



the math is simple get plate pass

Get entrees for \$11 or less (~11 entrees are \$10)

Monthly membership costs just \$10

Average member saves over \$40 per month

getting plate pass is easy

- 1 Download the Urban Plates app
- 2 Create an account
- 3 Purchase Plate Pass

plate pass only available thru our app
valid for dine-in & takeout only

Full program details available at:
urbanplates.com/plate-pass

DESSERTS

Made-from-scratch daily by our pastry chefs.

- CHOCOLATE CHUNK COOKIE one \$3.25 / three \$8
- URBAN COWGIRL COOKIE one \$3.25 / three \$8 **DF**
- ALMOND MACAROON \$2.95 **GF** **DF**
- BANANA CREAM PIE \$5.75
- CHOCOLATE FLOURLESS CAKE slice \$5.95 **GF**
- HUMMINGBIRD CAKE slice \$6.25
- CHOCOLATE VANILLA LAYER CAKE slice \$6.25
- MANGO TART slice \$5.95

BEVERAGES

- STUBBORN NATURAL SODA \$2.95
- ORGANIC ICED TEA \$2.95
- CAFE MOTO ORGANIC COFFEE \$2.5
- CAFE MOTO HOT TEAS \$2.5
- KOMBUCHA ON TAP \$5.95
- HOUSE MADE REPLENISHERS \$4.25
organic lemonade, organic ginseng mint green tea,
pineapple coconut lime, and strawberry basil lemonade

family meals

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

- CRISPY CHICKEN TENDERS \$43.95 contains gluten
- GRILLED CAGE FREE CHICKEN \$45.95 **DF**
- GRILLED GRASS FED STEAK* \$53.95 **DF**
- CHIMICHURRI GRASS FED STEAK* \$57.95 **DF**
- ROASTED BARRAMUNDI SEA BASS* \$56.95
- GRILLED SUSTAINABLE SALMON* \$56.95 **DF**
- MEATLESS LOAF \$43.95 **V** **DF**
- 12 TENDER FEAST \$37.95 contains gluten
(does not come with two sides)

available to-go only

URBAN PLATES



*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Menu prices vary by location. Prices shown are for dine-in and guests carry-out orders. Prices charged by third-party delivery services 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.

SD/OC 4.22

CATERING & GROUP ORDERING

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

PLATES

Our signature proteins served with two scratch-made sides.

- GRILLED GRASS FED STEAK* **GF** **DF**
- CHIMICHURRI GRILLED GRASS FED STEAK* **GF** **DF**
- GRILLED SUSTAINABLE SALMON* **GF** **DF**
- GRILLED CAGE FREE CHICKEN **GF** **DF**
- MEATLESS LOAF **GF** **V** **DF**

SIDES

Select two sides to accompany plates order. Additional sides available by the quart.

- ROASTED ROSEMARY POTATOES **GF** **V** **DF**
- RAINBOW CARROTS & GOLDEN BEETS **GF** **V** **DF**
- ROASTED BRUSSELS SPROUTS WITH TURKEY BACON **GF** **DF**
- MACARONI & CHEESE **VEG**
- MASHED ORGANIC POTATOES **GF** **VEG**

... and more!

LARGE SALADS

Small size catering salads serve 8-12 side portions.
Large size catering salads serve 16-20 side portions.
Salads are served in large plastic bowls.

- HOUSE small or large **GF** **V** **DF**
- CAESAR small or large
- ANTIOXIDANT small or large **GF** **VEG**
- LOCAL MIXED BEET small or large **GF** **VEG**
- CHICKEN CAESAR small or large
- WILD AHI NICOISE* small or large **GF** **DF**
- ASIAN CHICKEN small or large **DF**
- CHICKEN COBB small or large **GF**
- GRILLED STEAK* small or large **GF** **DF**
- SALMON CAESAR* small or large

SANDWICH PLATTERS

Sandwiches are served cut in half.

- SMALL serves 5-7
- LARGE serves 10-15

- GRILLED CAGE FREE CHICKEN **DF**
- GRILLED GRASS FED STEAK* **DF**
- GRILLED PORTOBELLO MUSHROOM **VEG**
- GRILLED CAGE FREE CHICKEN CLUB

ORDERING

Email catering@urbanplates.com or call 1-800-652-4788 to speak with a catering specialist. Orders can also be placed online at urbanplates.com.



