



BOXED SANDWICHES

Ordering made easy with individually boxed meals.

your choice of sandwich, served with chips

GRILLED CAGE FREE CHICKEN \$11

GRILLED PORTOBELLO MUSHROOM \$11

CAGE FREE CHICKEN CLUB \$13

GRILLED GRASS FED STEAK \$13

add a cookie +\$2

CHOCOLATE CHUNK
URBAN COWGIRL

add a cookie & side salad +\$5

HOUSE SALAD
CAESAR SALAD
FRUIT SALAD



DESSERTS

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

MANGO TART *slice \$6.75 • whole \$40*

FLOURLESS CHOCOLATE CAKE  *slice \$6.5 • whole \$35*

CHOCOLATE VANILLA LAYER CAKE
slice \$6.75 • whole \$50

HUMMINGBIRD CAKE
slice \$6.75 • whole \$50

12 PIECE BAKERY ASSORTMENT \$35

CHOCOLATE CHUNK COOKIE \$3

URBAN COWGIRL COOKIE \$3 

ALMOND MACARON \$3  

BEVERAGES

Enjoy fresh brewed iced tea, house-made Replenishers & more.

HOUSE MADE REPLENISHERS

1/2 gallon \$18

- organic lemonade
- organic ginseng mint green tea
- passion fruit coconut lime
- blueberry lemonade

ORGANIC ICED TEA *1/2 gallon \$12*

BOTTLED WATER \$2

special events

invite us to your next gathering. we cater parties
large and small for office, home and social

- WEDDINGS
- BIRTHDAYS
- SHOWERS
- GRADUATIONS
- BUSINESS FUNCTIONS
- LUNCHEONS
- OFFICE PARTIES
- HOLIDAYS ...and more!

ORDERING, SERVICEWARE & DELIVERY

Email catering@urbanplates.com or call 1-800-652-4788, to serve scratch-made favorites from Urban Plates at your next event. All orders are available for pick up or third-party delivery within a 10-mile radius (\$25 fee). Based on availability, larger orders will be delivered by an Urban Plates manager so we can see the smile on your face for ourselves!

Every order includes disposable plates, napkins, cutlery, serving spoons & tongs. And 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

DC 6.30.21

farm to table kitchen

catering menu

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

urbanplates.com/catering
1.800.652.4788



PLATES

Served individually packaged or catering style. Pricing includes a single portion of protein and two individual side portion per person.

GRILLED GRASS FED STEAK* \$16.95 GF DF
our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare

CHIMICHURRI

GRILLED GRASS FED STEAK* \$17.95 GF DF
our signature grass-fed and grass-finished steak grilled medium rare, drizzled with our fresh chimichurri sauce

BLUE CHEESE

GRILLED GRASS FED STEAK* \$17.95 GF
our signature grass-fed and grass-finished steak grilled medium rare, topped with our housemade blue cheese sauce

GRILLED SUSTAINABLE SALMON* \$17.5 GF DF
grilled ASC certified North Atlantic salmon finished with our housemade dijon honey sauce

WILD AHI TUNA* \$14.95 GF DF
handline caught wild ahi tuna brushed with harissa, grilled rare

GRILLED CAGE FREE CHICKEN \$14.95 GF DF
herb marinated grilled cage-free, antibiotic & hormone free, never frozen chicken

MEATLESS LOAF \$14.95 V DF
plant-based loaf of garden veggies, black beans and organic quinoa topped with our homemade tomato jam

For events where guests serve themselves, we recommend 50% more protein:
+\$4.5 / plate (Chicken, Ahi*) +\$5.5 / plate (Steak*, Salmon*)

SIDES

Select two family-style sides to accompany catering plates order.
Additional sides are available a la carte at \$14.95 per quart.

ROASTED OLD BAY POTATOES GF V DF

RAINBOW CARROTS & GOLDEN BEETS GF V DF

BEET SALAD W. GOAT CHEESE GF VEG

BRUSSELS SPROUTS WITH TURKEY BACON GF DF

MACARONI & CHEESE VEG

CAULIFLOWER & VEGETABLE RICE GF V DF

MASHED ORGANIC POTATOES GF VEG

FRESH SLICED FRUIT GF V DF

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

CHICKPEAS & ORGANIC LENTILS W. KALE PESTO GF V DF

ORGANIC BROWN OR WHITE RICE GF V DF

SAUCES

Add even more flavor to any protein with our seasonal house made sauces.
ONE PINT \$6.5 | **ONE QUART** \$12.5

FRESH CHIMICHURRI GF V DF

BLUE CHEESE SAUCE GF VEG

DIJON HONEY SAUCE GF VEG DF

EXTRA DRESSING

SALADS

Individual size salads serve one entree portion.
Small size catering salads serve 8-12 side portions.
Large size catering salads serve 16-20 side portions.

