

EVERYDAY  
VALUE

2 TENDER PLATE \$13.95



CHEESEBURGER  
+ FRIES \$12.95



MOROCCAN  
CHICKEN  
BRAISE \$13.95



BEETS +  
AVOCADO  
BOWL \$12.95



CHILI GLAZED  
GRILLED  
TOFU  
BOWL \$13.5



CARIBBEAN  
SALAD \$12.95



MIXED  
BEET  
SALAD \$13.5



GRILLED CAGE  
FREE CHICKEN  
\$12.95



PORTOBELLO  
MUSHROOM  
\$12.95



CLASSIC  
CRISPY  
TENDER \$12.95



NASHVILLE  
HOT TENDER  
\$12.95



THREE UP  
PLATE \$11.95



FOUR  
UP  
PLATE \$13.5



scratch-made  
mango tart



DESSERTS

Made-from-scratch daily by our pastry chefs.

CHOCOLATE CHUNK COOKIE one \$3.95 / three \$10.5

URBAN COWGIRL COOKIE one \$3.95 / three \$10.5

GLUTEN FREE CHOCOLATE COOKIE one \$3.95 / three \$10.5

BANANA CREAM PIE \$7

PEANUT BUTTER CHOCOLATE CREAM PIE \$7

CHOCOLATE FLOURLESS CAKE slice \$7.5

HUMMINGBIRD CAKE slice \$7.5

CHOCOLATE VANILLA LAYER CAKE slice \$7.5

MANGO TART slice \$7.5

BEVERAGES

BOTTLED ALKALINE WATER \$3.5

STUBBORN NATURAL SODA \$3.75

ORGANIC ICED TEA \$3.75

CAFE MOTO ORGANIC COFFEE \$3

CAFE MOTO HOT TEAS \$3

KOMBUCHA ON TAP \$6.25

HOUSE MADE REPLENISHERS \$4.95

organic lemonade, organic ginseng mint green tea,  
pineapple coconut lime, seasonal selection

family meals

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

CRISPY CHICKEN TENDERS \$57.95 contains gluten

GRILLED CAGE FREE CHICKEN \$57.95

GRILLED GRASS FED STEAK\* \$77.95

CHIMICHURRI GRASS FED STEAK\* \$79.95

GRILLED SUSTAINABLE SALMON\* \$77.95

BLACKENED SUSTAINABLE SALMON\* \$79.95

add a FAMILY HOUSE or CAESAR SALAD +\$10

available to-go only

URBAN PLATES



food you  
crave



made from  
scratch



quality  
ingredients



honest  
value



always  
kind

\*Items are served raw or undercooked, or contain or may contain raw or undercooked  
ingredients. 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 takeout orders. Prices  
for delivery orders 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. NC-EB 5.1.24

CATERING &  
GROUP ORDERING

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

#1 CHOOSE PACKAGING

INDIVIDUALLY PACKAGED

includes 1 protein + 2 sides per person. Packaged individually  
(one person, one container)

GROUP TRAY PACKAGING

includes 1 protein + 2 sides per person. Packaged buffet style  
(in trays for buffet service)

#2 CHOOSE A PROTEIN

GRILLED GRASS FED STEAK\* GF DF

CHIMICHURRI GRILLED GRASS FED STEAK\* GF DF

GRILLED SUSTAINABLE SALMON\* GF DF

GRILLED CAGE FREE CHICKEN GF DF

CHILI GLAZED GRILLED TOFU GF V DF

#3 CHOOSE TWO SIDES

MASHED ORGANIC POTATOES GF VEG

BEET SALAD W. GOAT CHEESE GF VEG

MACARONI & CHEESE VEG

CHIPOTLE GARLIC ROASTED MARBLE POTATOES GF V DF

ROASTED BRUSSELS SPROUTS W. BALSAMIC GLAZE GF V DF

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

HARISSA LIME CAULIFLOWER GF V DF

BASMATI RICE PILAF GF V DF

ROASTED MUSHROOMS W. GARLIC PARMESAN BUTTER VEG

LARGE SALADS

Small size catering salads serve 10. Large size catering salads serve 20.  
Salads are served in large plastic bowls.

HOUSE small or large GF V DF

CAESAR small or large

LOCAL MIXED BEET small or large GF VEG

CARIBBEAN small or large GF V DF

SANDWICH TRAYS

Sandwiches are served cut in half and come with chips.