URBAN PLATES

farm to table kitchen

everyone deserves
to eat this good

our mission is to have a profoundly positive impact on the way the world eats by making craveable, wholesome and clean food accessible to all

urbanplates.com

SALADS

Hand-tossed entree salads with scratch-made dressing and grilled rustic bread. Make it **GF** when you request no bread, wontons, or croutons.

CRISPY CHICKEN TENDER SALAD \$13.95

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders, organic artisan lettuce, chopped organic egg, shredded cheddar cheese, roasted corn, poblano peppers, roasted tomatoes, croutons, cilantro, dijon honey dressing

ANTIOXIDANT \$12.95 **VEG**

organic artisan lettuce, organic baby kale, cucumbers, celery, mint, pickled onions, raw walnuts, grapes, blue cheese, seasonal fruit, mint-lemongrass vinaigrette

LOCAL MIXED BEET \$12.95 **VEG**

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

WILD AHI NICOISE* \$14.75 **DF**

organic artisan lettuce, seared herb crusted wild ahi tuna, green beans, chopped organic egg, organic tomatoes, potatoes, capers, marinated olives, mustard-champagne vinaigrette

ASIAN CHICKEN \$14.75 **DF**

organic artisan lettuce, arugula, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic carrots, green onions, oranges, spicy roasted peanuts, crispy wontons, julienne red bell peppers, cilantro, spicy peanut dressing

CHICKEN COBB \$14.95

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

GRILLED STEAK* \$16.5 **DF**

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

CAESAR

romaine lettuce, organic baby kale, organic tomatoes, garlic croutons, shaved asiago, caesar dressing

Grilled Cage Free Chicken \$14.75 • Sustainable Salmon \$15.95*

Add a Cup of Soup \$2.5

Add Proteins

grilled grass fed steak* \$7.5 • wild ahi tuna* \$5.25
grilled cage free chicken \$5.25 • ginger garlic tofu \$4
crispy jumbo chicken tender \$3
grilled sustainable salmon* \$7.5



chimichurri grass fed steak plate

PLATES

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

GRILLED CAGE FREE CHICKEN \$13.95 **DF**

char-grilled, herb marinated cage-free, antibiotic & hormone free, never frozen chicken

CHICKEN 3 TENDER PLATE \$12.95 *contains gluten*

classic crispy or nashville hot. three crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders, choice of housemade dipping sauce

GRILLED GRASS FED STEAK* \$16.75 **DF**

our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare and hand carved

CHIMICHURRI GRASS FED STEAK* \$17.75 **DF**

our signature grass-fed and grass-finished steak grilled medium rare, drizzled with our housemade chimichurri sauce

THREE UP \$11 / FOUR UP \$13

choice of three or four scratch-made sides

ROASTED BARRAMUNDI SEA BASS* \$16.95

herb crusted BAP certified barramundi sea bass oven roasted and finished with housemade lemon hollandaise

GRILLED SUSTAINABLE SALMON* \$16.95 **DF**

char-grilled ASC certified North Atlantic salmon finished with our housemade dijon honey sauce

MEATLESS LOAF \$12.75 **V** **DF**

plant-based loaf of garden veggies, black beans and organic quinoa topped with our homemade tomato jam

SCRATCH MADE SIDES \$4.25 each

ROASTED ROSEMARY POTATOES **GF** **V** **DF**

MACARONI & CHEESE **VEG**

MASHED ORGANIC POTATOES **GF** **VEG**

SEASONAL GREEN **GF** **V** **DF** (*sesame broccolini or asparagus*)

ROASTED BRUSSELS SPROUTS W. TURKEY BACON **GF** **DF**

ORGANIC RED & WHITE QUINOA W. TOMATO PESTO **GF** **V** **DF**

ORGANIC FARRO W. SWEET PEPPERS & CORN **V** **DF**

CAULIFLOWER & VEGETABLE RICE **GF** **V** **DF**

BASMATI RICE PILAF **GF** **V** **DF**

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

SLICED AVOCADO W. EVOO & SEA SALT **GF** **V** **DF**

BEEF SALAD W. GOAT CHEESE **GF** **VEG**

FRESH SLICED FRUIT **GF** **V** **DF**

SIDE HOUSE SALAD **GF** **V** **DF**

SIDE CAESAR SALAD

SANDWICHES

Chef-crafted sandwiches, served with chips. Sub gluten free bread +\$1.

