

Urban Plates Allergen Chart

Menu Item	Vegan	Vegetarian	Dairy	Eggs	Gluten	Peanuts	Tree Nuts	Soy	Sesame	Capsaicin	Fish	Shell Fish	Poultry	Beef	Pork	Garlic	Alcohol	Processed Sugar
These are updated from time to time	An "X" indicates the Menu Item contains the Allergen Item marked. Although items are present in recipes as marked below, we cannot guarantee that food items will not inadvertently come into contact with others during preparation.																	
			"Green" Indicates the Menu Item is Vegan Friendly															
			"Orange" Indicates the Menu Item is Vegetarian Friendly															
Ahi Nicoise Salad				X						X	X					X		X
Thai Chicken Noodle Salad					X	X		X	X	X			X			X	X	X
Chicken Caesar Salad			X	X	X						X		X			X		X
Salmon Caesar Salad			X	X	X						X					X		X
Caesar Salad			X	X	X						X					X		X
House Salad																X		
Caribbean Salad							X	X		X								X
Urban Superfood Salad			X				X		X							X		X
Chicken Cobb Salad			X	X									X			X		X
Grilled Steak Salad							X	X		X				X		X		X
Local Mixed Beet Salad			X				X			X								
Chicken Club Sandwich			X	X	X					X			X		X	X		X
Herbed Turkey + Avocado Club Sandwich			X	X	X					X			X		X	X		X
Grilled Chicken Sandwich				X	X								X			X		X
Crispy Chicken Tender Sandwich			X	X	X			X		X			X			X		X
Crispy Chicken Tender Sandwich Nashville Hot			X	X	X			X		X			X			X		X
Crispy Chicken Tender Sandwich Teriyaki			X	X	X			X	X	X			X			X	X	X
Crispy Chicken Tender Sandwich Buffalo			X	X	X			X		X			X			X		X
Crispy Chicken Tender Sandwich BBQ			X	X	X			X		X			X			X		X
Seared Ahi Tuna Sandwich				X	X			X	X	X	X					X		X
Steak Sandwich				X	X									X		X		X
Blue Cheese Steak Sandwich			X	X	X									X		X		X
Cheeseburger			X	X	X			X		X				X		X		X
Double Cheeseburger			X	X	X			X		X				X		X		X
Portobello Mushroom Sandwich			X		X											X		
Beef and Mushroom Braise Bowl													X	X		X	X	
Moroccan Chicken Braise Bowl										X			X			X		X
Mediterranean Chicken Bowl			X		X			X	X	X			X			X		X
Lamb Osso Bucco (protein and Sauce only)													X			X	X	
Beet + Avocado Plant Bowl							X	X	X	X						X		X
Chili Grilled Tofu with Broccolini and Red & White Quinoa								X	X	X						X	X	X
Chili Glazed Tofu								X	X	X						X	X	X

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Grilled Salmon											X							
Tamari Seared Ahi Tuna								X		X	X						X	
Blackened Salmon with Hollandaise			X	X				X		X	X					X		
Barramundi Seabass with Hollandaise			X	X						X	X					X		
Garlic Shrimp with Parmesan Butter			X									X				X		
Grilled Chicken													X			X		X
Crispy Chicken Tenders			X	X	X					X			X			X		X
Crispy Chicken Tenders Nashville Hot			X	X	X			X		X			X			X		X
Crispy Chicken Tenders Teriyaki			X	X	X			X	X	X			X			X	X	X
Crispy Chicken Tenders Buffalo			X	X	X			X		X			X			X		X
Crispy Chicken Tenders BBQ			X	X	X					X			X			X		X
Grilled Steak														X		X		X
BBQ Pork Ribs										X					X	X		X
Lamb Osso Bucco (protein and Sauce only)													X			X	X	
Braised Beef Short Ribs			X										X	X		X	X	X
Herb Roasted Turkey Breast			X							X			X			X		X
Gluten Free Gravy								X					X	X		X		
Cranberry Sauce																		X
Garlic Aioli				X												X		
Dijon Honey Mustard Sauce				X						X						X		X
Traditional Chimichurri Sauce										X						X		
Chimmichurri Aioli				X						X						X		
Spicy Teriyaki Sauce					X			X	X	X						X	X	X
Tzatziki Sauce			X													X		
Blue Cheese Sauce			X													X		
Nashville Hot Sauce								X		X						X		X
Buffalo Hot Sauce								X		X						X		
Buttermilk Dill Sauce			X	X												X		
Sweet and Savory BBQ Sauce										X						X		X
Thousand Island Sauce				X												X		X
Ponzu Sauce (with Wasabi)								X		X							X	X
Tomato Basil Soup (Vegan)			X		X		X									X		
Seafood Chowder			X							X	X	X			X	X		
Chicken Tortilla Soup			X		X*					X			X			X		X
Beet Salad with Miso Vinaigrette Cold Side			X					X	X							X		
Beet Salad with Miso Vinaigrette Cold Side no cheese								X	X							X		
Hummus with Pita Chips Cold Side (*may have contact with dairy, animal protein & gluten)			X*		X*				X	X			X*			X		
Sesame Broccolini Hot Side								X	X	X						X		

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Asparagus Hot Side																X		
Balsamic Roasted Brussels Sprouts Hot Side										X						X		X
Macaroni and Cheese Hot Side			X	X	X											X		
Garlic Parmesan Mushrooms Hot Side			X		X											X		X
Mashed Potatoes Hot Side			X															
Herbed French Fries Hot Side (*may have contact with dairy, animal protein & gluten)			X*		X*					X			X*			X		
Truffle Parmesan French Fries Hot Side (*may have contact with animal protein & gluten)			X	X	X*								X*			X		
Herb Roasted Marbled Potatoes Hot Side																X		
Chili Lime Corn on the Cob			X	X				X		X						X		X
Red & White Quinoa w/ Tomato Pesto Hot Side																X		
Ginger Turmeric Yellow Rice Hot Side										X						X		
Basmati Rice Pilaf Hot Side										X						X		
Mixed Rainbow Carrots and Beets Hot Side																X		X
Potato Chips																		
Rustic Bread					X													X
Gluten Free Sandwich Bread				X														X
Lemonade Replenisher																		X
Strawberry Basil Lemonade Replenisher																		X
Green Tea Replenisher																		X
Pineapple Coconut Lime Replenisher							X											X
Cantaloupe Mango Pineapple Replenisher																		
Mango Tart			X	X	X												X	X
Chocolate Chunk Cookie			X	X	X													X
Cowgirl Cookie				X	X		X											X
Gluten Free Chocolate Cookie			X	X														X
Chocolate Flourless Cake			X	X														X
Chocolate Vanilla Layer Cake			X	X	X													X
Hummingbird Cake			X	X	X		X										X	X
Strawberry Shortcake			X	X	X													X
Banana Cream Pie			X	X	X													X