HOUSE GF V DF
individual \$11 • small \$27 • large \$45
lettuce blend, organic tomatoes, carrots, jicama pickled onion, preserved lemon vinaigrette

MIXED BEET GF VEG
individual \$13.5 • small \$42 • large \$65
marinated yellow & red beets, arugula, hand cut baby lettuces, roasted tomatoes, organic carrot, crisp jicama, raw walnuts, hemp seeds, goat cheese, preserved lemon vinaigrette

CHICKEN COBB GF
individual \$16.5 • small \$52 • large \$85
hand cut baby lettuces, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic tomatoes, crispy turkey bacon, avocado, organic egg, blue cheese, buttermilk dill dressing

SALMON CAESAR*
individual \$17.5 • small \$58 • large \$89
organic romaine, organic baby kale, grilled sustainable salmon, organic tomatoes, croutons, asiago, caesar dressing

GRILLED STEAK* DF GF
individual \$16.5 • small \$52 • large \$85
hand cut baby lettuces, grilled grass-fed steak, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing

CAESAR
individual \$11 • small \$42 • large \$65
organic romaine, organic baby kale, organic tomatoes, garlic croutons, asiago, caesar dressing

ANTIOXIDANT GF VEG
individual \$13.5 • small \$42 • large \$65
hand cut baby lettuces, organic baby kale, cucumbers, celery, mint, pickled onions, raw walnuts, grapes, blue cheese, seasonal fruit, mint-lemongrass vinaigrette

ASIAN CHICKEN DF
individual \$15.5 • small \$48 • large \$75
hand cut baby lettuces, arugula, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic carrots, green onions, oranges, spicy roasted peanuts, crispy wontons, julienne red bell peppers, cilantro, spicy peanut dressing

WILD CAUGHT AHI NICOISE* GF DF
individual \$15.5 • small \$48 • large \$75
hand cut baby lettuces, grilled handline caught wild ahi tuna, green beans, organic egg, organic tomatoes, potatoes, capers, marinated olives, mustard-champagne vinaigrette

CHICKEN CAESAR
individual \$15.5 • small \$48 • large \$75
organic romaine, organic baby kale, grilled cage-free chicken, organic tomatoes, garlic croutons, asiago, caesar dressing



DF DAIRY FREE GF GLUTEN FREE VEG VEGETARIAN V VEGAN



SANDWICHES

Assorted sandwich platters. Hand-carved on grilled rustic bread.
Sandwiches are served cut in half.

SMALL serves 5-7 \$65 | add a side for \$17.5
LARGE serves 10-15 \$130 | add a side for \$35

Also available individually packaged at the prices listed below

GRILLED CAGE FREE CHICKEN \$13 DF
herb marinated, antibiotic & hormone free, never frozen chicken, slow roasted tomatoes & orange-basil aioli served on grilled rustic bread

CAGE FREE CHICKEN CLUB \$13
herb marinated, antibiotic & hormone free, never frozen chicken, duroc pork bacon, organic tomato, pickled onion, lettuce mix, garlic aioli, white cheddar cheese served on grilled rustic bread

GRILLED GRASS FED STEAK* \$13 DF
hand carved grass-fed steak, slow roasted tomatoes and chimichurri aioli served on grilled rustic bread

GRILLED PORTOBELLO MUSHROOM \$13 VEG
marinated grilled portobello mushroom, pesto goat cheese, grilled zucchini, julienne red bell peppers, shaved red onion, arugula served on grilled rustic bread

BRAISES

Our slow-cooked braises are available individually or by the quart. Each quart serves three. Served with choice of organic brown or white rice or mashed potatoes..

BRAISED BEEF & MUSHROOMS GF DF
individual \$12.5 • quart \$40
seasoned natural beef, slow cooked with red wine sauce, whole mushrooms, yellow onions, organic carrots, celery, garlic and fresh parsley

MOROCCAN CHICKEN GF DF
individual \$12 • quart \$37
cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, marinated olives, turmeric, fresh ginger, spices and cilantro

GREEN CURRY TOFU & VEGETABLE GF V DF
individual \$12 • quart \$37
organic tofu slow cooked in a green curry-coconut sauce, with organic carrots, zucchini, organic apples, red bell pepper, daikon radish, raisins, fresh ginger, garlic, kaffir lime, lemongrass, cilantro and a splash of lime juice

**Consuming raw or undercooked meats, poultry; seafood, shellfish or eggs may increase your risk of foodborne illness. Prices and menu item availability subject to change.*