

URBAN PLATES NUTRITION FACTS FOR MENU ITEMS

Urban Plates provides a nutritional analysis of menu items to assist you in balancing your meal choices. Our goal is to provide you with information to make sensible dining decisions. Consumption of 2,000 calories per day is generally used as the basis for nutritional advice although individual calorie needs may vary significantly. Please note that nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes or variation in portion sizes. Not all items are served all year or in all locations. We may update this chart from time to time.

5.1.25																
Nutrition Facts	Cooked Serving Portion Protein	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Plates: Proteins & Bread																
Grilled Chicken (without skin)	5 oz	230	80	9g	3g	0g	180mg	840mg	0g	0g	0g	35g	10%	8%	8%	15%
Gochujang Chili Grilled Tofu (Tofu only)	5 oz	240	60	6g	1g	0g	0mg	840mg	27g	3g	21g	16g	0%	0%	15%	15%
Grilled Steak	4.5 oz	250	110	11g	5g	0g	100mg	360mg	0g	0g	1g	37g	0%	0%	2%	25%
Grilled Chicken	5 oz	270	140	16g	5g	0g	190mg	690mg	0g	0g	2g	32g	10%	8%	8%	10%
Grilled Chicken Tzatziki	5 oz	320	160	18	6g	0g	195mg	980mg	3g	0g	4g	36g	0%	0%	10%	15%
Garlic Shrimp Skewer with Parmesan Butter	1 skewer	330	240	27g	12g	0g	195mg	1650mg	2g	0g	0g	21g	0%	0%	10%	4%
Grilled Salmon	5.25 oz	330	180	20g	4g	0g	110mg	160mg	0g	0g	0g	37g	4%	50%	4%	8%
Crispy Chicken Tenders 2 Piece	2 Tenders	370	110	13g	2.5g	0g	180mg	970mg	19g	1g	3g	45g	0%	0%	6%	0%
Tamari Seared Wild Ahi Tuna	6 oz	380	190	22g	2g	0g	65mg	1110mg	0g	0g	0g	42g	0%	0%	0%	8%
Grilled Barramundi Sea Bass with Hollandaise	5.25 oz	390	240	28g	14g	0g	155mg	370mg	0g	0g	0g	32g	30%	0%	0%	4%
Crispy Chicken Tenders Teriyaki 2 Piece	2 Tenders	420	120	13g	2.5g	0g	180mg	1490mg	28g	1g	11g	45g	0%	0%	6%	0%
Crispy Chicken Tenders Buffalo 2 Piece	2 Tenders	430	180	20g	3.5g	0g	180mg	1830mg	19g	1g	3g	45g	0%	0%	6%	0%
Crispy Chicken Tenders BBQ 2 Piece	2 Tenders	430	120	13g	2.5g	0g	180mg	1290mg	33g	1g	15g	45g	0%	0%	6%	0%
Crispy Chicken Tenders Nashville Hot 2 Piece	2 Tenders	490	190	21g	4g	0g	180g	1660mg	29g	2g	11g	45g	0%	0%	6%	0%
Blackened Salmon	5.25 oz	490	320	36g	6g	0g	110mg	1410mg	3g	1g	0g	38g	0%	0%	10%	0%
Crispy Chicken Tenders 3 Piece	3 Tenders	550	170	19g	3.5g	0g	270mg	1450mg	28g	2g	5g	67g	0%	0%	6%	0%
Crispy Chicken Tenders Teriyaki 3 Piece	3 Tenders	620	180	20g	3.5g	0g	270mg	2230mg	43g	2g	17g	67g	0%	0%	8%	0%
