

SANDWICHES

Assorted sandwich trays. Hand-carved on grilled rustic bread.
Sandwiches are served cut in half & served with chips.

SMALL *choice of any 5 sandwiches cut in half* $85
LARGE *choice of any 10 sandwiches cut in half* $170

Also available individually packaged with chips at the prices listed below:

TURKEY AVOCADO CLUB $18.50 • *1210 cal + 150 w/ chips*
herb-roasted turkey breast, avocado, duroc pork bacon, havarti cheese, crisp lettuce, organic tomato & chipotle aioli

GRILLED CAGE FREE CHICKEN $13.99 DF *690 cal + 150 w/ chips*
herb marinated chicken, slow roasted tomatoes & orange-basil aioli

GRILLED GRASS FED STEAK* $18.50 DF *760 cal + 150 w/ chips*
spice rubbed 100% grass-fed steak, slow roasted tomatoes & chimichurri aioli

CAGE FREE CHICKEN CLUB $17.99 • *1220 cal + 150 w/ chips*
herb marinated chicken, duroc pork bacon, organic tomato, pickled onion, harvest mix greens, garlic aioli & white cheddar cheese

GRILLED ORGANIC TOFU $13.99 V DF *590 cal + 150 w/ chips*
chili glazed grilled organic tofu, crisp lettuce, organic tomato, roasted red onions & gochujang chili sauce

BOXED MEALS

Ordering made easy with individually boxed meals.

your choice of sandwich, served with chips

GRILLED CAGE FREE CHICKEN $13.99 DF *690 cal + 150 w/ chips*
CAGE FREE CHICKEN CLUB $17.99 • *1220 cal + 150 w/ chips*
GRILLED GRASS FED STEAK* $18.50 DF *760 cal + 150 w/ chips*
TURKEY AVOCADO CLUB $18.50 • *1210 cal + 150 w/ chips*
GRILLED ORGANIC TOFU $13.99 V DF *590 cal + 150 w/ chips*

add a side salad +$3
HOUSE SALAD GF V DF *110 cal*
CAESAR SALAD • *140 cal*

add a cookie +$2
CHOCOLATE CHUNK • *480 cal*
URBAN COWGIRL DF *450 cal*
GLUTEN FREE CHOCOLATE GF *350 cal*



BRAISES

Served with mashed organic potatoes or yellow basmati rice.
Large *(serves 6)* • Individual *(serves 1)*

BEEF & MUSHROOM BRAISE GF DF *large $104.99 • individual $18.50 • 550-640 cal*
red wine marinated beef, slow cooked with red wine sauce, mushrooms, yellow onions, organic carrots, celery, garlic and fresh parsley

MOROCCAN CHICKEN BRAISE GF DF *large $94.99 • individual $16.99 • 570-660 cal*
cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, kalamata olives, turmeric, fresh ginger, spices and cilantro

VEGAN BOWLS

CHILI GLAZED GRILLED TOFU $14.99 GF V DF *640 cal*
grilled marinated organic tofu, organic red & white quinoa, seasonal green, topped with a sweet and spicy gochujang chili sauce and microgreens

BEETS + AVOCADO $14.50 GF V DF *720 cal*
organic red & white quinoa, organic beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso lemongrass dressing

SOUPS

TOMATO BASIL V DF
cup $5.99 • bowl $7.99 • 110-190 cal
organic tomatoes, coconut milk, vegan pesto, garlic croutons
request no croutons for GF

SEAFOOD CHOWDER
cup $5.99 • bowl $7.99 • 140-230 cal
creamy seafood chowder with shrimp, sea bass, duroc pork bacon, potatoes, onions, celery, carrots and fresh herbs

DESSERTS

Made-from-scratch by our pastry chefs each morning.

MANGO TART
whole $49 • slice $8.99 • 380 cal (per slice)

FLOURLESS CHOCOLATE CAKE GF
whole $49 • slice $8.99 • 700 cal (per slice)

CHOCOLATE VANILLA LAYER CAKE
whole $65 • slice $8.99 • 880 cal (per slice)

HUMMINGBIRD CAKE
whole $65 • slice $8.99 • 1100 cal (per slice)

APPLE PIE / PUMPKIN PIE
whole $26.99 • slice $7.99 • 470-880 cal (per slice)

CHOCOLATE CHUNK COOKIE $4.5 • *480 cal*
URBAN COWGIRL COOKIE $4.5 DF *450 cal*
GLUTEN FREE CHOCOLATE COOKIE $4.5 GF *350 cal*

