



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** \$16.95 **GF** **DF** 550-640 cal  
seasoned natural beef, slow cooked with red wine sauce, whole mushrooms, yellow onions, organic carrots, celery, garlic and fresh parsley

**MOROCCAN CHICKEN BRAISE** \$14.95 **GF** **DF** 570-660 cal  
cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, marinated olives, turmeric, fresh ginger, spices and cilantro

**BEETS + AVOCADO BOWL** \$12.95 **GF** **V** **DF** 720 cal  
organic red and white quinoa, roasted organic beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso lemongrass dressing

**MEDITERRANEAN CHICKEN BOWL** \$14.95 • 960 cal  
chargrilled cage-free chicken marinated in mediterranean spices & drizzled with lemon sour cream. served with yellow basmati rice, red onion & mint salad, cucumber tzatziki, pepperoncini, housemade hummus and sumac spiced crispy pita chips

## SOUPS

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

**TOMATO BASIL** cup \$5.25 / bowl \$7.25 **V** **DF** 110-190 cal  
organic tomatoes, coconut milk, vegan pesto, garlic croutons **GF** without croutons or bread

**new! SEAFOOD CHOWDER** cup \$5.25 / bowl \$7.25 • 140-230 cal **GF**  
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** \$8.50 **VEG** 560-920 cal

**CRISPY JUMBO CHICKEN TENDERS** \$10.50 • 440-800 cal

**GRILLED CAGE FREE CHICKEN** \$10.50 **DF** 300-660 cal

**GRILLED GRASS FED STEAK\*** \$11.50 **DF** 290-650 cal

**GRILLED SUSTAINABLE SALMON\*** \$13.50 **DF** 380-740 cal

## DESSERTS

Made-from-scratch daily by our pastry chefs.

**CHOCOLATE CHUNK COOKIE** one \$4.25 / three \$11 • 480-1440 cal

**URBAN COWGIRL COOKIE** one \$4.25 / three \$11 **DF** 450-1350 cal

**GF CHOCOLATE COOKIE** one \$4.25 / three \$11 **GF** 350-1050 cal

**BANANA CREAM PIE** \$7.25 • 670 cal

**CHOCOLATE FLOURLESS CAKE** slice \$8.25 **GF** 700 cal

**HUMMINGBIRD CAKE** slice \$8.25 • 1100 cal

**CHOCOLATE VANILLA LAYER CAKE** slice \$8.25 • 880 cal

**MANGO TART** slice \$8.25 • 380 cal

**new! APPLE PIE** slice \$6.95 • 880 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** \$5.50 • 170-360 cal

organic lemonade, dragon fruit & strawberry, pineapple coconut lime, cranberry apple ginger

## 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** \$62.95 contains gluten  
690-1800 cal + 150 w/ bread (per person)

**GRILLED CAGE FREE CHICKEN** \$62.95 **GF** **DF**  
410-1330 cal + 150 w/ bread (per person)

**GRILLED GRASS FED STEAK\*** \$77.50 **GF** **DF**  
390-1310 cal + 150 w/ bread (per person)

**CHIMICHURRI GRASS FED STEAK\*** \$79.95 **GF** **DF**  
490-1410 cal + 150 w/ bread (per person)

**GRILLED SUSTAINABLE SALMON\*** \$77.50 **GF** **DF**  
470-1390 cal + 150 w/ bread (per person)

**BLACKENED SUSTAINABLE SALMON\*** \$79.95 **GF**  
630-1550 cal + 150 w/ bread (per person)

**ROASTED BARRAMUNDI SEABASS** \$75.50 **GF**  
590-1510 cal + 150 w/ bread (per person)

**SEARED WILD AHI TUNA\*** \$73.50 **GF** **DF**  
520-1440 cal + 150 w/ bread (per person)

add a **FAMILY 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 11.12.25

## CATERING & GROUP ORDERING

Made-from-scratch favorites for office, home and special events. Minimum order of 10 or more. Add in increments of one.