Crispy Chicken Tenders Buffalo 3 Piece	3 Tenders	650	270	29g	5g	0g	270mg	2740mg	29g	2g	5g	67g	0%	0%	8%	0%
Crispy Chicken Tenders BBQ 3 Piece	3 Tenders	650	180	20g	3.5g	0g	270mg	1930mg	49g	2g	23g	68g	0%	0%	8%	0%
Crispy Chicken Tenders Nashville Hot 3 Piece	3 Tenders	740	280	32g	6g	0g	270mg	2490mg	43	3g	16g	68g	0%	0%	10%	4%
BBQ Pork Ribs	Half Rack	990	630	70g	21g	0g	215mg	2590mg	42g	3g	33g	44g	0%	0%	8%	25%
Crispy Chicken Tenders 6 Piece	6 Tenders	1100	340	38g	7g	0.5g	540mg	2900mg	56g	3g	9g	134g	0%	0%	30%	0%
Nashville Hot Chicken Tenders 6 Piece	6 Tenders	1480	570	63g	12g	0.5g	540mg	4980g	86g	6g	33g	136g	0%	0%	20%	8%
Rustic Bread Slice - No Oil	1 Slice	130	15	2g	0g	0g	0mg	330mg	24g	< 1g	0g	4g	2%	0%	6%	2%
Rustic Bread Slice - With Oil	1 Slice	150	30	4g	0.5g	0g	0mg	330mg	24g	< 1g	0g	4g	2%	0%	6%	2%
Urban Greens Salads (with 1.75 ounces of Dressing & without bread)																
Caribbean Salad	1 Salad	360	240	28g	4g	0g	0mg	390mg	27g	5g	15g	6g	780%	50%	4%	15%
Entrée House Salad	1 Salad	400	220	25g	2g	0g	0mg	870mg	47g	6g	31g	3g	330%	60%	10%	8%
Entrée Caesar Salad	1 Salad	460	350	40g	7g	0g	60mg	990mg	18g	3g	4g	11g	220%	130%	40%	15%
Local Mixed Beet Salad	1 Salad	560	370	42g	6g	0g	10mg	1590mg	47g	10g	28g	11g	210%	60%	20%	20%
Grilled Steak Salad	1 Salad	590	330	38g	8g	0g	90mg	710mg	30g	5g	20g	39g	160%	90%	8%	40%
Urban Grilled Chicken Salad	1 Salad	620	340	39g	6g	0g	155mg	1450mg	46g	6g	32g	28g	350%	70%	20%	20%
Chicken Caesar	1 Salad	630	370	41g	7g	0g	170mg	1590mg	20g	3g	4g	44g	230%	130%	45%	25%
Chicken Cobb Salad	1 Salad	690	440	50g	11g	0g	355mg	1260mg	14g	6g	5g	49g	160%	45%	20%	20%
Salmon Caesar	1 Salad	760	500	57g	10g	0g	175mg	1150mg	16g	3g	3g	48g	230%	180%	45%	25%
Grilled Wild Ahi Nicoise	1 Salad	850	570	64g	7g	0g	225mg	2100mg	18g	4g	6g	51g	960%	25%	6%	25%
Asian Chicken Noodle Salad	1 Salad	860	380	44g	9g	0g	85mg	1690mg	86g	8g	39g	37g	73%	80%	15%	25%
Urban Superfood Salad	1 Salad	890	528	58g	9g	0g	15mg	850mg	83g	14g	52g	19g	35%	30%	25%	25%
House Made Dressings & Sauces																
Gravy	1 oz	10	0	0g	0g	0g	0mg	90mg	2g	0g	0g	0g	0%	0%	0%	0%
Tzatziki Sauce	1 oz	25	10	1g	0.5g	0g	<5mg	140mg	1g	0g	0g	2g	0%	0%	0%	0%
Spicy Teriyaki Sriracha	1 oz	50	5	0.5g	0g	0g	0mg	490mg	10g	0g	8g	0g	0%	0%	0%	0%
Buffalo Hot Sauce	1 oz	60	60	7g	1.5g	0g	0mg	720mg	0g	0g	0g	0g	0%	0%	0%	0%
Sweet and Savory BBQ Sauce	1 oz	60	0g	0g	0g	0g	0mg	230mg	13g	0g	12g	0g	0%	0%	0%	0%
Blue Cheese Sauce	1 oz	80	60g	7g	4g	0g	20mg	210mg	2g	0g	1g	3g	0%	0%	6%	0%
