



SANDWICHES

Assorted sandwich trays. Hand-carved on grilled rustic bread. Sandwiches are served cut in half & served with chips.

SMALL choice of any 5 sandwiches cut in half \$82.50

LARGE choice of any 10 sandwiches cut in half \$164.95

Also available individually packaged with chips at the prices listed below:

TURKEY AVOCADO CLUB \$17.95 • 1210 cal + 150 w/ chips

herb-roasted turkey breast, avocado, duroc pork bacon, havarti cheese, crisp lettuce, organic tomato & chipotle aioli

GRILLED CAGE FREE CHICKEN \$13.95 **DF** 690 cal + 150 w/ chips

herb marinated chicken, slow roasted tomatoes & orange-basil aioli

GRILLED GRASS FED STEAK* \$17.50 **DF** 760 cal + 150 w/ chips

spice rubbed 100% grass-fed steak, slow roasted tomatoes & chimichurri aioli

CAGE FREE CHICKEN CLUB \$17.50 • 1220 cal + 150 w/ chips

herb marinated chicken, duroc pork bacon, organic tomato, pickled onion, artisan lettuce, garlic aioli & white cheddar cheese

GRILLED PORTOBELLO MUSHROOM \$14.95 **V DF** 600 cal + 150 w/ chips

marinated & grilled portobello mushroom, pesto hummus, roasted red onions, grilled zucchini, julienne red bell peppers & arugula

BOXED MEALS

Ordering made easy with individually boxed meals.

your choice of sandwich, served with chips

GRILLED CAGE FREE CHICKEN \$13.95 **DF** 690 cal + 150 w/ chips

GRILLED PORTOBELLO MUSHROOM \$14.95 **V DF** 600 cal + 150 w/ chips

CAGE FREE CHICKEN CLUB \$17.50 • 1220 cal + 150 w/ chips

GRILLED GRASS FED STEAK* \$17.50 **DF** 760 cal + 150 w/ chips

TURKEY AVOCADO CLUB \$17.95 • 1210 cal + 150 w/ chips

add a side salad +\$3

HOUSE SALAD **GF V DF** 110 cal

CAESAR SALAD • 140 cal

add a cookie +\$2

CHOCOLATE CHUNK • 480 cal

URBAN COWGIRL **DF** 450 cal

GLUTEN FREE CHOCOLATE **GF** 350 cal



BRAISES

Served with mashed organic potatoes or yellow basmati rice.

Large (serves 6) • Individual (serves 1)

BEEF & MUSHROOM BRAISE **GF DF** large \$104.95 • individual \$18.50 • 550-640 cal

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

MOROCCAN CHICKEN BRAISE **GF DF** large \$94.95 • individual \$16.50 • 570-660 cal

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

VEGAN BOWLS

CHILI GLAZED

GRILLED TOFU \$14.95 **GF V DF** 640 cal

grilled marinated organic tofu, organic red & white quinoa, seasonal green, topped with a sweet and spicy gochujang chili sauce and microgreens

BEETS + AVOCADO \$13.95 **GF V DF** 720 cal

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

DESSERTS

Made-from-scratch by our pastry chefs each morning.

MANGO TART

whole \$46 • slice \$8.25 • 380 cal (per slice)

FLOURLESS CHOCOLATE CAKE **GF**

whole \$46 • slice \$8.25 • 700 cal (per slice)

CHOCOLATE VANILLA LAYER CAKE

whole \$59 • slice \$8.25 • 880 cal (per slice)

HUMMINGBIRD CAKE

whole \$59 • slice \$8.25 • 1100 cal (per slice)

BEVERAGES

URBAN REPLENISHERS

1/2 gallon \$19.95 • 680-1440 cal

organic lemonade
dragon fruit & strawberry
pineapple coconut lime
strawberry basil lemonade

ORGANIC ICED TEA 1/2 gallon \$14.95 • 0 cal

BOTTLED ALKALINE WATER \$4 • 0 cal

BOTTLED SPARKLING WATER \$4 • 0 cal

ORDERING & SERVICEWARE

Order online at urbanplates.com for pick up or delivery. To speak with a catering consultant, email catering@urbanplates.com or call 1-800-652-4788. Orders are available for pick up or third-party delivery within a 10-mile radius (\$25 fee). Based on availability, larger orders will be personally delivered by an Urban Plates manager.

