilantro, spicy peanut dressing

DESERT BBQ CHICKEN \$12

organic romaine, grilled free range chicken, corn, black beans, grilled onions, avocado, **organic** cheese blend, crispy wontons, red bell pepper, chipotle-lime dressing

CHICKEN CAESAR \$12

organic romaine, **organic** baby kale, grilled free range chicken, **organic** tomatoes, garlic croutons, shaved asiago, caesar dressing

CHICKEN COBB \$13

up lettuce blend, grilled free range chicken, **organic** tomatoes, turkey bacon, avocado, **organic** egg, blue cheese, buttermilk dill dressing

GRILLED STEAK \$13 **DF**

up lettuce blend, grilled grass fed steak, pineapple-mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

SALMON CAESAR \$14

organic romaine, **organic** baby kale, sustainable oven baked salmon, **organic** tomatoes, garlic croutons, shaved asiago, caesar dressing

Add: coconut lime tofu \$3/grilled, free range chicken \$4/grilled wild albacore \$4/grilled grass fed steak \$5/oven baked salmon \$6

PLATES

served with any 2 sides & chargrilled rustic bread

GF – please request no bread

GRILLED FREE RANGE CHICKEN \$12 **DF**

herb marinated

GRILLED WILD CAUGHT ALBACORE \$12 **DF**

grilled rare

TURKEY MEATLOAF \$12 **DF**

house made bbq sauce

contains **GLUTEN**

4 UP \$12

any 4 sides

GRILLED GRASS FED STEAK \$13 **DF**

served medium rare

GINGER MISO ALBACORE \$13 **DF**

grilled rare

CHIMICHURRI GRASS FED STEAK \$14 **DF**

grilled medium rare

SUSTAINABLE OVEN BAKED SALMON \$14 **DF**

honey mustard sauce

SWEET & SOUR PLUM BBQ RIBS \$16 **DF**

house made plum bbq sauce

SIDES \$4

ROASTED ROSEMARY POTATOES **GF** **V** **DF**

MASHED POTATOES MADE WITH ORGANIC POTATOES **GF** **VEG**

ROASTED BRUSSELS SPROUTS WITH TURKEY BACON **GF** **DF**

HARISSA CAULIFLOWER & ZUCCHINI **GF** **V** **DF**

MACARONI & CHEESE **VEG**

ORGANIC BROWN OR WHITE RICE **GF** **V** **DF**

SEASONAL SIDES

CHILLED SIDES \$4

SUPERFOOD SALAD **GF** **V** **DF**

BEET SALAD **GF** **VEG** (WITHOUT GOAT CHEESE) **V** **DF**

GARDEN TOMATO MOZZARELLA SALAD **GF** **VEG**

FRUIT SALAD **GF** **V** **DF**

SIDE HOUSE SALAD **GF** **VEG**

SIDE CAESAR SALAD

SEASONAL CHILLED SIDES

SOUP & SALAD

HOUSE OR CAESAR ENTREE SALAD & CUP OF SOUP \$10

ANTIOXIDANT OR MIXED BEET SALAD & CUP OF SOUP \$12

SANDWICHES

on grilled rustic bread, served with chips

Add any Side \$3

GRILLED WILD CAUGHT ALBACORE \$9 **DF**

up lettuce mix & chimichurri aioli

GRILLED FREE RANGE CHICKEN \$9 **DF**

slow roasted tomatoes & orange-basil aioli

GRILLED PORTOBELLO MUSHROOM \$9 **VEG**

marinated portobello mushroom, pesto goat cheese, zucchini, red bell peppers, red onion, arugula

CHICKEN SALAD \$9

free range chicken, red grapes, roasted walnuts, **organic** apple, sage, celery, red onion, arugula, garlic aioli

GRILLED GRASS FED STEAK \$10 **DF**

slow roasted tomatoes & chimichurri aioli

FREE RANGE CHICKEN CLUB \$10

brown sugar chili duroc bacon, **organic** tomato, pickled onion, up lettuce mix, garlic aioli, white cheddar cheese

SANDWICH A LA CARTE & CUP OF SOUP OR SIDE SALAD \$10
STEAK OR CHICKEN CLUB & CUP OF SOUP OR SIDE SALAD \$11

BRAISES & STEWS

organic brown or white rice & chargrilled rustic bread

VEGETABLE CURRY \$11 **GF** **V** **DF**

organic tofu slow cooked with green curry-coconut sauce, **organic** carrots, zucchini, red peppers, ginger, onions, garlic, lime

BRAISED BEEF & MUSHROOMS \$12

natural beef slow cooked with red wine sauce, mushrooms, onions, **organic** carrots

MOROCCAN CHICKEN BRAISE \$12 **GF** **DF**

free range chicken slow cooked with squash, onions, preserved lemon, olives, turmeric, paprika, cumin, ginger, cinnamon, parsley, cilantro

SEASONAL SOUPS \$5/\$3.5

made from scratch

CHICKEN VEGETABLE **GF**

organic carrots, **organic** tomatoes, onions, celery, seasonal vegetables, fresh herbs, parmesan cheese (WITHOUT PARMESAN) **DF**

TOMATO BASIL **V** **DF**

organic tomatoes, coconut milk, pesto, croutons (WITHOUT CROUTONS) **GF**

SEASONAL SELECTION