

<b>Urban Plates</b> <b>Gluten Free, Vegan &amp; Vegetarian Menu Options</b> <b>November 21, 2016</b>			
<b>While the gluten free options listed are not made with gluten, our kitchen and restaurant are not gluten free. We may update this chart from time to time.</b>			
Menu Item	Vegan	Gluten Free	Vegetarian
<b>Salads</b> <b>(Omit Focaccia Bread for Gluten Free Option)</b>			
Grilled Wild Albacore Nicoise <b>(Omit Albacore and Egg for Vegan)</b>	X	X	
Asian Chicken <b>(Omit Chicken for Vegetarian)</b>			X
Asian Chicken <b>(Omit Wontons for GF)</b>		X	
Urban Grove Antioxidant (Winter) <b>(Omit Blue Cheese for Vegan)</b>	X	X	X
Grilled Steak <b>(Omit Steak for Vegetarian)</b>		X	X
Local Mixed Beet Salad		X	X
Desert BBQ Chicken <b>(Omit Chicken for Vegetarian)</b>			X
Desert BBQ Chicken <b>(Omit Wontons for GF)</b>		X	
Chicken Caesar <b>(Omit Croutons for GF)</b>		X	
Salmon Caesar <b>(Omit Croutons for GF)</b>		X	
Chicken Cobb		X	
Kale Coconut Tofu	X	X	X
Side House Salad		X	X
Family House Salad		X	X
Mustard Champagne Vinaigrette (Nicoise)	X	X	
Peanut Dressing (Asian) <b>(Contains Honey, otherwise Vegan ingredients)</b>		X	X
Mint- Lemongrass Balsamic Vinaigrette (Antioxidant Salads)		X	X
Chipotle- Lime Dressing (Desert BBQ) <b>(Contains Honey, otherwise Vegan ingredients)</b>		X	X
Jalapeno Lime Dressing (Steak Salad) <b>(Contains Honey, otherwise Vegan ingredients)</b>		X	X
Caesar Dressing		X	
Blood Orange- White Balsamic Vinaigrette <b>(Contains Honey, otherwise Vegan ingredients)</b>		X	X
Buttermilk Dill Dressing (Cobb Salad)		X	X
Cilantro Cashew Dressing (Kale Coconut Tofu Salad)	X	X	
House Balsamic Vinaigrette (House Salad) <b>(Contains Honey, otherwise Vegan ingredients)</b>		X	X
Preserved Lemon Vinaigrette <b>(Contains Honey, otherwise Vegan ingredients)</b>		X	
<b>Sandwiches</b>			
Grilled Portobello Mushroom <b>(Omit Pesto Goat Cheese)</b>	X		X
<b>Braises &amp; Stews</b> <b>(Omit Focaccia Bread for Gluten Free Option)</b>			
Vegetarian Curry	X	X	
Moroccan Chicken Braise		X	

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<b>Plates</b>			
<b>(Omit Focaccia Bread for Gluten Free Option)</b>			
Grilled Albacore		X	
Grilled Albacore with Scallion Ginger Miso Sauce		X	
Grilled Free Range Chicken		X	
Grilled Steak		X	
Grilled Steak with Chimichurri		X	
Oven Baked Salmon		X	
Oven Baked Salmon with Creamy Honey Mustard		X	
Oven Roasted Free Range Turkey Breast		X	
Sweet & Sour Plum BBQ Ribs		X	
Creamy Honey Mustard Sauce		X	X
Scallion Ginger Miso Sauce	X	X	X
Chimichurri Sauce	X	X	X
Cranberry Relish	X	X	X
Plum BBQ Sauce	X	X	X
<b>Soups</b>			
<b>(Omit Focaccia Bread for Gluten Free Option)</b>			
Chicken Vegetable		X	
Tomato Basil <b>(Omit Croutons for GF)</b>	X	X	X
Winter Squash	X	X	X
<b>Cold Sides</b>			
Tomato Mozzarella		X	X
Beet and Goat Cheese <b>(Omit Goat Cheese for Vegan)</b>	X	X	X
Fall Superfood	X	X	X
Kelp Noodles with Tamari & Ginger	X	X	x
Sweet Potato, Kale Quinoa	X	X	X
Fruit Salad	X	X	X
<b>Hot Sides</b>			
Broccolini	X	X	
Brussels Sprouts		X	
Harissa Cauliflower & Zucchini	X	X	
Macaroni and Cheese			X
Mashed Potato		X	X
Miso Mushroom Sweet Potato Saute	X	X	X
Rosemary Potato	X	X	
<b>Kid's Meals</b>			
Grilled Cheese Kid Meal			X
Macaroni and Cheese Kid Meal			X
Chicken Plate (Omit Focaccia) Kid Meal		X	
Steak Plate (Omit Focaccia) Kid Meal		X	
Pepperoni Pizza Kid Meal			
Cheese Pizza Kid Meal			X

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<b>Pizzette</b>			
Cheese			X
Margherita			X
Portobello & Pesto			X
<b>Other</b>			
Chips	X		
Focaccia	X		
<b>Replenisher</b>			
Coconut Passion Fruit	X	X	X
Ginseng Mint Green Tea		X	X
Lemonade	X	X	X
Orange Carrot Ginger	X	X	
Pomegranate, Cranberry, Ginger, Apple	X	X	X
Super Green Replenisher	X	X	X
<b>Pastry</b>			
<b>All Pastries contain Egg*, all other ingredients are Vegetarian.</b>			
Gluten Free Chocolate Chip Walnut Cookie		X	
Matcha Vanilla Cake *Does not contain egg*	X	X	X
Almond Macaroon		X	
Coconut Macaroon		X	
Pumpkin Walnut Cake *Does not contain egg*	X	X	X
Chocolate Flourless Cake		X	