
beef &
mushroom braise


scratch-made
mango tart

BOWLS

Braises served with mashed potatoes or yellow basmati rice and grilled rustic bread *(150 cal)*. Make it GF when you request no bread.

BEEF & MUSHROOM BRAISE *$16.99* GF DF *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 *$15.50* GF DF *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

BEETS + AVOCADO BOWL *$13.50* GF V DF *720 cal*
organic red and white quinoa, organic beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso lemongrass dressing

WRAPS

Served with kettle chips *(150 cal)* and choice of dipping sauce *(50-210 cal)*.

CHICKEN CAESAR WRAP *$13.99*
| ***Crispy Chicken Tender*** *870 cal* • ***Buffalo Chicken Tender*** *910 cal*
| ***Grilled Cage-Free Chicken*** *850 cal*
chopped romaine lettuce, caesar dressing, organic grape tomatoes, housemade croutons, grated parmesan and garlicky cream cheese spread wrapped in a warm flour tortilla

KOREAN SWEET & SPICY CHICKEN WRAP *$13.99*
| ***Korean Sweet & Spicy Chicken Tender*** *830 cal*
| ***Korean Sweet & Spicy Grilled Chicken*** *860 cal*
green cabbage, sliced pickles, julienned carrots, chopped cilantro, jalapeno ranch and gochujang chili sauce wrapped in a warm flour tortilla

SOUPS

Served with grilled rustic bread *(150 cal)*. Make it GF when you request no bread.

TOMATO BASIL *cup $5.50 / bowl $7.50* V DF *110-190 cal*
organic tomatoes, coconut milk, vegan pesto, garlic croutons
GF without croutons or bread

new! **SEAFOOD CHOWDER** GF *cup $5.50 / bowl $7.50 • 140-230 cal*
creamy seafood chowder with shrimp, sea bass, duroc pork bacon, potatoes, onions, celery, carrots and fresh herbs

KIDS

Served with any side, grilled rustic bread *(150 cal)*, and choice of organic milk *(120 cal)* or apple juice *(40 cal)*.

MACARONI & CHEESE *$8.99* VEG *510-970 cal*
CRISPY JUMBO CHICKEN TENDERS *$10.99 • 440-800 cal*
GRILLED CAGE FREE CHICKEN *$10.99* DF *300-660 cal*
GRILLED GRASS FED STEAK* *$13.50* DF *290-650 cal*
GRILLED SUSTAINABLE SALMON* *$13.99* DF *380-740 cal*

DF DAIRY FREE GF GLUTEN FREE VEG VEGETARIAN V VEGAN

To offset the cost of CA mandated benefits, a 1.95% surcharge is added.

DESSERTS

Made-from-scratch daily by our pastry chefs.

CHOCOLATE CHUNK COOKIE one *$3.99* / three *$11* *• 480-1440 cal*
URBAN COWGIRL COOKIE one *$3.99* / three *$11* DF *450-1350 cal*
GF CHOCOLATE COOKIE one *$3.99* / three *$11* GF *350-1050 cal*
BANANA CREAM PIE *$7.99 • 670 cal*
new! **CHOCOLATE PEANUT BUTTER CREAM PIE** *$7.99 • 840 cal*
CHOCOLATE FLOURLESS CAKE slice *$8.99* GF *700 cal*
HUMMINGBIRD CAKE slice *$8.99 • 1100 cal*
CHOCOLATE VANILLA LAYER CAKE slice *$8.99 • 880 cal*
MANGO TART slice *$8.99 • 380 cal*
new! **APPLE PIE** slice *$7.99 • 880 cal*
new! **PUMPKIN PIE** slice *$7.99 • 470 cal*

BEVERAGES

BOTTLED ALKALINE WATER *$4 • 0 cal*
STUBBORN NATURAL SODA *$4.25 • 130-160 cal*
ORGANIC ICED TEA *$4.25 • 0 cal*
CAFE MOTO ORGANIC COFFEE *$3.50 • 0 cal*
CAFE MOTO HOT TEAS *$3.50 • 0 cal*
KOMBUCHA *$7 • 50 cal*
URBAN REPLENISHERS *$5.99 • 100-360 cal*
- mango ginseng mint green tea
- dragon fruit & strawberry
- cranberry apple ginger
- organic lemonade
- pineapple coconut lime
- strawberry mango

family meals to-go

choice of protein served with any two family sides and grilled rustic bread. serves 4. make it GF when you request no bread.