All catering orders include: disposable plates, cutlery, napkins and serving utensils. If you need help keeping things hot, we can also provide:

SET OF TWO 4-HOUR STERNO FUELS \$4.5

DISPOSABLE WIRE CHAFING RACK W/ BASE PAN AND TWO 4-HOUR STERNO FUELS \$9.5

*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.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.

Prices and menu item availability subject to change. 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.



URBAN PLATES

made from scratch

catering menu

made-from-scratch catering for office,
home and social events.

urbanplates.com/catering

1.800.652.4788



INDIVIDUALLY PACKAGED



GROUP TRAY PACKAGING

CATERING SALADS

Small (serves 10) • Large (serves 20)

CLASSIC HOUSE GF V DF

small \$35 • large \$55 • 1200-2000 cal
organic artisan lettuce, organic grape tomatoes, organic carrots, jicama, pickled red onions, preserved lemon vinaigrette

LOCAL MIXED BEET GF VEG

small \$45 • large \$72 • 1680-2800 cal
marinated organic yellow & red beets, arugula, organic artisan lettuce, roasted tomatoes, organic carrot, crisp jicama, raw walnuts, hemp seeds, goat cheese, preserved lemon vinaigrette

ADD EXTRA DRESSING

small \$7.95 • large \$11.95 • 720-2160 cal

CHOPPED CAESAR

small \$42 • large \$65 • 1380-2300 cal
leaves of romaine, red gem lettuce, organic grape tomatoes, fresh grated parmesan cheese, roasted garlic croutons, creamy caesar dressing

CARIBBEAN GF V DF

small \$45 • large \$72 • 1080-1800 cal
organic artisan lettuce, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

URBAN SUPERFOOD GF VEG

small \$45 • large \$72 • 2670-4450 cal
organic artisan lettuce, organic baby kale, pomegranate-lemon spiced chickpeas, super seed crisps, mandarin oranges, pickled red onions, raw walnuts, blue cheese, dried cranberries, mint, blueberry champagne vinaigrette



PROTEINS & SIDES

OUR FAMOUS PLATES

#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* \$22.50 GF DF 250 cal

our signature spice rubbed, 100% grass-fed steak, grilled medium rare and hand carved

CHIMICHURRI GRASS FED STEAK* \$23.50 GF DF 350 cal

our signature 100% grass-fed steak grilled medium rare, served with our housemade chimichurri sauce

GRILLED SUSTAINABLE SALMON* \$22.50 GF DF 440 cal

chargrilled ASC certified sustainable salmon served with our housemade dijon honey sauce

SEARED WILD AHI TUNA* \$20.50 GF DF 380 cal

tamari marinated MSC certified wild ahi tuna seared rare, served with wasabi and ponzu dipping sauce

GRILLED CAGE FREE CHICKEN \$18.95 GF DF 270 cal

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

CHILI GLAZED GRILLED ORGANIC TOFU \$15.95 GF V DF 240 cal

grilled marinated organic tofu drizzled with a sweet and spicy gochujang chili sauce

#3 CHOOSE TWO SIDES

MASHED ORGANIC POTATOES GF VEG 350 cal

ROASTED BRUSSELS SPROUTS w. balsamic glaze GF V DF 260 cal

HERB ROASTED MARBLE POTATOES GF V DF 120 cal

ORGANIC RED & WHITE QUINOA w. tomato pesto GF V DF 230 cal

ORGANIC RAINBOW CARROTS & GOLDEN BEETS GF V DF 170 cal

YELLOW BASMATI RICE GF V DF 220 cal

MACARONI & CHEESE VEG 370 cal

HARISSA LIME CAULIFLOWER GF V DF 110 cal

BEET SALAD w. goat cheese GF VEG 130 cal

GARLIC PARMESAN ROASTED MUSHROOMS +\$1 VEG 240 cal

ADD EXTRA PROTEIN

50% MORE PROTEIN Chicken + \$5.95/plate • Steak*, Salmon* or Ahi* + \$6.95/plate • 130-190 cal

INDIVIDUAL SALADS

Individual salads (serves 1)

WILD AHI NICOISE* \$18.50 GF DF 860 cal

organic artisan lettuce, tamari marinated and seared wild ahi tuna, green beans, organic egg, organic grape tomatoes, potatoes, capers, marinated olives, mustard-champagne vinaigrette

THAI CHICKEN NOODLE \$18.50 DF 900 cal

udon noodles tossed with green cabbage, arugula, mandarin oranges, roasted peanuts, pineapple mango salsa, carrots, red bell peppers, green onions, cilantro, pickled red onions, spicy peanut dressing, grilled cage-free chicken and gochujang chili sauce. served with leaves of romaine, thai basil and white sesame seeds