GRILLED CAGE FREE CHICKEN \$11 **DF**

herb marinated, antibiotic & hormone free, never frozen chicken, slow roasted tomatoes & orange-basil aioli served on grilled rustic bread with chips

GRILLED CAGE FREE CHICKEN CLUB \$11.95

herb marinated, antibiotic & hormone free, never frozen chicken, duroc pork bacon, organic tomato, pickled onion, artisan lettuce, garlic aioli, white cheddar cheese served on grilled rustic bread with chips

GRILLED GRASS FED STEAK* \$12.5 **DF**

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

GRILLED PORTOBELLO MUSHROOM \$11 **VEG**

marinated grilled portobello mushroom, pesto goat cheese, grilled zucchini, julienne red bell peppers, shaved red onion, arugula served on grilled rustic bread with chips

CLASSIC CRISPY TENDER SANDWICH \$11

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served on a grilled crunch roll with lettuce, orange basil aioli, dijon honey sauce, chow chow relish. served with chips

NASHVILLE HOT TENDER SANDWICH \$11

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders tossed in nashville hot sauce, served on a grilled crunch roll with lettuce, orange basil aioli, chow chow relish. served with chips

Add a Cup of Soup \$2.5 • Add any Side \$3

BOWLS

Braises served with choice of basmati rice pilaf or mashed potatoes.

BEETS + AVOCADO \$11 **GF** **V** **DF**

organic red and white quinoa, roasted beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso lemongrass dressing

BRAISED BEEF & MUSHROOMS \$12 **GF** **DF**

seasoned natural beef, slow cooked with red wine sauce, whole mushrooms, yellow onions, organic carrots, celery, garlic and fresh parsley

MOROCCAN CHICKEN BRAISE \$11 **GF** **DF**

cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, marinated olives, turmeric, fresh ginger, spices and cilantro

CURRY TOFU & VEGETABLE BRAISE \$11 **GF** **V** **DF**

organic tofu slow cooked in a green curry-coconut sauce, with organic carrots, zucchini, organic apples, red bell pepper, daikon radish, raisins, fresh ginger, garlic, kaffir lime, lemongrass, cilantro and a splash of lime juice

SOUP

Made from scratch. Choose bowl or cup. Make it **GF** when you request no bread or croutons.

TOMATO BASIL \$5.75 / \$4 **V** **DF**

organic tomatoes, coconut milk, vegan pesto, garlic croutons



chicken 3 tender plate

CHICKEN TENDERS

Hand breaded buttermilk-battered crispy jumbo cage-free chicken tenders.

CHICKEN 3 TENDER PLATE \$12.95

classic crispy or nashville hot. three crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders, choice of housemade dipping sauce, two seasonal sides and grilled artisan bread

CRISPY CHICKEN TENDER SALAD \$13.95

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders, organic artisan lettuce, chopped organic egg, shredded cheddar cheese, roasted corn, poblano peppers, roasted tomatoes, croutons, cilantro, dijon honey dressing

CLASSIC CRISPY TENDER SANDWICH \$11

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served on a grilled crunch roll with lettuce, orange basil aioli, dijon honey sauce, chow chow relish. served with chips

NASHVILLE HOT TENDER SANDWICH \$11

two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders tossed in nashville hot sauce, served on a grilled crunch roll with lettuce, orange basil aioli, chow chow relish. served with chips

6 TENDER FEAST \$19.95

classic crispy or nashville hot. six crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders, choice of two housemade dipping sauces and grilled artisan bread

KIDS

Served with organic milk or organic apple juice.

CRISPY JUMBO CHICKEN TENDERS \$7.5

any side & grilled rustic bread

MACARONI & CHEESE \$6.5 **VEG**

served with fruit salad & chips

GRILLED CAGE FREE CHICKEN PLATE \$7.5 **DF**

any side & grilled rustic bread

GRILLED GRASS FED STEAK PLATE* \$8.5 **DF**

any side & grilled rustic bread

GRILLED SUSTAINABLE SALMON PLATE* \$10.5 **DF**

any side & grilled rustic bread

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



chicken cobb salad