



Urban Plates

Menu Prices — October 24, 2026

Urban Plates menu with prices in United States, updated March 2025: 181 items across 11 categories, prices from \$1.50 to \$88.95.

Restaurant & Food Industry Reports



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Urban Plates Menu with Prices (United States)

Urban Plates menu with prices in United States, updated March 2025: 181 items across 11 categories, prices from \$1.50 to \$88.95. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/urban-plates

Menu categories: Plates · Family Meals · Sides · Beverages · Salads · Burgers · Desserts · Sandwiches & Wraps · Bowls & Soups · Kids Meals · Protein Sides

Plates	
ITEM	PRICE
Grass Fed Lamb Osso Bucco (With Rustic Bread) grass-fed lamb shank slow-cooked in a red wine sauce, drizzled with mint gremolata and served with mashed organic potato...	\$28.95
Grass Fed Lamb Osso Bucco (Gluten-Free Bread) grass-fed lamb shank slow-cooked in a red wine sauce, drizzled with mint gremolata and served with mashed organic potato...	\$29.95
Grass Fed Lamb Osso Bucco (No Rustic Bread) grass-fed lamb shank slow-cooked in a red wine sauce, drizzled with mint gremolata and served with mashed organic potato...	\$28.95
Chimichurri Grass Fed Steak (With Rustic Bread) our signature grass-fed and grass-finished steak grilled medium rare, drizzled with our fresh chimichurri sauce	\$24.95
Chimichurri Grass Fed Steak (Gluten-Free Bread) our signature grass-fed and grass-finished steak grilled medium rare, drizzled with our fresh chimichurri sauce	\$25.95
Chimichurri Grass Fed Steak (No Rustic Bread) our signature grass-fed and grass-finished steak grilled medium rare, drizzled with our fresh chimichurri sauce	\$24.95
Grilled Grass Fed Steak our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare	\$23.95
Surf and Turf (With Rustic Bread) grass-fed and grass-finished steak, grilled medium rare and broiled sustainable shrimp with garlic parmesan butter	\$28.95
Surf and Turf (No Rustic Bread) grass-fed and grass-finished steak, grilled medium rare and broiled sustainable shrimp with garlic parmesan butter	\$28.95
Surf and Turf (Gluten-Free Bread) grass-fed and grass-finished steak, grilled medium rare and broiled sustainable shrimp with garlic parmesan butter	\$29.95
Grilled Sustainable Salmon (With Rustic Bread) chargrilled ASC certified salmon finished with our house made dijon honey sauce	\$23.95
Grilled Sustainable Salmon (No Rustic Bread) chargrilled ASC certified salmon finished with our house made dijon honey sauce	\$23.95
Grilled Sustainable Salmon (Gluten-Free Bread) chargrilled ASC certified salmon finished with our house made dijon honey sauce	\$24.95
Blackened Sustainable Salmon (With Rustic Bread) ASC certified sustainable salmon blackened in a cast iron skillet, served with lemon hollandaise sauce	\$24.95
Blackened Sustainable Salmon (No Rustic Bread) ASC certified sustainable salmon blackened in a cast iron skillet, served with lemon hollandaise sauce	\$24.95
Blackened Sustainable Salmon (Gluten-Free Bread) ASC certified sustainable salmon blackened in a cast iron skillet, served with lemon hollandaise sauce	\$25.95
Roasted Barramundi Seabass (With Rustic Bread) herb crusted sustainable barramundi seabass oven roasted and finished with house-made lemon hollandaise	\$22.95
Roasted Barramundi Seabass (No Rustic Bread) herb crusted sustainable barramundi seabass oven roasted and finished with house-made lemon hollandaise	\$22.95
Roasted Barramundi Seabass (Gluten-Free Bread) herb crusted sustainable barramundi seabass oven roasted and finished with house-made lemon hollandaise	\$23.95