CHOPPED TURKEY \$18.50 • 750 cal

chopped romaine and red gem lettuce, green cabbage and herb-roasted turkey tossed with balsamic basil vinaigrette, organic grape tomatoes, diced cucumbers, pickled vegetables, duroc pork bacon, pepperoncini and fresh grated parmesan cheese. drizzled with balsamic glaze and topped with crispy quinoa and fried onions

LOCAL MIXED BEET \$15.95 GF VEG 560 cal

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

CHICKEN COBB \$18.50 GF 690 cal

organic artisan lettuce, grilled cage-free chicken, organic grape tomatoes, turkey bacon, avocado, organic egg, blue cheese, buttermilk dill dressing

GRILLED STEAK* \$20.50 GF DF 590 cal

organic artisan lettuce, 100% grass-fed steak, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

CLASSIC HOUSE \$12.95 GF V DF 400 cal

organic artisan lettuce, organic grape tomatoes, organic carrots, jicama, pickled red onions, preserved lemon vinaigrette

CARIBBEAN \$14.95 GF V DF 360 cal

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

URBAN SUPERFOOD \$14.95 GF VEG 890 cal

organic artisan lettuce, organic baby kale, pomegranate-lemon spiced chickpeas, super seed crisps, mandarin oranges, pickled red onions, raw walnuts, blue cheese, dried cranberries, mint, blueberry champagne vinaigrette

CHOPPED CAESAR \$13.95 • 460 cal

leaves of romaine, red gem lettuce, organic grape tomatoes, fresh grated parmesan cheese, roasted garlic croutons, creamy caesar dressing
with grilled cage-free chicken \$18.50 • 630 cal
with grilled sustainable salmon* \$20.50 • 760 cal



CATERING SALADS

PROTEINS & SIDES

A la carte grilled proteins and scratch-made sides. Calories shown are per person (pp).

PROTEIN TRAYS

Small (serves 10) • Large (serves 20)

GRILLED GRASS FED STEAK* GF DF small \$139.95 • large \$279.95 • 250 cal pp

our signature spice rubbed, 100% grass-fed steak, grilled medium rare and hand carved

CHIMICHURRI GRASS FED STEAK* GF DF small \$149.95 • large \$299.95 • 350 cal pp

our signature 100% grass-fed steak grilled medium rare, served with our housemade chimichurri sauce

GRILLED SUSTAINABLE SALMON* GF DF small \$139.95 • large \$279.95 • 440 cal pp

chargrilled ASC certified sustainable salmon served with our housemade dijon honey sauce

SEARED WILD AHI TUNA* GF DF small \$119.95 • large \$239.95 • 380 cal pp

tamari marinated MSC certified wild ahi tuna seared rare, served with wasabi and ponzu dipping sauce

GRILLED CAGE FREE CHICKEN GF DF small \$104.95 • large \$209.95 • 270 cal pp

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

CHILI GLAZED GRILLED ORGANIC TOFU GF V DF small \$74.95 • large \$149.95 • 240 cal pp

grilled marinated organic tofu drizzled with a sweet and spicy gochujang chili sauce

SIDE TRAYS

Small (serves 10) \$42 • Large (serves 20) \$84

MASHED ORGANIC POTATOES GF VEG 350 cal

ROASTED BRUSSELS SPROUTS w. balsamic glaze GF V DF 260 cal

HERB ROASTED MARBLE POTATOES GF V DF 120 cal

ORGANIC RED & WHITE QUINOA w. tomato pesto GF V DF 230 cal

ORGANIC RAINBOW CARROTS & GOLDEN BEETS GF V DF 170 cal

YELLOW BASMATI RICE GF V DF 220 cal

MACARONI & CHEESE VEG 370 cal

HARISSA LIME CAULIFLOWER GF V DF 110 cal

BEET SALAD w. goat cheese GF VEG 130 cal

GARLIC PARMESAN ROASTED MUSHROOMS small +\$10 / large +\$20 VEG 240 cal

EXTRAS

GRILLED RUSTIC BREAD V DF \$1.25 per piece • 150 cal

SAUCES small \$7.95 • large \$11.95

CHIMICHURRI GF V DF 800-1200 cal

DIJON HONEY GF VEG DF 880-1320 cal

GRAVY GF 80-120 cal

DF DAIRY FREE

GF GLUTEN FREE

VEG VEGETARIAN

V VEGAN