12 PIECE BAKERY ASSORTMENT $49
4 chocolate chunk cookies, 4 cowgirl cookies, 4 gluten free chocolate cookies
350-480 cal (per cookie)

BEVERAGES

URBAN REPLENISHERS
1/2 gallon $19.99 • 400-1440 cal
- mango ginseng mint green tea
- dragon fruit & strawberry
- cranberry apple ginger
- organic lemonade
- pineapple coconut lime
- strawberry mango

ORGANIC ICED TEA
1/2 gallon $14.99 • 0 cal

BOTTLED ALKALINE WATER
$4 • *0 cal*

BOTTLED SPARKLING WATER
$4 • *0 cal*

ORDERING & SERVICEWARE

Order online at urbanplates.com for pick up or delivery. To speak with a catering consultant, email catering@urbanplates.com or call 1-800-652-4788. Orders are available for pick up or third-party delivery within a 10-mile radius ($25 fee). Based on availability, larger orders will be personally delivered by an Urban Plates manager.

All catering orders include: disposable plates, cutlery, napkins and serving utensils.
If you need help keeping things hot, we can also provide:

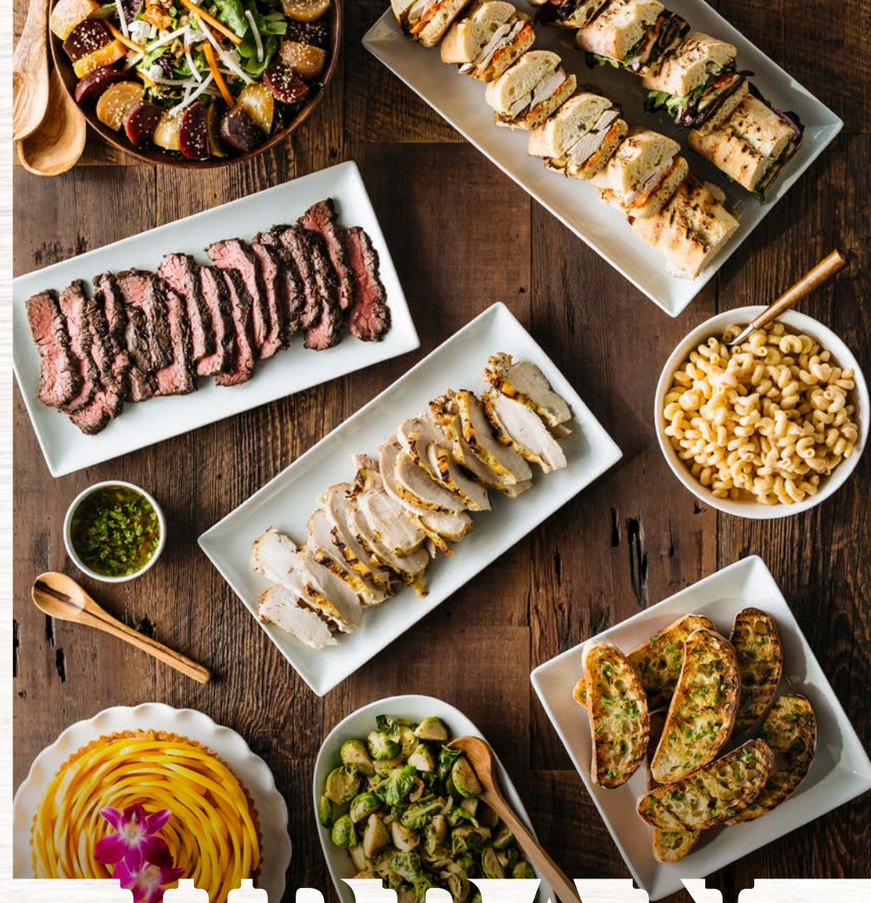
SET OF TWO 4-HOUR STERNO FUELS $4.5
DISPOSABLE WIRE CHAFING RACK W/ BASE PAN AND TWO 4-HOUR STERNO FUELS $9.5

**Items are served raw or undercooked, or contain or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

Prices and menu item availability subject to change. 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.

