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Urban Plates
Gluten Free, Vegan & Vegetarian Menu Options

While the gluten free options listed are not made with gluten, our kitchen and restaurant are not gluten free. We may update this chart from time to time.

Menu Item	Category		
Salads **(Omit Rustic Bread for Gluten Free Option)**	Vegan	Gluten Free	Vegetarian
Chilled Wild Ahi Nicoise **(Omit Ahi and Egg for Vegan)**	**X**	X	
Asian Chicken **(Omit Chicken for Vegan)**	**X**		
Grilled Steak		X	
Local Mixed Beet Salad **(Omit Goat Cheese for Vegan)**	**X**	X	X
Chicken Caesar **(Omit Croutons for GF)**		**X**	
Salmon Caesar **(Omit Croutons for GF)**		**X**	
Caribbean	X	**X**	X
Chicken Cobb		X	
Side House Salad	X	X	X
Mustard Caper Vinaigrette (Nicoise)	X	X	X
Peanut Dressing (Asian)	X	X	X
Mint- Lemongrass Balsamic Vinaigrette (Antioxidant Salads)	X	X	X
Jalapeno Lime Dressing (Steak Salad)	X	X	X
Caesar Dressing		X	X
Buttermilk Dill Dressing (Cobb Salad)		X	X
Preserved Lemon Vinaigrette (House & Mixed Beet)	X	X	X
Sandwiches	Vegan	Gluten Free	Vegetarian
Grilled Portobello Mushroom **(Omit Pesto Goat Cheese for Vegan)**	**X**		X
Bowls **(Omit Rustic Bread for Gluten Free Option)**	Vegan	Gluten Free	Vegetarian
Beet + Avocado Plant Based Bowl	X	X	X
Braised Beef and Mushrooms		X	
Plates **(Omit Rustic Bread for Gluten Free Option)**	Vegan	Gluten Free	Vegetarian
Ahi Tuna		X	
Grilled Chicken		X	
Grilled Steak		X	
Grilled Steak with Chimichurri		X	
Garlic Shrimp with Parmesan Butter		X	
Lamb Osso Bucco with Mash Potatoes		X	
Chili Grilled Tofu with Broccolini and Quinoa	X	X	X
Grilled Salmon with Dijon Mustard Sauce		X	
Chimichurri Sauce	X	X	X
Lemon Hollandaise Sauce		X	
Habanero Mango BBQ Sauce	X	X	X

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Menu Item	Category		
Soups **(Omit Rustic Bread for Gluten Free Option)**	Vegan	Gluten Free	Vegetarian
Tomato Basil **(Omit Croutons for GF)**	X	**X**	X
Sides	Vegan	Gluten Free	Vegetarian
Beet and Goat Cheese **(Omit Goat Cheese for Vegan)**	**X**	X	X
Broccolini	X	X	X
Brussels Sprouts		X	
Macaroni and Cheese			X
Mashed Potatoes		X	X
Herb Roasted Marbled Potatoes	X	X	X
Chili Lime Corn on the Cob		X	X
Red & White Quinoa with Tomato Pesto	X	X	X
Basmati Rice Pilaf	X	X	X
Potato Chips	X	X	X
Rustic Bread	X		X
Kid's Plates **(Omit Rustic Bread for Gluten Free Option)**	Vegan	Gluten Free	Vegetarian
Macaroni and Cheese Plate (contains gluten)			X
Chicken Plate		X	
Steak Plate		X	
Salmon Plate		X	
Replenisher	Veg	Glu	Veg
Pineapple Coconut Lime	X	X	X
Ginseng Mint Green Tea	X	X	X
Organic Lemonade	X	X	X
Strawberry Basil Lemonade	X	X	X
Pastry **All Pastries Contain Egg*, all Other Ingredients are Vegetarian.**	Vegan	Gluten Free	Vegetarian
Gluten Free Chocolate Chip Cookie		X	X
Almond Macaroon		X	X
Chocolate Flourless Cake		X	X