### #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\*** **GF** **DF** 250 cal

**CHIMICHURRI GRASS FED STEAK\*** **GF** **DF** 350 cal

**GRILLED SUSTAINABLE SALMON\*** **GF** **DF** 330 cal

**SEARED WILD AHI TUNA\*** **GF** **DF** 380 cal

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

**CHILI GLAZED GRILLED ORGANIC TOFU** **GF** **V** **DF** 240 cal

### #3 CHOOSE TWO SIDES

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

**BALSAMIC ROASTED BRUSSELS SPROUTS** **GF** **V** **DF** 260 cal

**ORGANIC RED & WHITE QUINOA** **GF** **V** **DF** 230 cal

**GARLIC PARMESAN ROASTED MUSHROOMS** **VEG** 240 cal

**YELLOW BASMATI RICE** **GF** **V** **DF** 220 cal

**HERB ROASTED MARBLE POTATOES** **GF** **V** **DF** 120 cal

**MASHED ORGANIC POTATOES** **GF** **VEG** 350 cal

**MACARONI & CHEESE** **VEG** 370 cal

**BEET SALAD W. GOAT CHEESE** **GF** **VEG** 130 cal

## LARGE SALADS

Small size catering salads serve 10. Large size catering salads serve 20. Salads are served in large plastic bowls.

**CLASSIC HOUSE** small or large **GF** **V** **DF** 1200-2000 cal

**CHOPPED CAESAR** small or large • 1710-2850 cal

**LOCAL MIXED BEET** small or large **GF** **VEG** 1680-2800 cal

**URBAN SUPERFOOD** small or large **GF** **VEG** 2670-4450 cal

## SANDWICH TRAYS

Sandwiches are served cut in half and come with chips.

**SMALL** serves 5 • **LARGE** serves 10

**TURKEY AVOCADO CLUB** • 1210 cal + 150 w/ chips

**GRILLED CAGE FREE CHICKEN** **DF** 690 cal + 150 w/ chips

**GRILLED GRASS FED STEAK\*** **DF** 760 cal + 150 w/ chips

**GRILLED PORTOBELLO MUSHROOM** **V** **DF** 600 cal + 150 w/ chips

**GRILLED CAGE FREE CHICKEN CLUB** • 1220 cal + 150 w/ chips

## BOXED MEALS

Ordering made easy with individually boxed meals.

**CHOICE OF SANDWICH, SERVED WITH CHIPS**

option to add a side salad

option to add a cookie



## ORDERING

Order online at [urbanplates.com](https://urbanplates.com)

To speak with a catering consultant:

email [catering@urbanplates.com](mailto:catering@urbanplates.com) or call 1-800-652-4788



# URBAN PLATES

made from scratch

everyone deserves  
to eat this good

we're changing the way the world eats  
by making craveable, wholesome and  
clean food accessible to all

urbanplates.com

**DF** DAIRY FREE **GF** GLUTEN FREE **VEG** VEGETARIAN **V** VEGAN

To offset the cost of CA mandated benefits,  
a 3% surcharge is added.