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URBAN PLATES

made from scratch

catering menu

made-from-scratch catering for office, home and social events.

urbanplates.com/catering
1.800.652.4788

scan to view allergen information





CATERING SALADS

Small *(serves 10)* • Large *(serves 20)*

CLASSIC HOUSE GF V DF
small $35 • large $55 • 1200-2000 cal
harvest mix greens, organic grape tomatoes, organic carrots, jicama, pickled red onions, preserved lemon vinaigrette

CARIBBEAN GF V DF
small $45 • large $72 • 1080-1800 cal
harvest mix greens, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

CHOPPED CAESAR
small $42 • large $65 • 1380-2300 cal
chopped romaine lettuce, organic grape tomatoes, fresh grated parmesan cheese, housemade garlic croutons, creamy caesar dressing

LOCAL MIXED BEET GF VEG
small $45 • large $72 • 1680-2800 cal
marinated organic yellow & red beets, harvest mix greens, roasted tomatoes, organic carrot, crisp jicama, raw walnuts, hemp seeds, goat cheese, preserved lemon vinaigrette

ADD EXTRA DRESSING *small $7.99 • large $11.99 • 720-2160 cal*

INDIVIDUAL SALADS

Individual salads *(serves 1)*

NICOISE SALAD
w. seared wild ahi tuna $18.99 • 740 cal*
w. grilled sustainable salmon $21.99 • 810 cal*
harvest mix greens, chopped romaine, organic egg, french green beans, marinated marble potatoes, organic grape tomatoes, kalamata olives, pickled onions, crispy capers, balsamic basil vinaigrette

THAI CHICKEN NOODLE *$18.50* DF *900 cal*
udon noodles tossed with green cabbage, harvest mix greens, mandarin oranges, roasted peanuts, pineapple mango salsa, carrots, red bell peppers, green onions, cilantro, pickled red onions, spicy peanut dressing, grilled cage-free chicken and gochujang chili sauce. served with leaves of romaine, thai basil and white sesame seeds

CHOPPED TURKEY *$19.50 • 750 cal*
chopped romaine, green cabbage and herb roasted turkey tossed with balsamic basil vinaigrette, organic grape tomatoes, diced cucumbers, pickled vegetables, duroc pork bacon, pepperoncini and fresh grated parmesan cheese. drizzled with balsamic glaze and topped with crispy quinoa and shoestring onions

CHOPPED CAESAR *$14.99 • 460 cal*
w. grilled cage-free chicken $18.50 • 630 cal
w. grilled sustainable salmon $20.99 • 760 cal*
chopped romaine lettuce, organic grape tomatoes, fresh grated parmesan cheese, housemade garlic croutons, creamy caesar dressing

CHICKEN COBB *$18.99* GF *690 cal*
harvest mix greens, grilled cage-free chicken, organic grape tomatoes, turkey bacon, avocado, organic egg, blue cheese, buttermilk dill dressing

GRILLED STEAK* *$20.99* GF DF *590 cal*
harvest mix greens, 100% grass-fed steak, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

CLASSIC HOUSE *$13.99* GF V DF *400 cal*
harvest mix greens, organic grape tomatoes, organic carrots, jicama, pickled red onions, preserved lemon vinaigrette

CARIBBEAN *$14.99* GF V DF *360 cal*
harvest mix greens, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

MEDITERRANEAN GRILLED CHICKEN *$19.50 • 840 cal*
chopped romaine, green cabbage, grilled cage-free chicken, marinated olives & feta cheese, organic grape tomatoes, diced cucumbers, red bell peppers, shaved fennel, pepperoncini, pickled red onions, crispy quinoa & capers, green goddess dressing

LOCAL MIXED BEET *$16.50* GF VEG *560 cal*
marinated organic yellow & red beets, harvest mix greens, roasted tomatoes, organic carrot, crisp jicama, raw walnuts, hemp seeds, goat cheese, preserved lemon vinaigrette





OUR FAMOUS PLATES

#1 CHOOSE PACKAGING

INDIVIDUALLY PACKAGED
includes 1 protein + 2 sides per person. Packaged individually (one person, one container)

GROUP TRAY PACKAGING
includes 1 protein + 2 sides per person. Packaged buffet style (in trays for buffet service)

#2 CHOOSE A PROTEIN

GRILLED GRASS FED STEAK* *$23.99* GF DF *250 cal*
our signature spice rubbed, 100% grass-fed steak, grilled medium rare and hand carved

CHIMICHURRI GRASS FED STEAK* *$24.99* GF DF *350 cal*
our signature 100% grass-fed steak grilled medium rare, served with our housemade chimichurri sauce

