Urban Plates Allergen Chart

Menu Item	Vegan	Dairy	Eggs	Gluten	Peanuts	Tree Nuts	Soy	Sesame	Capsiacin	Fish	Shell Fish	Poultry	Beef	Pork	Garlic	Alcohol	Processed Sugar
Ahi Nicoise Salad			X						X	X					X		
Antioxidant Salad Summer		X				X			X								X
Antioxidant Salad Winter		X				X			X								X
Asian Chicken Salad				X	X		X	X	X			X			X		X
Chicken Caesar Salad		X	X	X						X		X			X		X
Chicken Cobb Salad		X	X									X			X		X
Urban Grilled Chicken House Salad									X			X					X
Crispy Chicken Salad		X	X	X					X			X			X		X
Grilled Steak Salad						X			X				X		X		X
Local Mixed Beet Salad		X				X			X								
Chicken Club Sandwich		X	X	X					X			X		X	X		X
Chicken Sandwich			X	X								X			X		X
Crispy Chicken Sandwich		X	X	X					X			X			X		X
Nashville Hot Crispy Chicken Sandwich		X	X	X			X		X			X			X		X
Steak Sandwich			X	X									X		X		X
Steak and Blue Cheese Sandwich		X	X	X									X		X		X
Ahi Tuna Banh Mi Sandwich			X	X					X	X					X		X
Portobello Mushroom Sandwich		X		X											X		
Beef and Mushroom Braise Bowl												X	X		X	X	
Green Curry Tofu and Vegetable Braise Bowl	X					X	X	X	X						X		X
Moroccan Chicken Braise Bowl									X			X			X		X
Beet + Avocado Plant Bowl	X					X	X	X	X						X		X
Chickpea + Sweet Potato Plant Bowl	X								X						X		X
Grilled Salmon										X							
Ahi Tuna									X	X					X		
Grilled Chicken												X			X		X
Crispy Chicken Tenders		X	X	X					X						X		
Ginger Garlic Tofu							X	X	X						X		X
Grilled Steak													X		X		X
Grilled Steak and Blue Cheese		X							X				X		X		X
Lamb Osso Bucco															X	X	
Meatless Loaf	X					X	X		X						X		
Herb Roasted Turkey Breast (Thanksgiving)		X							X			X			X		X
Plate: Chicken, Red & White Quinoa, Asparagus, Chimichurri									X			X			X		X
Blue Cheese Sauce		X													X		

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Gluten Free Gravy							X					X	X		X		
Cranberry Sauce	X																X
Dijon Honey Mustard			X						X						X		X
Traditional Chimichurri Sauce	X								X						X		
Nashville Hot Sauce							X		X						X		X
Buffalo Hot Sauce	X						X		X						X		
Habanero Mango BBQ Sauce	X						X	X	X						X		X
Tomato Basil Soup (Vegan)	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		
Sliced Avocado with EVOO and Sea Salt Cold Side	X																
Organic Black Beans El Rancho Hot Side	X								X						X		X
Fresh Sliced Fruit Cold Side	X														X		X
Asparagus Hot Side	X								X						X		
Broccolini Hot Side	X						X	X	X						X		
Green Beans & Red Chile Mushrooms Hot Side	X								X						X		
Brussels Sprouts with Turkey Bacon Hot Side												X			X		
Macaroni and Cheese Hot Side		X		X													
Mashed Potatoes Hot Side		X															
Rosemary Potatoes Hot Side	X														X		
Old Bay® Potatoes Hot Side	X								X						X		
Mixed Carrots & Golden Beets Hot Side	X														X		X
Red & White Quinoa w/ Tomato Pesto Hot Side	X														X		
Chickpeas & Lentils with Kale Pesto Hot Side	X								X						X		
Cauliflower and Vegetable Rice	X								X						X		
Mushroom Stuffing		X	X	X					X			X			X		X
Chips	X																
Rustic Bread	X			X													
Lemonade	X																X
Strawberry Basil Lemonade Replenisher	X																X
Green Tea Replenisher	X																X
Passion Fruit Coconut Lime Replenisher	X					X											X
Canteloupe Pineapple Mango Replenisher	X																X
Watermelon Pineapple Mint Replenisher	X																
Mango Tart		X	X	X												X	X
Chocolate Chunk Cookie		X	X	X													X
Cowgirl Cookie			X	X		X											X

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Menu Item	Vegan	Dairy	Eggs	Gluten	Peanuts	Tree Nuts	Soy	Sesame	Capsiacin	Fish	Shell Fish	Poultry	Beef	Pork	Garlic	Alcohol	Processed Sugar
Almond Macaroon			X			X											X
Chocolate Flourless Cake		X	X														X
Chocolate Vanilla Layer Cake		X	X	X													X
Strawberry Shortcake		X	X	X													X
Hummingbird Cake		X	X	X		X										X	X
Apple Pie		X	X	X			X										X
Banana Cream Pie		X	X	X													X

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