CRISPY CHICKEN TENDERS *$64.50 contains gluten*
690-1800 cal + 150 w/ bread (per person)

GRILLED CAGE FREE CHICKEN *$64.50* GF DF
410-1330 cal + 150 w/ bread (per person)

GRILLED GRASS FED STEAK* *$81.50* GF DF
390-1310 cal + 150 w/ bread (per person)

CHIMICHURRI GRASS FED STEAK* *$83.99* GF DF
490-1410 cal + 150 w/ bread (per person)

GRILLED SUSTAINABLE SALMON* *$81.50* GF DF
470-1390 cal + 150 w/ bread (per person)

BLACKENED SUSTAINABLE SALMON* *$81.50* GF
630-1550 cal + 150 w/ bread (per person)

ROASTED BARRAMUNDI SEABASS *$77.50* GF
590-1510 cal + 150 w/ bread (per person)

SEARED WILD AHI TUNA* *$74.99* GF DF
520-1440 cal + 150 w/ bread (per person)

add a **HOUSE** GF V DF *or* **CAESAR SALAD** *+$10 • 400-460 cal*

*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.

Menu prices vary by location. Prices shown are for dine-in and takeout orders. Prices for delivery orders are generally higher. Prices and menu items subject to change and availability. 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. SC 11.11.26

PLATE PASS

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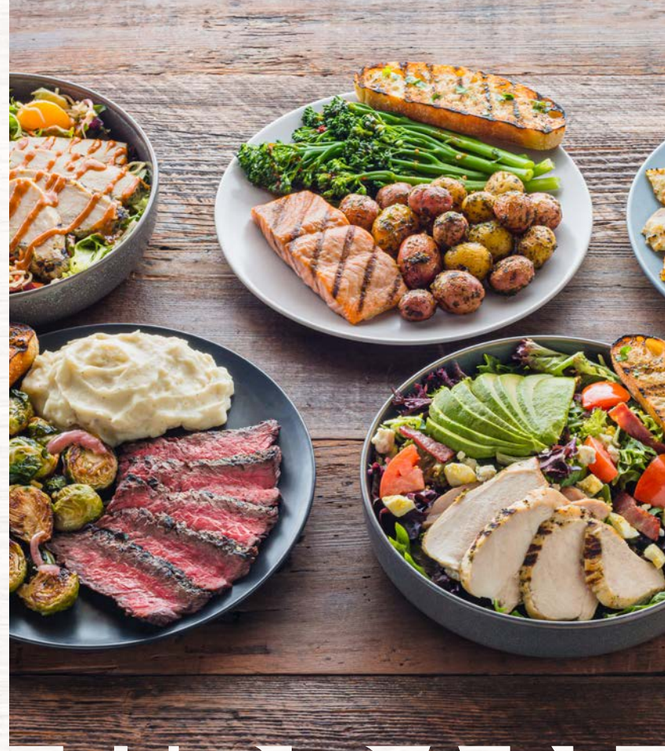


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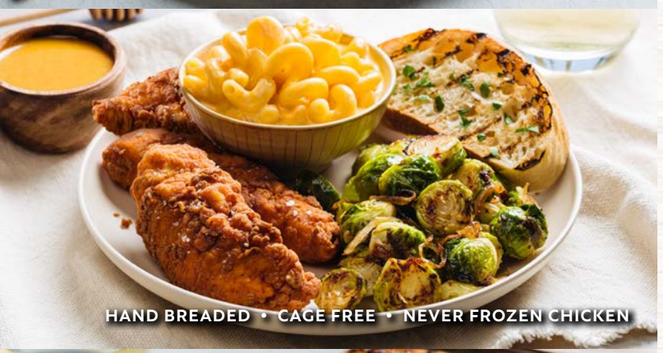
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PLATES & SIDES

Served with any two sides and grilled rustic bread *(150 cal)*.
Make it GF when you request no bread.