100% GRASS FED STEAK • MARINATED 12 HOURS



HERB MARINATED • ANTIBIOTIC & HORMONE FREE CHICKEN



HAND BREADED • CAGE FREE • NEVER FROZEN CHICKEN




ASC CERTIFIED SUSTAINABLE • CHARGRILLED SALMON



GRILLED GRASS FED STEAK • GARLIC PARMESAN SHRIMP

## PLATES & SIDES

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



### #1 CHOOSE A PLATE

**GRILLED GRASS FED STEAK\*** \$20.95   250 cal

**CHIMICHURRI GRASS FED STEAK\*** \$21.95   350 cal



**GRILLED CAGE FREE CHICKEN** \$17.95   270 cal

**SUSTAINABLE SALMON\***


**GRILLED** w. dijon honey \$20.95   440 cal

**BLACKENED** w. lemon hollandaise \$21.95  680 cal

**BARRAMUNDI SEABASS** w. lemon hollandaise \$19.95  480 cal




**SEARED WILD AHI TUNA\*** w. ponzu & wasabi \$18.95   380 cal

**GARLIC SHRIMP** w. parmesan butter \$16.95  330 cal

**SURF & TURF** grilled steak\* & garlic shrimp \$25.95  580 cal

**VEGETARIAN PLATE**

choose 4 sides \$14.95 • 280-2120 cal | choose 3 sides \$12.95 • 210-1590 cal

**GRILLED ORGANIC TOFU** w. chili glaze \$14.95    240 cal

**CRISPY JUMBO CHICKEN TENDERS**

**3 TENDERS** \$17.95 550 cal • **2 TENDERS** \$14.95 370 cal

**GET YOUR TENDERS TOSSED FOR +\$1**

**NASHVILLE HOT** 490-740 cal

**BUFFALO** 430-650 cal

**SPICY TERIYAKI** 420-620 cal

### #2 SAUCE IT <sup>+\$1 each</sup>

**CHIMICHURRI**    100 cal

**TZATZIKI**   25 cal

**BUFFALO**    60 cal

**BLUE CHEESE**   80 cal

**SPICY TERIYAKI**   50 cal

**TRUFFLE AIOLI**    210 cal

**DIJON HONEY**    110 cal

**LEMON HOLLANDAISE**   190 cal

### #3 CHOOSE TWO SIDES



**VEGETABLES**

**SEASONAL GREEN**    70 cal

**ORGANIC CARROTS & BEETS**    170 cal

**ROASTED BRUSSELS SPROUTS**    260 cal

**GARLIC PARMESAN ROASTED MUSHROOMS** <sup>+\$1</sup>  240 cal

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

**STARCHES**

**MASHED ORGANIC POTATOES**   350 cal

**HERB ROASTED MARBLE POTATOES**    120 cal

**FRENCH FRIES** w. herb seasoning • 430 cal

**TRUFFLE PARMESAN FRIES** <sup>+\$2</sup> • 530 cal

**MACARONI & CHEESE**  370 cal

**HUMMUS & PITA CHIPS** <sup>+\$1</sup> • 430 cal

**new! MUSHROOM STUFFING** • 350 cal

**GRAINS & SALADS**

**ORGANIC RED & WHITE QUINOA**    230 cal

**YELLOW BASMATI RICE**    220 cal

**SIDE HOUSE SALAD**    110 cal


**SIDE CAESAR SALAD** • 140 cal

To offset the cost of CA mandated benefits,  
a 3% surcharge is added.



chicken  
cobb salad

## SALADS



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

**SOUP & SALAD COMBO** \$9.50 • 220-280 cal

choice of soup cup (tomato basil or seafood chowder)  
and side salad (house or caesar)

**GRILLED CHICKEN COBB** \$16.95  690 cal

organic artisan lettuce, grilled cage-free, antibiotic & hormone free,  
never frozen chicken, organic grape tomatoes, crispy turkey bacon,  
avocado, organic egg, blue cheese, buttermilk dill dressing

**WILD AHI NICOISE\*** \$16.95   850 cal

organic artisan lettuce, tamari marinated and seared wild ahi tuna,  
green beans, organic egg, organic grape tomatoes, potatoes, capers,  
marinated olives, mustard-champagne vinaigrette

**CHOPPED TURKEY** \$16.95 • 750 cal

chopped romaine and red gem lettuce, 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 fried onions

**THAI CHICKEN NOODLE** \$16.95  900 cal




udon noodles tossed with green cabbage, arugula, 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** \$12.95 • 460 cal

leaves of romaine, red gem lettuce, organic grape tomatoes,  
fresh grated parmesan cheese, roasted garlic croutons,  
creamy caesar dressing

**with grilled cage-free chicken** \$16.95 • 630 cal

**with grilled sustainable salmon\*** \$18.95 • 760 cal

**CLASSIC HOUSE** \$12.95    400 cal



organic artisan lettuce, organic grape tomatoes, organic carrots,  
jicama, pickled red onions, preserved lemon vinaigrette