ITEM	PRICE
Seared Wild Ahi Tuna (With Rustic Bread) tamari marinated MSC certified wild ahi tuna seared rare, served with wasabi and ponzu dipping sauce	\$22.25
Seared Wild Ahi Tuna (No Rustic Bread) tamari marinated MSC certified wild ahi tuna seared rare, served with wasabi and ponzu dipping sauce	\$22.25
Seared Wild Ahi Tuna (Gluten-Free Bread) tamari marinated MSC certified wild ahi tuna seared rare, served with wasabi and ponzu dipping sauce	\$23.25
Garlic Shrimp W. Parmesan Butter (With Rustic Bread) broiled sustainable shrimp with garlic parmesan butter	\$19.95
Garlic Shrimp W. Parmesan Butter (No Rustic Bread) broiled sustainable shrimp with garlic parmesan butter	\$19.95
Garlic Shrimp W. Parmesan Butter (Gluten-Free Bread) broiled sustainable shrimp with garlic parmesan butter	\$20.95
Grilled Cage Free Chicken herb marinated grilled cage-free, antibiotic & hormone free, never frozen chicken	\$20.95
Chicken Tender Plate two or three crispy jumbo, hand tossed buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders serv...	\$16.95
6 Tender Feast (Classic) six crispy jumbo, hand tossed buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served with c...	\$30.50
6 Tender Feast (Buffalo) six crispy jumbo, hand tossed buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served with c...	\$31.95
6 Tender Feast (Spicy Teriyaki) six crispy jumbo, hand tossed buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served with c...	\$31.95
Grilled Organic Tofu w. chili glaze (With Rustic Bread) grilled marinated organic tofu drizzled with a sweet and spicy gochujang chili sauce	\$16.95
Grilled Organic Tofu w. chili glaze (No Rustic Bread) grilled marinated organic tofu drizzled with a sweet and spicy gochujang chili sauce	\$16.95
Grilled Organic Tofu w. chili glaze (Gluten-Free Bread) grilled marinated organic tofu drizzled with a sweet and spicy gochujang chili sauce	\$17.95
Sides Plate (3 Sides) choice of 3 or 4 scratch-made sides	\$15.95
Sides Plate (4 Sides) choice of 3 or 4 scratch-made sides	\$18.95

Family Meals

ITEM	PRICE
Grilled Grass Fed Steak Family Meal (Grilled) our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare	\$86.95
Grilled Grass Fed Steak Family Meal (Chimichurri) our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare	\$88.95
Grilled Sustainable Salmon Family Meal chargrilled ASC certified salmon finished with our house made dijon honey sauce	\$86.95
Blackened Sustainable Salmon Family Meal ASC certified sustainable salmon blackened in a cast iron skillet, served with lemon hollandaise sauce	\$88.95
Seared Wild Ahi Tuna Family Meal tamari marinated MSC certified wild ahi tuna seared rare, served with wasabi and ponzu dipping sauce	\$82.95
Grilled Cage Free Chicken Family Meal herb marinated grilled cage-free, antibiotic & hormone free, never frozen chicken	\$71.25

