



## URBAN GREEN LA MENU

FALL SEASON: Apricots, Asparagus, Avocados, Basil, Green Beans, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chard, Cherries, Citrus: Grapefruits, Kumquats, Lemons, Navel Oranges, Tangelos/ Tangerines, Valencia Oranges, Collards, Corn, Cucumber, Medjool Dates, Eggplant, Figs, Kale, Kohlrabi, Lettuce, Mushroom, Mustard, Nectarines, Okra, Onion, Green Onion, Passion Fruit, Peaches, Asian Pears, Black-eyed Peas, Green Peas, Plums, Potatoes, Raspberries, Spinach, Summer Squash, Strawberries, Tomatoes, Turnips

INGREDIENTS PICKED FRESH FROM: URBAN GREEN LA FARMS – CLOVER MEADOWS, GENESIS SPROUTS, JAIME FARMS & GREER FAMILY FARMS, SANTA MONICA FARMERS' MARKET

**Chicken Enchiladas** Shredded Chicken, Pasilla Chili Pepper, Parsley, Roasted Tomato Paste, Cumin, Chopped Onion, Pasilla Peppers, Oregano, Sour Cream, Cheddar/Jack Cheese, Chicken Broth, Corn Tortillas –  
Contains Meat & Gluten Free

**Beef Enchiladas** Carna Asada, Pasilla Chili Pepper, Parsley, Roasted Tomato Paste, Cumin, Chopped Onion, Pasilla Peppers, Oregano, Sour Cream, Cheddar/Jack Cheese, Broth, Corn Tortillas – Contains Meat & Gluten Free

**Vegetable/Vegan Enchiladas** Roasted Tomatillos Peppers, Garlic, Serrano Peppers, chopped Spinach, diced Onion, sliced Mushrooms, Cilantro, Cheddar/Jack Cheese with Nopal Tortillas – Vegan & Gluten Free

**Dirty Brown Rice & Beans** infused with fresh chopped Cilantro-Lime Juice – Vegan & Gluten Free & Dairy Free

**Grilled Fresh Vegetables** Yellow Squash, Zucchini, Orange & Yellow Bell Pepper, Extra Virgin Olive Oil, Black Pepper, Kosher Salt – Vegan & Gluten Free & Dairy Free

**House made Spicy** With house made Tortillas – Vegan & Gluten Free & Dairy Free

FOOD FOR THOUGHT. THOUGHT FOR FOOD.

# **Southwestern Salad** **Black Beans, Sweet Corn, Grape** **Tomatoes Mixed Greens, Fresh Cilantro, Chopped Scallions, Garlic, Lime Juice** **Organic Cane Juice, Kosher Salt, & tangy Avocado-Lime dressing** – Vegan & Gluten Free & Dairy Free