Peanut Dressing (Asian Chicken Salad)	1 oz	90	45	6g	1g	0g	0mg	270mg	9g	< 1g	7g	3g	0%	2%	2%	2%
Jalapeno Lime Vinaigrette (Caribbean & Steak Salad)	1 oz	100	90	10g	1g	0g	0mg	85mg	4g	0g	3g	0g	0%	8%	0%	2%
Traditional Chimichurri	1 oz	100	90	10g	1g	0g	0mg	220mg	4g	0g	1g	0g	15%	20%	2%	2%
Dijon Honey	1 oz	110	90	10g	1g	0g	15mg	125mg	4g	0	4g	0g	0%	0%	0%	0%
Buttermilk Dill (Cobb Salad)	1 oz	130	130	14g	2g	0g	25mg	70mg	1g	0g	< 1g	< 1g	2%	2%	2%	0%
Nashville Hot Sauce	1 oz	130	80	9g	1.5g	0g	0mg	690mg	10g	<1g	8g	0g	0%	0%	0%	2%
Champagne Blueberry Vinaigrette (Superfood Salad)	1 oz	140	135	15g	1.5g	0g	0mg	65mg	3g	0g	2g	0g	0%	0%	0%	0%
Caesar (Caesar Salad)	1 oz	150	140	16g	2g	0g	25mg	230mg	1g	0g	0g	2g	2%	2%	4%	2%
Preserved Lemon Vinaigrette (House Salad)	1 oz	160	150	17g	1.5g	0g	0mg	40mg	2g	0g	2g	0g	0%	0%	0%	0%
Mustard Caper Vinaigrette (Nicoise Salad)	1 oz	180	180	21g	2.5g	0g	0mg	95mg	< 1g	0g	< 1g	0g	0%	0%	0%	2%
Hollandaise Sauce	1 oz	190	180	21g	13g	0g	85mg	100mg	0g	0g	0g	0g	70%	0%	0%	0%
Truffle Aioli	1 oz	210	200	24g	2.5g	0g	35mg	125mg	<1g	0g	0g	<1g	0%	0%	0%	0%

URBAN PLATES NUTRITION FACTS FOR MENU ITEMS

Urban Plates provides a nutritional analysis of menu items to assist you in balancing your meal choices. Our goal is to provide you with information to make sensible dining decisions. Consumption of 2,000 calories per day is generally used as the basis for nutritional advice although individual calorie needs may vary significantly. Please note that nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes or variation in portion sizes. Not all items are served all year or in all locations. We may update this chart from time to time.

5.1.25																
Nutrition Facts	Cooked Serving Portion Protein	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Sandwiches (without Chips)																
Grilled Cheeseburger	1 Sandwich	570	290	33g	11g	0g	65mg	2040mg	44g	2g	7g	24g	160%	8%	15%	25%
Grilled Cage Free Chicken	1 Sandwich	690	300	34g	6g	0g	180mg	1310mg	62g	2g	3g	36g	15%	20%	8%	30%
Grilled Portobello Mushroom	1 Sandwich	600	280	32g	3.5g	0g	0mg	1040mg	67g	6g	8g	15g	110%	40%	8%	25%
Crispy Chicken Tender	1 Sandwich	750	270	31g	4g	0g	200mg	1470mg	67g	3g	12g	53g	0%	0%	4%	6%
Grilled Steak	1 Sandwich	760	330	37g	7g	0g	120mg	1190mg	65g	2g	1g	43g	15%	25%	6%	45%
Ahi Tuna	1 Sandwich	800	420	47g	5g	0g	105mg	1840mg	43g	2g	9g	50g	50%	25%	6%	20%
Grilled Double Cheeseburger	1 Sandwich	850	490	55g	21g	0g	125mg	2430mg	47g	3g	8g	41g	160%	8%	25%	35%