ITEM	PRICE
Chicken Tender Family Meal classic crispy or nashville hot. twelve crispy jumbo, hand tossed buttermilk-battered, antibiotic & hormone free, never...	\$71.25
Sides	
ITEM	PRICE
Roasted Mushrooms W. Garlic Parmesan Butter (Individual Side) cremini and button mushrooms pan roasted with porcini breadcrumbs and garlic parmesan butter	\$7.25
Roasted Mushrooms W. Garlic Parmesan Butter (Large Side) cremini and button mushrooms pan roasted with porcini breadcrumbs and garlic parmesan butter	\$24.95
Harissa Lime Cauliflower (Individual Side) roasted cauliflower florets tossed in housemade harissa sauce, finished with a splash of lime juice and chopped cilantro	\$6.25
Harissa Lime Cauliflower (Large Side) roasted cauliflower florets tossed in housemade harissa sauce, finished with a splash of lime juice and chopped cilantro	\$20.95
Steamed Asparagus (Individual Side) steamed asparagus with shallot, garlic, parsley, lemon	\$6.25
Steamed Asparagus (Large Side) steamed asparagus with shallot, garlic, parsley, lemon	\$20.95
Yellow Basmati Rice (Individual Side) fragrant basmati rice infused with moroccan spices	\$6.25
Yellow Basmati Rice (Large Side) fragrant basmati rice infused with moroccan spices	\$20.95
Roasted Brussels Sprouts W. Balsamic Glaze (Individual Side) roasted brussels sprouts with shallots, garlic and pickled red onions, finished with a balsamic vinegar glaze	\$6.25
Roasted Brussels Sprouts W. Balsamic Glaze (Large Side) roasted brussels sprouts with shallots, garlic and pickled red onions, finished with a balsamic vinegar glaze	\$20.95
Rainbow Carrots and Golden Beets (Individual Side) oven roasted with our rosemary agave sauce & finished with fresh parsley	\$6.25
Rainbow Carrots and Golden Beets (Large Side) oven roasted with our rosemary agave sauce & finished with fresh parsley	\$20.95
Organic Red and White Quinoa W. Tomato Pesto (Individual Side) seasoned organic quinoa with roasted tomatoes, garlic, spices, preserved lemon	\$6.25
Organic Red and White Quinoa W. Tomato Pesto (Large Side) seasoned organic quinoa with roasted tomatoes, garlic, spices, preserved lemon	\$20.95
Herb Roasted Marble Potatoes (Individual Side) roasted whole marble potatoes tossed with garlic, basil, dill & chives	\$6.25
Herb Roasted Marble Potatoes (Large Side) roasted whole marble potatoes tossed with garlic, basil, dill & chives	\$20.95
French Fries herb seasoned fries cooked in rice bran oil for a lighter (and delicious) eat	\$6.25
Truffle Parmesan Fries french fries tossed with white truffle oil and sea salt, topped with grated parmesan cheese and minced chives. served wi...	\$7.25
Mashed Organic Potatoes (Individual Side) velvety whipped organic potatoes with a bit of sweet cream butter and seasoning	\$6.25
Mashed Organic Potatoes (Large Side) velvety whipped organic potatoes with a bit of sweet cream butter and seasoning	\$20.95
Macaroni and Cheese (Individual Side) cavatappi pasta tossed with our creamy house made cheddar cheese sauce	\$6.25

ITEM	PRICE
Macaroni and Cheese (Large Side) cavatappi pasta tossed with our creamy house made cheddar cheese sauce	\$20.95
Beet Salad W. Goat Cheese (Individual Side) organic red beets, pickled red onions, miso lemongrass dressing, hemp seeds, goat cheese	\$6.25
Beet Salad W. Goat Cheese (Large Side) organic red beets, pickled red onions, miso lemongrass dressing, hemp seeds, goat cheese	\$20.95
Side Classic House Salad organic artisan lettuce tossed with organic grape tomatoes, julienne organic carrots, crisp jicama, sweet and sour pickl...	\$6.25
Side Caesar Salad leaves of romaine, red gem lettuce, organic grape tomatoes, fresh grated parmesan cheese, roasted garlic croutons, cream...	\$6.25
Potato Chips	\$3.50
Slice Grilled Rustic Bread grilled rustic bread brushed with extra virgin olive oil and a sprinkle of parsley	\$1.50

Beverages

ITEM	PRICE
Organic Iced Tea	\$5.25
Stubborn Soda naturally bold, simply made. crafted with real ingredients and fair-trade cane sugar.	\$5.00
Strawberry Basil Lemonade (Kids *) a refreshing blend of organic lemon juice, strawberries, organic sugar, and a hint of fresh basil *Beverage	\$6.25
Strawberry Basil Lemonade (Regular *) a refreshing blend of organic lemon juice, strawberries, organic sugar, and a hint of fresh basil *Beverage	\$6.50
Dragon Fruit and Strawberry Replenisher (Kids *) strawberries and organic dragon fruit blended organic lemon juice and organic sugar *Beverage	\$6.25
Dragon Fruit and Strawberry Replenisher (Regular *) strawberries and organic dragon fruit blended organic lemon juice and organic sugar *Beverage	\$6.50
Lemonade (Kids *) lemon juice blended with filtered water and organic sugar *Beverage	\$6.25
Lemonade (Regular *) lemon juice blended with filtered water and organic sugar *Beverage	\$6.50
Pineapple Coconut Lime Replenisher (Kids *) *Beverage	\$6.25
Pineapple Coconut Lime Replenisher (Regular *) *Beverage	\$6.50
Arnold Palmer	\$6.50
Kombucha crafted from brewed tea and live cultures, kombucha delivers a bright, balanced taste and a refreshing finish *Bottle	\$7.50
Water	\$4.50