SMALL serves 5 • LARGE serves 10

TURKEY AVOCADO CLUB

GRILLED CAGE FREE CHICKEN DF

GRILLED GRASS FED STEAK\* DF

GRILLED PORTOBELLO MUSHROOM VEG

GRILLED CAGE FREE CHICKEN CLUB

BOXED MEALS

Ordering made easy with individually boxed meals.

CHOICE OF SANDWICH, SERVED WITH CHIPS

option to add a side salad

option to add a cookie



ORDERING

Order online at [urbanplates.com](https://urbanplates.com)

To speak with a catering consultant:

email [catering@urbanplates.com](mailto:catering@urbanplates.com) or call 1-800-652-4788



URBAN  
PLATES

made from scratch

everyone deserves  
to eat this good

we're changing the way the world eats  
by making craveable, wholesome and  
clean food accessible to all

[urbanplates.com](https://urbanplates.com)



SALADS

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

GRILLED CHICKEN COBB \$16.5 GF 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

WILD AHI NICOISE\* \$17.95 GF 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 NOODLE \$15.95 DF ramen noodles mixed with organic artisan lettuce, arugula, shredded cabbage, mandarin oranges, roasted peanuts, pineapple mango salsa, miso lemongrass dressing, grilled cage-free, antibiotic & hormone free, never frozen chicken, spicy peanut dressing

GRILLED STEAK\* \$17.95 GF DF organic artisan lettuce, grilled grass-fed steak, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

LOCAL MIXED BEET \$13.5 GF VEG marinated organic yellow & red beets, arugula, organic artisan lettuce, roasted tomatoes, organic carrot, crisp jicama, raw walnuts, hemp seeds, goat cheese, preserved lemon vinaigrette

CARIBBEAN \$12.95 GF V DF blue zone friendly mix of organic artisan lettuce, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeño-lime dressing

GRILLED CHICKEN CAESAR \$15.95 romaine lettuce, organic baby kale, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic tomatoes, garlic croutons, shaved asiago, caesar dressing

GRILLED SALMON CAESAR\* \$17.95 romaine lettuce, organic baby kale, grilled sustainable salmon, organic tomatoes, garlic croutons, shaved asiago, caesar dressing

Add a Cup of Soup + \$2.5

Add Proteins  
grilled grass fed steak\* \$9.95 • wild ahi tuna\* \$7.95 • garlic shrimp skewer \$5  
grilled cage free chicken \$8.5 • chili glazed grilled tofu \$5  
crispy jumbo chicken tender \$4.5 • grilled sustainable salmon\* \$9.95

To help offset the cost of rising wages and benefits, a 3% surcharge is added to each check.



chimichurri grass fed steak plate

our famous PLATES & SIDES

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

#1 CHOOSE A PROTEIN

GRILLED GRASS FED STEAK\* \$19.95 GF DF our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare and hand carved

CHIMICHURRI GRASS FED STEAK\* \$20.95 GF DF our signature grass-fed and grass-finished steak grilled medium rare, drizzled with our housemade chimichurri sauce

new! GRILLED BBQ PORK RIBS \$21.95 GF DF a half rack of spice rubbed duroc pork ribs, slow-cooked and slathered in our housemade bbq sauce. served with pickle chips and signature bbq sauce

GRILLED SUSTAINABLE SALMON\* \$19.95 GF DF chargrilled ASC certified sustainable salmon finished with our housemade dijon honey sauce

new! BLACKENED SUSTAINABLE SALMON\* \$20.95 GF ASC certified sustainable salmon blackened in a cast iron skillet, served with lemon hollandaise sauce

GARLIC SHRIMP W. PARMESAN BUTTER \$16.5 GF broiled sustainable shrimp with garlic parmesan butter

CHILI GLAZED GRILLED TOFU \$14.5 GF V DF grilled marinated organic tofu drizzled with a sweet and spicy gochujang chili sauce

GRILLED CAGE FREE CHICKEN \$16.5 GF DF chargrilled, herb marinated cage-free, antibiotic & hormone free, never frozen chicken

2 TENDERS \$13.95 / 3 TENDERS \$16.5 contains gluten classic crispy or nashville hot. two or three crispy jumbo chicken tenders with choice of housemade dipping sauce