**URBAN SUPERFOOD** \$12.95   890 cal

organic artisan lettuce, organic baby kale, spiced chickpeas, super  
seed crisps, mandarin oranges, pickled red onions, raw walnuts, blue  
cheese, dried cranberries, mint, blueberry champagne vinaigrette

**LOCAL MIXED BEET** \$14.95   560 cal

marinated organic yellow & red beets, arugula, organic artisan lettuce,  
roasted tomatoes, organic carrot, crisp jicama, raw walnuts,  
hemp seeds, goat cheese, preserved lemon vinaigrette

**GRILLED STEAK\*** \$18.95   590 cal

organic artisan lettuce, 100% grass-fed steak, pineapple mango salsa,  
jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

**Add a cup of soup** <sup>+\$3.95</sup> • 110-140 cal

**Add Proteins**

grilled grass fed steak\* \$10.5 250 cal • grilled cage free chicken \$9.25 270 cal


seared wild ahi\* \$9.5 380 cal • crispy jumbo chicken tender \$5.25 180 cal

garlic shrimp \$5.5 330 cal • grilled sustainable salmon\* \$10.5 330 cal

chili glazed grilled organic tofu \$5.5 240 cal

## SANDWICHES

Chef-crafted sandwiches. Sub gluten free bread (420 cal) <sup>+\$1.5</sup>


**GRILLED CAGE FREE CHICKEN** \$12.50  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** \$15.95 • 1220 cal + 150 w/ chips

grilled cage-free chicken, duroc pork bacon, organic tomato, pickled  
onion, artisan lettuce, garlic aioli and white cheddar cheese on grilled  
rustic bread. served with chips

**TURKEY AVOCADO CLUB** \$16.50 • 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\*** \$15.95  760 cal + 150 w/ chips

hand carved 100% grass-fed steak, slow roasted tomatoes and  
chimichurri aioli on grilled rustic bread. served with chips

**BLUE CHEESE STEAK\*** \$16.95 • 910 cal + 150 w/ chips

100% grass-fed steak topped with blue cheese sauce, with slow roasted  
tomatoes & chimichurri aioli on grilled rustic bread. served with chips

**GRILLED PORTOBELLO MUSHROOM** \$13.50   600 cal + 150 w/ chips

marinated & grilled portobello mushroom, pesto hummus, roasted red  
onions, grilled zucchini, julienne red bell peppers and arugula on grilled  
rustic bread. served with chips

**CRISPY CHICKEN SANDWICH + FRIES** \$12.75 • 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  
**Get your tenders tossed for +\$0.75**

**GRASS FED CHEESEBURGER\* + FRIES**

chargrilled, 100% grass-fed beef, hand sliced american cheese, organic  
tomato, onion, pickles and housemade thousand island on a toasted  
bun. served with herb seasoned fries

**Single** \$12.75 • 570 cal + 430 w/ fries

**Double** \$15.95 • 850 cal + 430 w/ fries

**HALF SANDWICH COMBOS**

with choice of soup or side salad & grilled rustic bread (150 cal)

**Grilled Chicken**  or **Portobello Mushroom**   \$10.50 • 600-680 cal

**Grilled Steak\***  or **Turkey Avocado Club** \$11.50 • 630-920 cal

**Add a cup of soup** <sup>+\$3.95</sup> • 110-140 cal **Add a side** <sup>+\$3.95-\$5.95</sup> • 70-530 cal

## WRAPS

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

**CAESAR WRAP**

chopped romaine and red gem lettuce, caesar dressing, organic  
grape tomatoes, rustic croutons, fresh grated parmesan, garlicky  
cream cheese spread, and choice of protein wrapped in a toasted  
lavash flatbread.

**with crispy chicken tender** \$13.25 • 940 cal

**with buffalo chicken tender** \$13.25 • 970 cal

**with grilled cage-free chicken** \$13.25 • 910 cal

**with grilled grass-fed steak\*** \$15.50 • 920 cal

**Add a cup of soup** <sup>+\$3.95</sup> • 110-140 cal **Add a side** <sup>+\$3.95-\$5.95</sup> • 70-530 cal



caesar wrap  
w. crispy chicken tender