Salads

ITEM	PRICE
Grilled Steak Salad (With Rustic Bread) organic artisan lettuce, grilled grass-fed steak, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jal...	\$23.25

ITEM	PRICE
Grilled Steak Salad (Gluten-Free Bread)	\$24.25
organic artisan lettuce, grilled grass-fed steak, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jal...	
Grilled Steak Salad (No Rustic Bread)	\$23.25
organic artisan lettuce, grilled grass-fed steak, pineapple mango salsa, jicama, mint, coconut roasted cashews, mild jal...	
Wild Ahi Niçoise Salad (With Rustic Bread)	\$19.95
organic artisan lettuce, tamari marinated and seared wild ahi tuna, green beans, organic egg, organic grape tomatoes, po...	
Wild Ahi Niçoise Salad (Gluten-Free Bread)	\$20.95
organic artisan lettuce, tamari marinated and seared wild ahi tuna, green beans, organic egg, organic grape tomatoes, po...	
Wild Ahi Niçoise Salad (No Rustic Bread)	\$19.95
organic artisan lettuce, tamari marinated and seared wild ahi tuna, green beans, organic egg, organic grape tomatoes, po...	
Chopped Caesar Salad (Classic)	\$15.95
leaves of romaine, red gem lettuce, organic grape tomatoes, fresh grated parmesan cheese, roasted garlic croutons, cream...	
Chopped Caesar Salad (Grilled Cage Free Chicken)	\$19.95
leaves of romaine, red gem lettuce, organic grape tomatoes, fresh grated parmesan cheese, roasted garlic croutons, cream...	
Chopped Caesar Salad (Grilled Sustainable Salmon)	\$23.25
leaves of romaine, red gem lettuce, organic grape tomatoes, fresh grated parmesan cheese, roasted garlic croutons, cream...	
Chicken Cobb Salad (With Rustic Bread)	\$19.95
organic artisan lettuce, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic grape tomatoes, cri...	
Chicken Cobb Salad (Gluten-Free Bread)	\$20.95
organic artisan lettuce, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic grape tomatoes, cri...	
Chicken Cobb Salad (No Rustic Bread)	\$19.95
organic artisan lettuce, grilled cage-free, antibiotic & hormone free, never frozen chicken, organic grape tomatoes, cri...	
Thai Chicken Noodle Salad (With Rustic Bread)	\$19.95
udon noodles tossed with green cabbage, arugula, mandarin oranges, roasted peanuts, pineapple mango salsa, julienned car...	
Thai Chicken Noodle Salad (Gluten-Free Bread)	\$20.95
udon noodles tossed with green cabbage, arugula, mandarin oranges, roasted peanuts, pineapple mango salsa, julienned car...	
Thai Chicken Noodle Salad (No Rustic Bread)	\$19.95
udon noodles tossed with green cabbage, arugula, mandarin oranges, roasted peanuts, pineapple mango salsa, julienned car...	
Chopped Turkey Salad (With Rustic Bread)	\$19.95
chopped romaine and red gem lettuce, green cabbage and herb-roasted turkey tossed with balsamic basil vinaigrette, organ...	
Chopped Turkey Salad (Gluten-Free Bread)	\$20.95
chopped romaine and red gem lettuce, green cabbage and herb-roasted turkey tossed with balsamic basil vinaigrette, organ...	
Chopped Turkey Salad (No Rustic Bread)	\$19.95
chopped romaine and red gem lettuce, green cabbage and herb-roasted turkey tossed with balsamic basil vinaigrette, organ...	
Soup and Salad Combo (With Rustic Bread)	\$11.95
choice of tomato basil or seasonal soup and choice of side house or caesar salad	
Soup and Salad Combo (No Rustic Bread)	\$11.95
choice of tomato basil or seasonal soup and choice of side house or caesar salad	
Soup and Salad Combo (Gluten-Free Bread)	\$12.95
choice of tomato basil or seasonal soup and choice of side house or caesar salad	
Urban Superfood Salad (With Rustic Bread)	\$15.95
organic artisan lettuce, organic baby kale, pomegranate-lemon spiced chickpeas, super seed crisps, mandarin oranges, pic...	
Urban Superfood Salad (Gluten-Free Bread)	\$16.95
organic artisan lettuce, organic baby kale, pomegranate-lemon spiced chickpeas, super seed crisps, mandarin oranges, pic...	
Urban Superfood Salad (No Rustic Bread)	\$15.95
organic artisan lettuce, organic baby kale, pomegranate-lemon spiced chickpeas, super seed crisps, mandarin oranges, pic...	