Crispy Chicken Tender Teriyaki	1 Sandwich	840	360	41g	5g	0g	220mg	1970mg	67g	2g	18g	52g	0%	0%	10%	10%
Crispy Chicken Tender Buffalo	1 Sandwich	870	420	47g	6g	0g	220mg	2430mg	59g	2g	11g	52g	0%	0%	10%	10%
Crispy Chicken Tender BBQ	1 Sandwich	860	370	41g	5g	0g	220	2000mg	70g	3g	21g	52g	6%	0%	10%	15%
Nashville Hot Crispy Chicken Tender	1 Sandwich	880	320	36g	5g	0g	195mg	2440mg	86g	4g	27g	53g	0%	0%	0%	8%
Blue Cheese Steak	1 Sandwich	910	440	50g	15g	0g	155mg	1640mg	67g	2g	3g	51g	80%	10%	20%	45%
Herb Roasted Turkey Avocado Club	1 Sandwich	1210	730	82g	25g	0g	195mg	2260mg	67g	5g	12g	50g	200%	10%	35%	35%
Ham and Turkey Club	1 Sandwich	1220	730	82g	25g	0g	205mg	2360mg	66g	5g	11g	54g	210%	10%	35%	30%
Grilled Chicken Club	1 Sandwich	1220	700	79g	23g	0g	275mg	1960mg	73g	3g	14g	55g	45%	25%	40%	35%
Side - Potato Chips	1 oz	150	80	9g	1g	0g	0mg	115mg	16g	1g	0g	2g	0%	10%	0%	2%
Bowls																
Beef & Mushroom Braise (with 10 oz mashed potatoes)	1 Bowl	550	270	30g	17g	0g	110mg	1510mg	44g	7g	8g	21g	70%	80%	10%	15%
Moroccan Chicken Braise (with 10 oz mashed potatoes)	1 Bowl	570	260	30g	15g	0g	180mg	1620mg	46g	7g	9g	32g	40%	90%	15%	20%
Beef & Mushroom Braise (with 10 oz Basmati Rice Pilaf)	1 Bowl	670	130	15g	4g	0g	50mg	1740mg	103g	5g	5g	25g	0%	0%	8%	40%
Chili Grilled Tofu with Seasonal Green and Red & White Quinoa	1 Bowl	640	190	21g	2.5g	0g	0mg	2000mg	81g	12g	30g	29g	0%	0%	30%	45%
Moroccan Chicken Braise (with 10 oz Ginger Turmeric Rice)	1 Bowl	660	100	11g	2g	0g	120mg	1980mg	104g	4g	6g	35g	0%	0%	8%	25%
Moroccan Chicken Braise (with 10 oz Basmati Rice Pilaf)	1 Bowl	700	130	14g	2.5g	0g	120mg	1850mg	105g	5g	6g	35g	0%	0%	10%	45%
Beets + Avocado Plant Based	1 Bowl	720	390	45g	4.5g	0g	0mg	1570mg	70g	15g	24g	19g	35%	70%	10%	30%
Lamb Osso Bucco with Mashed Potatoes	1 Bowl	820	420	47g	24g	0g	190mg	1910mg	53g	8g	10g	39g	560%	10%	20%	25%
Mediterranean Chicken Bowl	1 Bowl	960	380	43g	10g	0g	150mg	2780mg	103g	8g	7g	41g	0%	0%	15%	30%
Hot Sides																
Sesame Broccolini	5 oz	70	15	1.5g	0g	0g	0mg	610mg	7g	4g	2g	5g	0%	0%	15%	10%
Herb Roasted Marbled Potatoes	5 oz	120	25	2.5g	0g	0g	0mg	950mg	23g	3g	1g	3g	0%	0%	0%	6%
Roasted Mixed Carrots and Beets	6 oz	170	80	9g	1g	0g	0mg	750mg	22g	4g	15g	2g	0%	10%	4%	4%
Chili Lime Corn on the Cob	2 pieces	170	70	8g	1.5g	0g	0g	1450mg	24g	2g	13g	3g	0%	0%	0%	2%
Ginger Turmeric Yellow Rice	5 oz	220	10	1.5g	0g	0g	0mg	750mg	47g	1g	2g	4g	0%	0%	0%	6%
