

Urban Plates			
Gluten Free, Vegan & Vegetarian Menu Options			
September 7, 2016			
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.			
Menu Item	Vegan	Gluten Free	Vegetarian
Salads (Omit Focaccia Bread for Gluten Free Option)			
Grilled Wild Albacore Nicoise (Omit Albacore and Egg for Vegan)	X	X	
Asian Chicken (Omit Chicken for Vegetarian)			X
Asian Chicken (Omit Wontons for GF)		X	
Urban Grove Antioxidant (Winter) (Omit Blue Cheese for Vegan)	X	X	X
Grilled Steak (Omit Steak for Vegetarian)		X	X
Local Mixed Beet Salad		X	X
Desert BBQ Chicken (Omit Chicken for Vegetarian)			X
Desert BBQ Chicken (Omit Wontons for GF)		X	
Chicken Caesar (Omit Croutons for GF)		X	
Salmon Caesar (Omit Croutons for GF)		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)			
(Contains Honey, otherwise Vegan ingredients)		X	X
Mint- Lemongrass Balsamic Vinaigrette (Antioxidant Salads)		X	X
Chipotle- Lime Dressing (Desert BBQ)			
(Contains Honey, otherwise Vegan ingredients)		X	X
Jalapeno Lime Dressing (Steak Salad)			
(Contains Honey, otherwise Vegan ingredients)		X	X
Caesar Dressing		X	
Blood Orange- White Balsamic Vinaigrette			
(Contains Honey, otherwise Vegan ingredients)		X	X
Buttermilk Dill Dressing (Cobb Salad)		X	X
Cilantro Cashew Dressing (Kale Coconut Tofu Salad)	X	X	
House Balsamic Vinaigrette (House Salad)			
(Contains Honey, otherwise Vegan ingredients)		X	X
Preserved Lemon Vinaigrette			
(Contains Honey, otherwise Vegan ingredients)		X	
Sandwiches			
Grilled Portobello Mushroom (Omit Pesto Goat Cheese)	X		X
Braises & Stews (Omit Focaccia Bread for Gluten Free Option)			
Vegetarian Curry	X	X	
Moroccan Chicken Braise		X	

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Plates			
(Omit Focaccia Bread for Gluten Free Option)			
Grilled Free Range Chicken		X	
Sweet & Sour Plum BBQ Ribs		X	
Grilled Steak with Chimichurri		X	
Grilled Steak		X	
Grilled Albacore with Scallion Ginger Miso Sauce		X	
Grilled Albacore		X	
Oven Baked Salmon with Creamy Honey Mustard		X	
Oven Baked Salmon		X	
Creamy Honey Mustard Sauce		X	X
Scallion Ginger Miso Sauce	X	X	X
Chimichurri Sauce	X	X	X
Plum BBQ Sauce	X	X	X
Soups			
(Omit Focaccia Bread for Gluten Free Option)			
Chicken Vegetable		X	
Tomato Basil (Omit Croutons for GF)	X	X	X
Winter Squash	X	X	X
Cold Sides			
Tomato Mozzarella		X	X
Beet and Goat Cheese (Omit Goat Cheese for Vegan)	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
Hot Sides			
Rosemary Potato	X	X	
Mashed Potato		X	X
Macaroni and Cheese			X
Brussels Sprouts		X	
Harissa Cauliflower & Zucchini	X	X	
Brocolini	X	X	
Mixed Mushrooms	X	X	X
Kid's Meals			
Grilled Cheese Kid Meal			X
Macaroni and Cheese Kid Meal			X
Chicken Plate (Omit Focaccia)		X	
Steak Plate (Omit Focaccia)		X	
Pepperoni Pizza Kid Meal			
Cheese Pizza Kid Meal			X

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Menu Item	Vegan	Gluten Free	Vegetarian
Pizzette			
Margherita			X
Cheese			X
Portobello & Pesto			X
Other			
Chips	X		
Focaccia	X		
Replenisher			
Lemonade	X	X	X
Pomegranate, Cranberry, Ginger, Apple	X	X	X
Ginseng Mint Green Tea		X	X
Orange Carrot Ginger	X	X	
Super Green Replenisher	X	X	X
Coconut Passion Fruit	X	X	X
Pastry			
All Pastries contain Egg, all other ingredients are Vegetarian.			
Gluten Free Chocolate Chip Walnut Cookie		X	
Matcha Vanilla Cake	X	X	X
Almond Macaroon		X	
Coconut Macaroon		X	
Chocolate Flourless Cake		X	