ITEM	PRICE
Mixed Beet Salad (With Rustic Bread) marinated yellow & red beets, arugula, organic artisan lettuce, roasted tomatoes, organic carrot, crisp jicama, raw waln...	\$17.95
Mixed Beet Salad (Gluten-Free Bread) marinated yellow & red beets, arugula, organic artisan lettuce, roasted tomatoes, organic carrot, crisp jicama, raw waln...	\$18.95
Mixed Beet Salad (No Rustic Bread) marinated yellow & red beets, arugula, organic artisan lettuce, roasted tomatoes, organic carrot, crisp jicama, raw waln...	\$17.95
Classic House Salad (With Rustic Bread) organic artisan lettuce tossed with organic grape tomatoes, julienne organic carrots, crisp jicama, sweet and sour pickl...	\$15.95
Classic House Salad (Gluten-Free Bread) organic artisan lettuce tossed with organic grape tomatoes, julienne organic carrots, crisp jicama, sweet and sour pickl...	\$16.95
Classic House Salad (No Rustic Bread) organic artisan lettuce tossed with organic grape tomatoes, julienne organic carrots, crisp jicama, sweet and sour pickl...	\$15.95

Burgers

ITEM	PRICE
Classic Cheeseburger + Fries (Single *) chargrilled, 100% grass-fed beef, american cheese, organic tomato, white onion, pickles, lettuce, housemade thousand isl...	\$12.75
Classic Cheeseburger + Fries (Double *) chargrilled, 100% grass-fed beef, american cheese, organic tomato, white onion, pickles, lettuce, housemade thousand isl...	\$15.95
Avocado Cheeseburger + Fries (Single *) chargrilled, 100% grass-fed beef, american cheese, sliced avocado, organic tomato, white onion, pickles, lettuce, housem...	\$14.75
Avocado Cheeseburger + Fries (Double *) chargrilled, 100% grass-fed beef, american cheese, sliced avocado, organic tomato, white onion, pickles, lettuce, housem...	\$17.95
Crispy Onion Cheeseburger + Fries (Single *) chargrilled, 100% grass-fed beef, american cheese, crispy seasoned onions, organic tomato, pickles, lettuce, housemade t...	\$13.25
Crispy Onion Cheeseburger + Fries (Double *) chargrilled, 100% grass-fed beef, american cheese, crispy seasoned onions, organic tomato, pickles, lettuce, housemade t...	\$16.45
Bacon Cheeseburger + Fries (Single *) chargrilled, 100% grass-fed beef, american cheese, duroc pork bacon, organic tomato, white onion, pickles, lettuce, hous...	\$14.25
Bacon Cheeseburger + Fries (Double *) chargrilled, 100% grass-fed beef, american cheese, duroc pork bacon, organic tomato, white onion, pickles, lettuce, hous...	\$17.45

Desserts

ITEM	PRICE
Gluten Free Chocolate Cookie (Single *) chocolate on chocolate cookie with brown sugar, hints of vanilla & coffee, sprinkled with maldon sea salt *1 cookie	\$5.25
Gluten Free Chocolate Cookie (Bag *) chocolate on chocolate cookie with brown sugar, hints of vanilla & coffee, sprinkled with maldon sea salt *1 cookie	\$13.25
Chocolate Chunk Cookie (Single *) dark chocolate chunks married with caramelized sugar profile, vanilla, a hint of sea salt, crispy and chewy *1 cookie	\$5.25
Chocolate Chunk Cookie (Bag *) dark chocolate chunks married with caramelized sugar profile, vanilla, a hint of sea salt, crispy and chewy *1 cookie	\$13.25
Cowgirl Cookie (Single *) cranberries, coconut, sunflower seeds, hand grated nutmeg, cinnamon paired with caramelized brown sugar profile, vanilla...	\$5.25
Cowgirl Cookie (Bag *) cranberries, coconut, sunflower seeds, hand grated nutmeg, cinnamon paired with caramelized brown sugar profile, vanilla...	\$13.25

