

Urban Plates

269 S Lake Ave Del Mar is the cross street 91101-3001 · +16268004448 · Updated: Jan 14, 2026

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HAND TOSSED SALADS 9

Antioxidant Salad \$12.95

lettuce blend, organic baby kale, cucumbers, celery, mint, pickled onions, raw walnuts, grapes, blue cheese, seasonal fruit, mint
lemongrass vinaigrette ~730 calories

Local Mixed Beet \$12.95

arugula, up lettuce blend, roasted tomatoes, organic carrot, jicama, raw walnuts, hemp seeds, goat cheese, preserved lemon
vinaigrette ~560 calories*

Wild Ahi Nicoise \$14.75

lettuce blend, grilled wild ahi, green beans, organic egg, organic tomatoes, potatoes, capers, marinated olives, mustard-champagne
vinaigrette ~650 calories*

Asian Chicken \$14.75

up lettuce blend, arugula, grilled cage-free chicken, organic carrots, green onions, oranges, spicy roasted peanuts, crispy wontons, red
bell peppers, cilantro, spicy peanut dressing ~650 calories*

Chicken Caesar \$14.75

organic romaine, organic baby kale, grilled cage-free chicken, organic tomatoes, garlic croutons, shaved asiago, caesar dressing ~740
calories*

Chicken Cobb \$14.95

up lettuce blend, organic tomatoes, turkey bacon, avocado, organic egg, blue cheese, buttermilk dill dressing ~690 calories*

Grilled Steak \$16.50

up lettuce blend, grilled grass fed steak, pineapple-mango salsa, jicama, mint, coconut roasted cashews, mild jalapeno-lime dressing
~590 calories*

Salmon Caesar \$15.95

organic romaine, organic baby kale, grilled sustainable salmon, organic tomatoes, garlic croutons, shaved asiago, caesar dressing
~880 calories*

Crispy Chicken Tender Salad \$13.95

two jumbo, hand tossed buttermilk-battered antibiotic & hormone free, never frozen chicken tenders, mixed greens, chopped organic
egg, shredded cheddar cheese, roasted corn, poblano peppers, roasted tomatoes, croutons, cilantro, house-made honey mustard
dressing

PLATES 9

Grilled Cage Free Chicken \$14.50

herb marinated ~270 calories (protein only)*

4 Up	\$13.50
any 4 of our hot or cold sides ~200 - 1480 calories*	
Wild Ahi Tuna	\$14.95
grilled rare ~130 calories (protein only)*	
Grilled Grass Fed Steak	\$16.75
grilled medium-rare ~260 calories (protein only)*	
Chimichurri Grass Fed Steak	\$17.75
grilled medium rare ~350 calories (protein + sauce only)*	
Grilled Sustainable Salmon	\$16.95
honey dijon sauce ~330 calories (protein only)*	
Meatless Loaf Plate	\$13.50
plant-based loaf of garden veggies, black beans, and organic quinoa topped with our homemade tomato jam ~490 calories (protein only)*	
Chicken 3 Tender Plate	\$12.95
Classic Crispy or Nashville Hot. Three jumbo hand-tossed buttermilk-battered, antibiotic & hormone-free, never frozen chicken tenders. choice of house-made dipping sauce, two seasonal sides and grilled artisan bread.	
6 Tender Feast	\$19.95
Classic Crispy or Nashville Hot. Six jumbo hand-tossed buttermilk-battered antibiotic & hormone-free, never frozen chicken tenders, choice of two house made-dipping sauces and grilled artisan bread (this item does not include two sides)	

SEASONAL SIDES 2

Hot Sides

Roasted Old Bay Potatoes - 180 cal ~ Mashed Potatoes made w/ organic potatoes - 350 cal ~ Roasted Brussels Sprouts with turkey bacon - 180 cal ~ Macaroni & Cheese - 370 cal ~ Rainbow Carrots & Golden Beets - 170 cal ~ Brown Rice - 130 cal ~ White Rice - 150 cal ~ Kettle Brand Chips - 150 cal ~ Sesame Broccolini - 50 cal ~ Organic White & Red Quinoa w/ tomato pesto - 180 cal ~ Organic Black Beans El Rancho - 160 cal ~ Cauliflower & Vegetable Rice - 130 cal

Chilled Sides

Beet Salad with goat cheese - 130 cal ~ Fresh Sliced Fruit - 60 cal ~ Side House Salad - 110 cal ~ Side Caesar Salad - 170 cal

HAND-CARVED SANDWICHES 6

Grilled Portobello Mushroom	\$11.00
marinated portobello mushroom, pesto goat cheese, zucchini, red bell peppers, red onion, arugula ~720 calories*	
Grilled Cage Free Chicken	\$11.00
slow-roasted tomatoes & orange-basil aioli ~690 calories*	
Grilled Grass Fed Steak	\$13.00
slow-roasted tomatoes & chimichurri aioli ~760 calories*	
Cage Free Chicken Club	\$12.00
brown sugar chili duroc pork bacon, organic tomato, pickled onion, up lettuce mix, garlic aioli, white cheddar cheese ~1220 calories*	

Classic Crispy Tender Sandwich

\$11.00

two jumbo, hand tossed buttermilk-battered antibiotic & hormone free, never frozen chicken tenders, lettuce, orange basil aioli, honey mustard sauce, pickled relish. served with chips