White and Red Quinoa with Tomato Pesto	6 oz	230	110	13g	1g	0g	0mg	610mg	25g	3g	2g	5g	25%	10%	4%	10%
Basmati Rice Pilaf	5 oz	240	25	3g	0g	0g	0mg	680mg	48g	2g	2g	4g	0%	0%	2%	15%
Balsamic Roasted Brussels Sprouts	6 oz	260	150	17g	2g	0g	0mg	230mg	26g	5g	14g	5g	0%	0%	6%	10%
Potato Chips	2 oz	300	160	18g	2g	0g	0mg	230mg	32g	2g	0g	4g	0%	20%	0%	0%
Mashed Potatoes	10 oz	350	190	21g	13g	0g	60mg	1140mg	37g	6g	6g	5g	15%	70%	8%	6%
Macaroni & Cheese	6 oz	370	200	23g	12g	0g	70mg	600mg	26g	1g	3g	14g	15%	0%	30%	6%
Herb Crusted French Fries	5 oz	430	200	22g	3.5g	0g	0mg	1760mg	45g	3g	0g	2g	0%	0%	0%	2%
Truffle Parmesan French Fries	7 oz	530	300	28g	6g	0g	5mg	1400mg	48g	2g	0g	4g	15%	100%	4%	0%
Cold Sides																
Beet Salad (without Goat Cheese)	5 oz	100	25	3g	0g	0g	0mg	330mg	17g	4g	12g	3g	0%	10%	2%	8%
Side House Salad	1 salad	110	80	9g	1g	0g	0mg	45mg	9g	1g	6g	< 1g	70%	15%	2%	2%
Beet Salad (with Goat Cheese)	5 oz	130	45	5g	2g	0g	5mg	360mg	17g	4g	12g	5g	2%	10%	4%	8%
Side Caesar Salad	1 salad	140	100	12g	2.5g	0g	20mg	590mg	7g	1g	1g	4g	110%	60%	15%	6%
Hummus and Crispy Pita Bread	1 serving	430	230	26g	3.5g	0g	0mg	1510mg	40g	7g	4g	11g	0%	0%	8%	15%
Soups																
Vegan Tomato Basil cup	7 oz	110	50	6g	3g	0g	0mg	740mg	12g	2g	10g	3g	60%	35%	6%	6%
Vegan Tomato Basil bowl	12 oz	190	80	10g	5g	0g	0mg	1290mg	21g	4g	17g	4g	100%	60%	10%	10%
Chicken Tortilla Soup cup	7oz	110	50	5g	1g	0g	60mg	980mg	10g	2g	3g	14g	0%	0%	4%	6%
Chicken Tortilla Soup bowl	12 oz	240	80	9g	2g	0g	100mg	1690mg	17g	4g	6g	24g	0%	0%	8%	10%
Kids Proteins & Sides																
Kids Chicken	4 oz	230	50	6g	1.5g	0g	130mg	740mg	1g	0g	1g	39g	30%	4%	4%	10%
Kids Steak	4 oz	220	90	10g	4.5g	0g	90mg	320mg	0g	0g	1g	33g	0%	0%	25%	0%
Kids Crispy Chicken Tender	2 Tenders	370	110	13g	2.5g	0g	180mg	970mg	19g	1g	3g	45g	0%	0%	6%	0%

URBAN PLATES NUTRITION FACTS FOR MENU ITEMS

Urban Plates provides a nutritional analysis of menu items to assist you in balancing your meal choices. Our goal is to provide you with information to make sensible dining decisions. Consumption of 2,000 calories per day is generally used as the basis for nutritional advice although individual calorie needs may vary significantly. Please note that nutritional content may vary because of changes in growing seasons, different suppliers, slight variations in our recipes or variation in portion sizes. Not all items are served all year or in all locations. We may update this chart from time to time.