ITEM	PRICE
Banana Cream Pie crispy graham cracker crust filled with fresh bananas, scratch made caramel, vanilla bean pastry cream, whipped cream, f...	\$8.25
Mango Tart hand sliced mangos layered with rum cream in a handmade butter tart shell *serves 1	\$9.25
Flourless Chocolate Cake decadent flourless chocolate cake topped with seasonal berries and edible orchid *serves 1	\$9.25
Hummingbird Cake pineapple-banana cake layers filled with vanilla orange cream cheese frosting, fresh pineapple, walnuts, and rum *serve...	\$9.25
Chocolate Vanilla Layer Cake chocolate cake layers filled with vanilla bean cream, scratch made chocolate ganache, finished with seasonal berries and...	\$9.25
Sandwiches & Wraps	

ITEM	PRICE
Caesar Wrap chopped romaine and red gem lettuce, caesar dressing, organic grape tomatoes, rustic croutons, fresh grated parmesan, ga...	\$15.95
French Dip Sandwich thinly sliced grass-fed strip loin roast, creamy horseradish, havarti cheese, caramelized red onions, served on grilled...	\$18.95
Grilled Grass Fed Steak Sandwich hand carved grass-fed steak, slow roasted tomatoes, chimichurri aioli, served on grilled rustic bread with chips	\$18.95
Cage Free Chicken Club Sandwich herb marinated, antibiotic & hormone free, never frozen chicken, duroc pork bacon, organic tomato, pickled onion, organi...	\$18.95
Grilled Cage Free Chicken Sandwich herb marinated, antibiotic & hormone free, never frozen chicken, slow roasted tomatoes, orange-basil aioli, served on gr...	\$15.50
Crispy Chicken Sandwich + Fries (Classic) two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served on a...	\$15.75
Crispy Chicken Sandwich + Fries (Buffalo) two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served on a...	\$16.50
Crispy Chicken Sandwich + Fries (Spicy Teriyaki) two crispy jumbo, hand breaded buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served on a...	\$16.50
Turkey Avocado Club Sandwich hand sliced herb-roasted turkey breast, avocado, duroc pork bacon, havarti cheese, crisp lettuce, organic tomato, chipot...	\$19.50
Grilled Portobello Mushroom Sandwich marinated & grilled portobello mushroom, pesto hummus, roasted red onions, grilled zucchini, julienne red bell peppers a...	\$15.95
Half Sandwich Combo a choice of half sandwich, served with choice of soup or side salad Choice of Sandwich: Grilled Grass Fed Steak, Gril...	\$12.50

Bowls & Soups	
ITEM	PRICE
Grass Fed Lamb Osso Bucco grass-fed lamb shank slow-cooked in a red wine sauce, drizzled with mint gremolata and served with mashed organic potato...	\$28.95
Beef and Mushroom Braise (With Rustic Bread) seasoned natural beef, slow cooked with red wine sauce, whole mushrooms, yellow onions, organic carrots, celery, garlic...	\$18.95
Beef and Mushroom Braise (Gluten-Free Bread) seasoned natural beef, slow cooked with red wine sauce, whole mushrooms, yellow onions, organic carrots, celery, garlic...	\$19.95
Beef and Mushroom Braise (No Rustic Bread) seasoned natural beef, slow cooked with red wine sauce, whole mushrooms, yellow onions, organic carrots, celery, garlic...	\$18.95