#2 CHOOSE TWO SIDES

- FRENCH FRIES W. HERB SEASONING
- MASHED ORGANIC POTATOES GF VEG
- MACARONI & CHEESE VEG
- SEASONAL GREEN GF V DF
- new! CHIPOTLE GARLIC ROASTED MARBLE POTATOES GF V DF
- ROASTED BRUSSELS SPROUTS W. BALSAMIC GLAZE GF V DF
- ORGANIC RED & WHITE QUINOA W. TOMATO PESTO GF V DF
- new! HARISSA LIME CAULIFLOWER GF V DF
- BASMATI RICE PILAF GF V DF
- BEET SALAD W. GOAT CHEESE GF VEG
- SIDE HOUSE GF V DF OR CAESAR SALAD
- ROASTED MUSHROOMS W. GARLIC PARMESAN BUTTER VEG +\$1

ADDITIONAL SIDES \$4.95 each (plates come with two sides)

SANDWICHES

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

GRILLED CAGE FREE CHICKEN \$12.95 DF herb marinated, antibiotic & hormone free, never frozen chicken, slow roasted tomatoes & orange-basil aioli served on grilled rustic bread

CAGE FREE CHICKEN CLUB \$15.5 grilled cage-free, 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

TURKEY AVOCADO CLUB \$16.5 hand carved herb-roasted turkey breast, avocado, duroc pork bacon, havarti cheese, crisp lettuce, vine ripened tomato, chipotle aioli, served on grilled rustic bread

GRILLED GRASS FED STEAK\* \$15.95 DF hand carved grass-fed steak, slow roasted tomatoes and chimichurri aioli served on grilled rustic bread

GRILLED PORTOBELLO MUSHROOM \$12.95 VEG marinated grilled portobello mushroom, pesto goat cheese, grilled zucchini, julienne red bell peppers, shaved red onion, arugula served on grilled rustic bread. Remove pesto goat cheese to make vegan

CLASSIC CRISPY TENDER SANDWICH \$12.95 two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served on a toasted potato bun with roasted garlic aioli and pickles

NASHVILLE HOT TENDER SANDWICH \$12.95 two crispy jumbo hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders tossed in Nashville hot sauce, served on a toasted potato bun with roasted garlic aioli & pickles

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

BURGERS

Made with chargrilled, pasture raised beef. Served with herb seasoned fries.

Add any side +\$3 • Add avocado +\$2 • Add duroc bacon +\$1.5

DOUBLE CHEESEBURGER + FRIES \$15.95 two chargrilled patties of pasture raised beef topped with hand sliced american cheese and onion, layered with vine-ripened tomato, pickles and housemade thousand island on a toasted potato bun

CHEESEBURGER + FRIES \$12.95 chargrilled, pasture raised beef topped with hand sliced american cheese and onion, layered with vine-ripened tomato, pickles and housemade thousand island on a toasted potato bun



double cheeseburger + fries



braised beef & mushrooms

BRAISES & SOUPS

Braises served with choice of basmati rice pilaf or mashed organic potatoes and grilled rustic bread. Make it GF when you request no bread.

BRAISED BEEF & MUSHROOMS \$14.95 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 \$13.95 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

TOMATO BASIL SOUP bowl \$5.95 / cup \$3.95 V DF organic tomatoes, coconut milk, vegan pesto, garlic croutons want it gluten free? order it without croutons or bread

new! CHICKEN TORTILLA SOUP bowl \$5.95 / cup \$3.95 hearty tortilla soup with tender cage-free chicken, poblano peppers, carrots, celery, onions, topped with crispy tortilla strips, queso fresco and cilantro. gluten free without crispy tortilla strips or bread

VEGAN

Served with grilled rustic bread. Make it GF when you request no bread.

BEETS + AVOCADO BOWL \$12.95 GF V DF organic red and white quinoa, roasted organic beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso lemongrass dressing

CHILI GLAZED GRILLED TOFU BOWL \$13.5 GF V DF grilled marinated organic tofu, organic red & white quinoa, seasonal green, topped with a sweet and spicy gochujang chili sauce and microgreens

THREE UP \$11.95 / FOUR UP \$13.5 V VEG choice of three or four plant-based sides

KIDS

Served with any side, grilled rustic bread, and choice of organic milk or apple juice.

- MACARONI & CHEESE \$7.95 VEG
- CRISPY JUMBO CHICKEN TENDERS \$9.95
- GRILLED CAGE FREE CHICKEN \$9.5 DF
- GRILLED GRASS FED STEAK\* \$10.95 DF
- GRILLED SUSTAINABLE SALMON\* \$12.95 DF

DF DAIRY FREE GF GLUTEN FREE VEG VEGETARIAN V VEGAN



chicken cobb salad