

Urban Plates Allergen Chart

Menu Item	Vegan	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																
Ahi Nicoise Salad			X						X	X					X		X
Asian Chicken Noodle Salad				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
Ham + Turkey 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		X
Nashville Hot Crispy Chicken Sandwich		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
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	
Brasied Beef Short Ribs with Mashed Potatoes		X										X	X		X	X	X
Moroccan Chicken Braise Bowl									X			X			X		X
Beet + Avocado Plant Bowl						X	X	X	X						X		X
Chili Grilled Tofu with Broccoli and Red & White Quinoa							X	X	X						X	X	X
Chili Glazed Tofu							X	X	X						X	X	X
Grilled Salmon										X							
Tamari Seared Ahi Tuna							X		X	X						X	
Blackened Salmon with Hollandaise		X	X				X		X	X					X		
Garlic Shrimp with Parmesan Butter		X									X				X		

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Grilled Chicken												X			X		X
Crispy Chicken Tenders		X	X	X					X			X			X		X
Grilled Steak													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		
Garlic Aioli			X												X		
Dijon Honey Mustard Sauce			X						X						X		X
Traditional Chimichurri 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		
Italian Minestrone		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		
Sesame Broccolini Hot Side							X	X	X						X	X	X
Balsamic Roasted Brussels Sprouts Hot Side									X						X		X
Macaroni and Cheese Hot Side		X		X											X		
Garlic Parmesan Mushrooms Hot Side		X													X		X
Mashed Potatoes Hot Side		X															
Herbed French Fries Hot Side (*may have contact with animal protein & gluten)				X*					X			X*			X		
Truffle Parmesan French Fries Hot Side (*may have contact with animal protein & gluten)		X	X	X*								X*			X		
Chipotle & Garlic Roasted Marbled Potatoes Hot Side									X						X		
Red & White Quinoa w/ Tomato Pesto Hot Side															X		
Basmati Rice Pilaf Hot Side									X						X		
Mixed Rainbow Carrots and Beets															X		X
Potato Chips																	
Rustic Bread				X													X
Gluten Free Sandwich Bread			X														X
Lemonade Replenisher																	X

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Strawberry Basil Lemonade Replenisher																	X
Green Tea Replenisher																	X
Pineapple Coconut Lime Replenisher						X											X
Watermelon Pineapple Replenisher																	
Mango Tart		X	X	X												X	X
Peanut Butter and Chocolate Cream Pie		X	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
Banana Cream Pie		X	X	X													X