ITEM	PRICE
Moroccan Chicken Braise (With Rustic Bread) cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, mari...	\$16.95
Moroccan Chicken Braise (Gluten-Free Bread) cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, mari...	\$17.95
Moroccan Chicken Braise (No Rustic Bread) cage-free, antibiotic & hormone free, never frozen chicken slow cooked with squash, yellow onion, preserved lemons, mari...	\$16.95
Beets + Avocado Plant Based Bowl (With Rustic Bread) organic red and white quinoa, roasted beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso-...	\$15.95
Beets + Avocado Plant Based Bowl (No Rustic Bread) organic red and white quinoa, roasted beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso-...	\$15.95
Beets + Avocado Plant Based Bowl (Gluten-Free Bread) organic red and white quinoa, roasted beets, avocado, raw walnuts, pickled red onions, hemp seeds, shaved cabbage, miso-...	\$16.95
Seafood Chowder (Cup *) creamy seafood chowder with shrimp, sea bass, duroc pork bacon, potatoes, onions, celery, carrots, fresh herbs *serves...	\$6.00
Seafood Chowder (Bowl *) creamy seafood chowder with shrimp, sea bass, duroc pork bacon, potatoes, onions, celery, carrots, fresh herbs *serves...	\$8.00
Tomato Basil Soup (Cup *) organic tomatoes, coconut milk, pesto, croutons (vegan- gluten free omit crouton) *serves 1	\$6.00
Tomato Basil Soup (Bowl *) organic tomatoes, coconut milk, pesto, croutons (vegan- gluten free omit crouton) *serves 1	\$8.00

Kids Meals

ITEM	PRICE
Kids Grilled Grass Fed Steak (With Rustic Bread) our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare	\$13.50
Kids Grilled Grass Fed Steak (Gluten-Free Bread) our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare	\$14.50
Kids Grilled Grass Fed Steak (No Rustic Bread) our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare	\$13.50
Kids Sustainable Grilled Salmon (With Rustic Bread) chargrilled ASC certified salmon	\$15.50
Kids Sustainable Grilled Salmon (Gluten-Free Bread) chargrilled ASC certified salmon	\$16.50
Kids Sustainable Grilled Salmon (No Rustic Bread) chargrilled ASC certified salmon	\$15.50
Kids Grilled Cage Free Chicken (With Rustic Bread) herb marinated grilled cage-free, antibiotic & hormone free, never frozen chicken	\$12.50
Kids Grilled Cage Free Chicken (Gluten-Free Bread) herb marinated grilled cage-free, antibiotic & hormone free, never frozen chicken	\$13.50
Kids Grilled Cage Free Chicken (No Rustic Bread) herb marinated grilled cage-free, antibiotic & hormone free, never frozen chicken	\$12.50
Kids Chicken Tender Plate (With Rustic Bread) two crispy jumbo, hand tossed buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served with c...	\$12.50
Kids Chicken Tender Plate (Gluten-Free Bread) two crispy jumbo, hand tossed buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served with c...	\$13.50
Kids Chicken Tender Plate (No Rustic Bread) two crispy jumbo, hand tossed buttermilk-battered, antibiotic & hormone free, never frozen chicken tenders served with c...	\$12.50

ITEM	PRICE
Kids Macaroni and Cheese (With Rustic Bread) cavatappi pasta tossed with our creamy house made cheddar cheese sauce	\$10.50
Kids Macaroni and Cheese (Gluten-Free Bread) cavatappi pasta tossed with our creamy house made cheddar cheese sauce	\$11.50
Kids Macaroni and Cheese (No Rustic Bread) cavatappi pasta tossed with our creamy house made cheddar cheese sauce	\$10.50

Protein Sides

ITEM	PRICE
Side Grilled Grass Fed Steak our signature spice rubbed, grass-fed and grass-finished steak, grilled medium rare	\$13.50
Side Grilled Sustainable Salmon chargrilled ASC certified salmon finished with our house made dijon honey sauce	\$13.50
Side Blackened Sustainable Salmon ASC certified sustainable salmon blackened in a cast iron skillet, served with lemon hollandaise sauce	\$14.50
Side Roasted Barramundi Seabass herb crusted sustainable barramundi seabass oven roasted and finished with house-made lemon hollandaise	\$12.25
Side Seared Wild Ahi Tuna tamari marinated MSC certified wild ahi tuna seared rare, served with wasabi and ponzu dipping sauce	\$11.50
Side Garlic Shrimp W. Parmesan Butter broiled sustainable shrimp with garlic parmesan butter	\$7.25
Side Grilled Cage Free Chicken herb marinated grilled cage-free, antibiotic & hormone free, never frozen chicken	\$10.50
Side Crispy Chicken Tender classic crispy or nashville hot. one crispy jumbo, hand tossed buttermilk-battered, antibiotic & hormone free, never fro...	\$6.25
Side Chili Glazed Grilled Tofu grilled marinated organic tofu drizzled with a sweet and spicy gochujang chili sauce	\$7.50