#1 CHOOSE A PLATE

GRILLED GRASS FED STEAK* $22.99 GF DF *250 cal*

CHIMICHURRI GRASS FED STEAK* $23.99 GF DF *350 cal*

new!* BLUE CHEESE GRASS FED STEAK $23.99 GF *430 cal*

new!* STEAK FRITES *w. peppercorn sauce* $20.50 • *990 cal*
grilled grass-fed steak with peppercorn sauce, minced chives & pink peppercorns. served with french fries only

GRILLED CAGE FREE CHICKEN $17.99 GF DF *270 cal*

KOREAN SWEET & SPICY GRILLED CHICKEN $18.99 GF DF *370 cal*

SUSTAINABLE SALMON*
GRILLED *w. dijon honey* $22.50 GF DF *440 cal*
BLACKENED *w. lemon hollandaise* $22.50 GF *680 cal*

KOREAN SWEET & SPICY GRILLED SALMON* $22.50 GF DF *400 cal*

BARRAMUNDI SEABASS *w. lemon hollandaise* $20.50 GF *480 cal*

SEARED WILD AHI TUNA* *w. ponzu & wasabi* $19.50 GF DF *380 cal*

GARLIC PARMESAN SHRIMP $18.50 GF *330 cal*

SURF & TURF *grilled steak* & garlic shrimp* $27.99 GF *580 cal*

SIDES PLATE
choose 4 sides $15.50 • *280-2120 cal* | *choose 3 sides* $13.50 • *210-1590 cal*

GRILLED ORGANIC TOFU *w. chili glaze* $15.50 GF V DF *240 cal*

CRISPY JUMBO CHICKEN TENDERS
3 TENDERS $18.50 *550 cal* • **2 TENDERS** $15.50 *370 cal*
GET YOUR TENDERS TOSSED FOR +$1
BUFFALO *430-650 cal* **SPICY TERIYAKI** *420-620 cal*
KOREAN SWEET & SPICY *430-640 cal*

#2 SAUCE IT +$1 each

CHIMICHURRI GF V DF *100 cal*
DIJON HONEY GF VEG DF *110 cal*
BUFFALO GF V DF *60 cal*
PEPPERCORN *50 cal*
KOREAN SWEET & SPICY GF VEG DF *60 cal*
SPICY TERIYAKI V DF *50 cal*
TRUFFLE AIOLI GF VEG DF *210 cal*
LEMON HOLLANDAISE GF VEG *190 cal*
BLUE CHEESE GF VEG *80 cal*

#3 CHOOSE TWO SIDES

VEGETABLES

SEASONAL GREEN GF VEG *50-170 cal*
ORGANIC CARROTS & BEETS GF V DF *170 cal*
ROASTED BRUSSELS SPROUTS GF V DF *260 cal*
***new!* GARLIC PARMESAN ROASTED MUSHROOMS** *+$1* VEG *240 cal*
BEET SALAD *w. goat cheese* GF VEG *130 cal*

STARCHES

***new!* MUSHROOM STUFFING** *350 cal*
MASHED ORGANIC POTATOES GF VEG *350 cal*
HERB ROASTED MARBLE POTATOES GF V DF *120 cal*
FRENCH FRIES *w. herb seasoning* • *430 cal*
TRUFFLE PARMESAN FRIES *+$2* • *530 cal*
MACARONI & CHEESE *w. garlic parm breadcrumbs* VEG *360 cal*

GRAINS & SALADS

ORGANIC RED & WHITE QUINOA GF V DF *230 cal*
YELLOW BASMATI RICE GF V DF *220 cal*
SIDE HOUSE SALAD *+$0.50* GF V DF *110 cal*
SIDE CAESAR SALAD *+$0.50* • *140 cal*

To offset the cost of CA mandated benefits, a 1.95% surcharge is added.



SALADS

Hand-tossed entree salads with scratch-made dressing and grilled rustic bread *(150 cal)*. Make it GF when you request no bread.

SOUP & SALAD COMBO $9.99 • *220-280 cal*
choice of soup cup (tomato basil or seafood chowder) and side salad (house or caesar)

GRILLED CHICKEN COBB $17.50 GF *690 cal*
harvest mix greens, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic grape tomatoes, crispy turkey bacon, avocado, organic egg, blue cheese, buttermilk dill dressing

NICOISE SALAD
with seared wild ahi tuna* $17.50 • *740 cal*
with grilled sustainable salmon* $20.50 • *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

***new!* CHOPPED TURKEY** $17.99 • *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

***new!* MEDITERRANEAN GRILLED CHICKEN** $17.99 • *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

THAI CHICKEN NOODLE $16.99 DF *900 cal*
udon noodles tossed with green cabbage, harvest mix greens, mandarin oranges, roasted peanuts, pineapple mango salsa, julienned carrots, red bell peppers, green onions, chopped 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 CAESAR $13.50 • *460 cal*
with grilled cage-free chicken $16.99 • *630 cal*
with grilled sustainable salmon* $19.50 • *760 cal*
chopped romaine lettuce, organic grape tomatoes, fresh grated parmesan cheese, housemade garlic croutons, creamy caesar dressing