5.1.25																
Nutrition Facts	Cooked Serving Portion Protein	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	% Daily Value			
													Vitamin A	Vitamin C	Calcium	Iron
Kids Salmon	5.25 oz	310	150	17g	3.5g	0g	110mg	170mg	2g	< 1g	0g	38g	4%	70%	4%	8%
Kids Mac & Cheese	8 oz	490	260	30g	17g	0g	90mg	810mg	35g	2g	4g	18g	20%	0%	40%	8%
Cookies																
Gluten Free Chocolate Chip Cookie	1 each	350	160	18g	7g	0g	20mg	1120mg	49g	5g	29g	5g	4%	0%	2%	15%
Cowgirl Cookie (No Butter)	1 each	450	190	22g	9g	0g	25mg	320mg	60g	5g	38g	6g	0%	0%	4%	10%
Chocolate Chunk Cookie (No Butter)	1 each	480	210	23g	9g	0g	25mg	520mg	66g	3g	40g	5g	0%	0%	4%	15%
Other Pastries																
Mango Tart Slice	1 slice	380	170	19g	12g	0g	80mg	115mg	49g	3g	33g	5g	45%	90%	4%	6%
Banana Cream Pie	1 each	670	380	42g	25g	0g	155mg	430mg	69g	2g	42g	6g	25%	6%	10%	8%
Strawberry Shortcake	1 each	890	470	52g	32g	0g	200mg	1260mg	96g	3g	43g	12g	0%	0%	30%	25%
Cakes & Cupcakes																
Chocolate Flourless Cake Slice	1 slice	700	410	47g	28g	0g	160mg	240mg	74g	5g	65g	7g	15%	4%	6%	15%
Chocolate Vanilla Cake Slice	1 slice	880	470	53g	30g	0g	220mg	690mg	98g	4g	72g	10g	30%	2%	10%	20%
Hummingbird Cake Slice	1 slice	1100	590	67g	19g	0g	140mg	2030mg	116g	4g	80g	12g	20%	15%	8%	15%
Replenishers																
Ginseng Mint Green Tea	16 fl oz	80	0	0g	0g	0g	0mg	20mg	19g	0g	19g	0g	0%	0%	2%	0%
Cantaloupe Pineapple Mango	16 fl oz	140	0	0.5g	0g	0g	0mg	30mg	36g	2g	32g	2g	80%	100%	4%	4%
Organic Lemonade	16 fl oz	170	0	0g	0g	0g	0mg	35mg	44g	0g	40g	0g	0%	45%	2%	0%
Pineapple Coconut Lime	16 fl oz	360	140	16g	12g	0g	0mg	10mg	51g	0g	49g	2g	0%	0%	0%	4%
Beverages																
Soda Stubborn Sugar Free	12 oz	0	0	0g	0g	0g	0mg	60mg	0g	0g	0g	0g	0%	0%	0%	0%
Soda Stubborn Regular	12 oz	130	0	0g	0g	0g	0mg	50mg	34g	0g	34g	0g	0%	0%	0%	0%
Soda Stubborn Black Cherry	12 oz	140	0	0g	0g	0g	0mg	55mg	36g	0g	36g	0g	0%	0%	0%	0%
Soda Stubborn Agave Vanilla Cream	12 oz	150	0	0g	0g	0g	0mg	65mg	38g	0g	38g	0g	0%	0%	0%	0%
Soda Stubborn Classic Root Beer	12 oz	150	0	0g	0g	0g	0mg	65mg	39g	0g	39g	0g	0%	0%	0%	0%
Soda Stubborn Pineapple Cream Soda	12 oz	150	0	0g	0g	0g	0mg	50mg	38g	0g	38g	0g	0%	0%	0%	0%
Coffee	12 oz	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%
Tea	12 oz	0	0	0g	0g	0g	0mg	10mg	1g	0g	0g	0g	0%	0%	0%	0%
Red Wine (est.)	6 oz	140	0	0g	0g	0g	0mg	10mg	5g	0g	0g	0g	0%	0%	0%	0%
White Wine (est.)	6 oz	140	0	0g	0g	0g	0mg	10mg	5g	0g	2g	0g	0%	0%	2%	2%