Nashville Hot Tender Sandwich

\$11.00

two jumbo crispy, hand-tossed buttermilk-battered antibiotic & hormone-free, never frozen chicken tenders, tossed in Nashville hot sauce, lettuce, orange basil aioli, honey mustard sauce, pickled relish. served with chips

BOWLS 4

Braised Beef & Mushrooms

\$12.50

natural beef slow-cooked with red wine sauce, mushrooms, onions, organic carrots ~510-560 calories

Moroccan Chicken Braise

\$11.00

cage-free chicken slow cooked with squash, onions, preserved lemon, olives, turmeric, paprika, cumin, ginger, cinnamon, parsley, cilantro ~530-590 calories

Curry Tofu & Vegetable Braise

\$11.00

marinated organic tofu slow cooked with a green curry coconut sauce, organic carrots, daikon, zucchini, red bell peppers, organic apple, ginger, onion, garlic, lime ~490-5430 calories

Beets + Avocado

\$11.00

organic red & white quinoa, beets, avocado, walnuts, pickled red onion, dates, hemp seeds, cabbage, coconut, miso lemongrass dressing ~720 calories*

SEASONAL SOUP 1

Tomato Basil

AVAILABLE OPTIONS

organic tomatoes, coconut milk, pesto, croutons ~190 calories*

\$5.95

\$4.00

KID'S MEALS 4

Macaroni & Cheese

\$6.50

creamy cheddar cheese sauce & pasta, served with fruit salad & chips ~700 calories*

Kid's Chicken Plate

\$7.50

grilled cage-free chicken any side & grilled rustic bread ~220-540

Kid's Steak Plate

\$8.50

grilled grass-fed steak, any side & grilled rustic bread ~220-540 calories*

Kid's Salmon Plate

\$10.50

oven baked sustainable salmon with any side & chargrilled rustic bread ~360-680 calories*

BEVERAGES 5

Natural Soda

\$2.95

sweetened with organic cane sugar

Fair Trade Organic Coffee **\$2.50**

Hot Teas **\$2.50**

wide selection of teas

Kombucha on Tap **\$5.95**

Replenishers **\$4.25**

organic lemonade ~organic ginseng mint green tea ~strawberry basil lemonade

DESSERTS 9

Urban Cowgirl Cookie (butter-free) **\$3.25**

our version of trail mix cookie! made with organic earth balance, organic sugar, organic flour, sunflower seeds, oats, dried cranberries, shredded coconut and a hint of nutmeg and cinnamon ~450 calories

Chocolate Chunk Cookie (butter-free) **\$3.25**

made with organic earth balance, organic sugar, organic flour, bittersweet chocolate ~480 calories

Almond Macaroon **\$2.95**

chewy and crisp almond cookie made with organic sugar and egg whites, toasted almonds ~230 calories

Banana Cream Pie **\$5.75**

graham cracker crust filled with vanilla bean pastry cream, bananas, caramel sauce, vanilla bean whipped cream, chocolate shavings ~670 calories

Flourless Chocolate Cake (gluten-free) **\$5.95**

semisweet chocolate cake garnished with chocolate ganache, powdered sugar, seasonal berries ~700 calories (1 serving)

Mango Tart **\$5.95**

cookie butter crust filled with rum cream and fresh mango ~380 calories (1 serving)

Hummingbird Cake **\$6.25**

banana cake layers soaked with rum syrup, layered with pineapple, cream cheese frosting and garnished with walnuts ~1100 calories (1 serving)

Chocolate Vanilla Layer Cake **\$6.25**

chocolate cake layers, with vanilla bean diplomat cream, chocolate ganache, vanilla bean whipped cream, garnished with seasonal berries ~880 calories (1 serving)

Mango Tart (Whole) **\$38.00**

cookie butter crust filled with rum cream and fresh mango - please order 24 hours in advance

\$11 EVERYDAY MENU 6

Moroccan Chicken Braise **\$11.00**

slow-cooked cage-free, antibiotic and hormone free chicken tagine with winter squash, olives, preserved lemon and ginger with aromatic spices of turmeric, paprika, cumin and cinnamon served over organic brown or white rice 530-590 cal, dairy free & gluten free

Curry Tofu & Vegetable Braise**\$11.00**

organic slow cooked tofu in green curry coconut sauce with organic carrots, daikon radishes, organic granny smith apples and zucchini. served over organic steamed brown or white rice 510-560 cal, vegan & gluten free

Grilled Cage Free Chicken Sandwich**\$11.00**

hand carved herb grilled cage-free, antibiotic and hormone free chicken, slow roasted tomatoes and orange basil aioli on chargrilled artisan ciabatta bread. served with house kettled potato chips 690 cal (+150 w/chips), dairy free

Grilled Portobello Mushroom Sandwich**\$11.00**

stacked portobellos, zucchini and red bell peppers with arugula and pesto goat cheese on grilled artisan ciabatta bread. served with house kettled potato chips 720 cal (+150 w/chips), vegetarian

Beets + Avocado Bowl**\$11.00**

colorful array of marinated red beets, fresh sliced avocado and pickled red onions with raw walnuts, organic quinoa, hemp seeds and miso lemongrass dressing 720 cal, vegan & gluten free

Three Up**\$11.00**

Choose any three sides ~150 - 1110 cal