CLASSIC HOUSE $13.50 GF V DF *400 cal*
harvest mix greens, organic grape tomatoes, organic carrots, jicama, pickled red onions, preserved lemon vinaigrette

LOCAL MIXED BEET $15.50 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

GRILLED STEAK* $19.50 GF DF *590 cal*
harvest mix greens, 100% grass-fed steak, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

Add a cup of soup *+$4.5 • 110-140 cal*

Add Proteins
grilled grass fed steak* $10.99 *250 cal* • grilled cage free chicken $9.5 *270 cal*
seared wild ahi* $9.99 *380 cal* • crispy jumbo chicken tender $5.5 *180 cal*
garlic shrimp $6.99 *330 cal* • grilled sustainable salmon* $10.99 *330 cal*
chili glazed grilled organic tofu $5.99 *240 cal*

SANDWICHES

Chef-crafted sandwiches. Sub gluten free bread *(420 cal)* +$1.5

GRILLED CAGE FREE CHICKEN $12.99 DF *690 cal + 150 w/ chips*
herb marinated cage-free chicken, slow roasted tomatoes and orange-basil aioli on grilled rustic bread. served with chips

CAGE FREE CHICKEN CLUB $16.50 • *1220 cal + 150 w/ chips*
grilled cage-free chicken, duroc pork bacon, organic tomato, pickled onion, harvest mix greens, garlic aioli and white cheddar cheese on grilled rustic bread. served with chips

TURKEY AVOCADO CLUB $16.99 • *1210 cal + 150 w/ chips*
hand carved herb-roasted turkey breast, avocado, duroc pork bacon, havarti cheese, crisp lettuce, organic tomato, chipotle aioli, on grilled rustic bread. served with chips

GRILLED GRASS FED STEAK* $16.99 DF *760 cal + 150 w/ chips*
hand carved 100% grass-fed steak, slow roasted tomatoes and chimichurri aioli on grilled rustic bread. served with chips

***new!* GRILLED ORGANIC TOFU** $12.99 V DF *590 cal + 150 w/ chips*
chili glazed grilled organic tofu, crisp lettuce, organic tomato, roasted red onions and gochujang chili sauce on grilled rustic bread. served with chips.

CRISPY CHICKEN SANDWICH + FRIES $13.50 • *750 cal + 430 w/ fries*
two crispy jumbo, hand breaded cage-free chicken tenders on a toasted bun with roasted garlic aioli and pickles. served with herb seasoned fries

BUFFALO CHICKEN SANDWICH + FRIES $13.99 • *870 cal + 430 w/ fries*
two crispy jumbo chicken tenders tossed in buffalo sauce on a toasted bun with roasted garlic aioli and pickles. served with herb seasoned fries

HALF SANDWICH COMBOS
with soup or side salad *(110-140 cal)* and grilled rustic bread *(150 cal)*
Grilled Cage Free Chicken $10.99 DF *360 cal*
Grilled Organic Tofu $10.99 V DF *300 cal*
Grilled Grass Fed Steak* $11.99 DF *380 cal*
Turkey Avocado Club $11.99 • *600 cal*

Add a cup of soup *+$4.5 • 110-140 cal* ***Add a side*** *+$4.5-$6.5 • 70-530 cal*

BURGERS

Made with 100% grass-fed beef. Served with herb seasoned fries.

CLASSIC CHEESEBURGER* + FRIES
chargrilled, 100% grass-fed beef, hand sliced american cheese, organic tomato, onion, pickles and housemade thousand island on a toasted bun
Single $13.50 • *570 cal + 430 w/ fries*
Double $15.99 • *850 cal + 430 w/ fries*

BACON CHEESEBURGER* + FRIES
Single $14.99 • *860 cal + 430 w/ fries*
Double $17.99 • *1140 cal + 430 w/ fries*

AVOCADO CHEESEBURGER* + FRIES
Single $15.50 • *620 cal + 430 w/ fries*
Double $18.50 • *900 cal + 430 w/ fries*

URBAN PLATES
100% GRASS FED BEEF
··· YUM ···

***new!* BLUE CHEESE BURGER* + FRIES**
chargrilled, 100% grass-fed beef, blue cheese crumbles, organic tomato, onion, pickles and roasted garlic aioli on a toasted bun
Single $14.50 • *630 cal + 430 w/ fries*
Double $17.50 • *820 cal + 430 w/ fries*