GRILLED SUSTAINABLE SALMON* *$23.99* GF DF *440 cal*
chargrilled certified sustainable salmon served with our housemade dijon honey sauce

SEARED WILD AHI TUNA* *$20.99* GF DF *380 cal*
tamari marinated MSC certified wild ahi tuna seared rare, served with wasabi and ponzu dipping sauce

GRILLED CAGE FREE CHICKEN *$18.99* GF DF *270 cal*
chargrilled, herb marinated cage-free, antibiotic & hormone free, never frozen chicken

CHILI GLAZED GRILLED ORGANIC TOFU *$16.50* GF V DF *240 cal*
grilled marinated organic tofu drizzled with a sweet and spicy gochujang chili sauce

#3 CHOOSE TWO SIDES

MASHED ORGANIC POTATOES GF VEG *350 cal*

HERB ROASTED MARBLE POTATOES GF V DF *120 cal*

ORGANIC RAINBOW CARROTS & GOLDEN BEETS GF V DF *170 cal*

MACARONI & CHEESE
w. garlic parm breadcrumbs VEG *360 cal*

BEET SALAD w. goat cheese GF VEG *130 cal*

ROASTED BRUSSELS SPROUTS
w. balsamic glaze GF V DF *260 cal*

ORGANIC RED & WHITE QUINOA
w. tomato pesto GF V DF *230 cal*

YELLOW BASMATI RICE GF V DF *220 cal*

GARLIC PARMESAN ROASTED MUSHROOMS *+$1* VEG *240 cal*

MUSHROOM STUFFING • *350 cal*

ADD EXTRA PROTEIN

50% MORE PROTEN Chicken + $5.99/plate • Steak*, Salmon* or Ahi* + $6.99/plate • 130-190 cal

PROTEINS & SIDES

A la carte grilled proteins and scratch-made sides. Calories shown are per person (pp).

PROTEIN TRAYS

Small *(serves 10)* • Large *(serves 20)*

GRILLED GRASS FED STEAK* GF DF *small $154.99 • large $309.99 • 250 cal pp*
our signature spice rubbed, 100% grass-fed steak, grilled medium rare and hand carved

CHIMICHURRI GRASS FED STEAK * GF DF *small $164.99 • large $329.99 • 350 cal pp*
our signature 100% grass-fed steak grilled medium rare, served with our housemade chimichurri sauce

GRILLED SUSTAINABLE SALMON* GF DF *small $154.99 • large $309.99 • 440 cal pp*
chargrilled certified sustainable salmon served with our housemade dijon honey sauce

SEARED WILD AHI TUNA* GF DF *small $124.99 • large $249.99 • 380 cal pp*
tamari marinated MSC certified wild ahi tuna seared rare, served with wasabi and ponzu dipping sauce

GRILLED CAGE FREE CHICKEN GF DF *small $104.99 • large $209.99 • 270 cal pp*
chargrilled, herb marinated cage-free, antibiotic & hormone free, never frozen chicken

CHILI GLAZED GRILLED ORGANIC TOFU GF V DF *small $79.99 • large $159.99 • 240 cal pp*
grilled marinated organic tofu drizzled with a sweet and spicy gochujang chili sauce

SIDE TRAYS

Small *(serves 10)* $42 • Large *(serves 20)* $84

MASHED ORGANIC POTATOES GF VEG *350 cal*

HERB ROASTED MARBLE POTATOES GF V DF *120 cal*

ORGANIC RAINBOW CARROTS & GOLDEN BEETS GF V DF *170 cal*

MACARONI & CHEESE
w. garlic parm breadcrumbs VEG *360 cal*

BEET SALAD w. goat cheese GF VEG *130 cal*

ROASTED BRUSSELS SPROUTS
w. balsamic glaze GF V DF *260 cal*

ORGANIC RED & WHITE QUINOA
w. tomato pesto GF V DF *230 cal*

YELLOW BASMATI RICE GF V DF *220 cal*

GARLIC PARMESAN ROASTED MUSHROOMS *+$1* VEG *240 cal*

MUSHROOM STUFFING • *350 cal*

EXTRAS

GRILLED RUSTIC BREAD V DF *$1.25 per piece • 150 cal*

SAUCES *small $7.99 • large $11.99*

CHIMICHURRI GF V DF
800-1200 cal

DIJON HONEY GF VEG DF
880-1320 cal

GRAVY GF
80-120 cal

DF DAIRY FREE GF GLUTEN FREE VEG VEGETARIAN V VEGAN