



tendergreens



catering

good, whole, real

We prepare your catering order with the same quality ingredients and attention to detail that you'd experience when dining at a local Tender Greens restaurant.

Choose from our plates, sandwiches, salads, desserts, and more!

*-the chefs of
Tender Greens*



plates

\$13.5 per person / 10 person minimum
served with grilled herb crostini



most popular!
our proteins and sides
served buffet style

your choice of 2 proteins & 2 sides

1. pick 2 proteins



salt & pepper chicken

Free range, white and dark meat, garlic, oregano, thyme



backyard marinated steak •

No hormones or antibiotics ever, grilled medium rare



chipotle barbecue chicken

Free range, white and dark meat, chipotle barbecue sauce



herb brushed tuna •

MSC certified, grilled rare, sea salt, lemon, olive oil



fried chicken •

Free range, white and dark meat, buttermilk fried, rosemary salt



falafel

Cumin and coriander spiced chickpea fritters with tzatziki

2. pick 2 sides

tender greens® salad •

Mixed baby lettuces, sherry vinaigrette

baby spinach

Spinach, hazelnuts, goat cheese, cabernet vinaigrette

baby arugula

Arugula, parmesan, fennel, lemon vinaigrette

butter lettuce •

Red and green butter lettuce, tarragon dressing

romaine hearts ••

Red, speckled, and hearts of romaine, parmesan, croutons, caesar dressing

kale

Kale, parmesan, roasted garlic vinaigrette

mashed potatoes

seasonal veggies •

california sprouted rice •



● vegan ● contains gluten ● raw food warning



salads

serves up to 5 as entrée, 10 as side
served with grilled herb crostini

chinese chicken •

Tatsoi, mizuna, golden pea shoots, carrots, wontons, toasted peanuts, cilantro, green onion, sesame peanut dressing

happy vegan ••

Farro wheat with cranberry and hazelnuts, quinoa with cucumber and beets, green hummus, tabbouleh, baby greens, lemon vinaigrette

\$65

chipotle barbecue chicken

Romaine hearts, avocado, aged cotija cheese, crispy blue corn tortilla strips, green onion, radishes, cilantro lime dressing

grilled chicken cobb •

Romaine hearts, blue cheese, bacon, farm egg, avocado, tomato, tarragon dressing

chopped salad •

P. Balistreri salami, provolone, garbanzo beans, pepperoncini, olives, tomato, romaine hearts, radicchio, red wine garlic vinaigrette

\$67.5

tuna nicoise •

MSC certified, grilled rare, baby greens, tomato, roasted potatoes, capers, green beans, quail egg, olives, sherry vinaigrette

backyard steak •

butter lettuce, arugula, radishes, roasted beets, horseradish vinaigrette

grilled shrimp bowl

Selva Shrimp®, seasonal salsa, cabbage slaw, Lundberg sprouted rice, lime-crema

\$70

•• vegan

• contains gluten

• raw food warning

raw food warning: consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. nutrition info available upon request & online at tendergreens.com

sandwiches

served a la carte

backyard marinated steak **\$11.5** ea ●●

No hormones or antibiotics ever, grilled medium rare, with roasted red peppers, aioli on toasted ciabatta bread

salt & pepper chicken **\$10.5** ea ●●

Free range, white and dark meat chicken, garlic, oregano, thyme, with roasted red peppers, aioli on toasted ciabatta bread

chipotle barbecue chicken **\$10.5** ea ●●

Free range, white and dark meat chicken, chipotle barbecue sauce, with roasted red peppers, aioli on toasted ciabatta bread

fried chicken **\$11.5** ea ●●

Buttermilk white meat fried chicken, cabbage slaw, sweet and spicy pickles, chili aioli, toasted bun

falafel **\$10** ea ●

Cumin and coriander spiced chickpea fritters, tzatziki, harissa, pickles, lavash



each sandwich is cut in half, except fried chicken, and can serve one person, or two people, depending on how hungry they are.

● vegan ● contains gluten ● raw food warning

allergy warning: although efforts are made to avoid cross contact of allergens, we cannot guarantee that food items will not inadvertently come in contact with one another during preparation.





a la carte & add-ons

proteins

 protein portions: 4-5 oz. pp

falafel \$6 pp

salt & pepper or chipotle chicken \$6.5 pp

steak or tuna \$7.5 pp ●

fried chicken \$7.5 pp ●

sides

mashed potatoes

\$36 serves 10

seasonal veggies

\$30 serves 5-7 ●

california sprouted rice

\$30 serves 10 ●

desserts

cookies \$12 dozen

drinks

bottled water \$1.5 ea

housemade drinks

Choose from:
mint lemonade, agua fresca,
hibiscus tea, Mighty Leaf black
iced tea

\$12.5 half gallon / serves up to 5

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greens

\$32.5

serves up to 5 as entrée, 10 as side

tender greens® salad ●

Mixed baby lettuces, sherry vinaigrette

baby spinach

Spinach, hazelnuts, goat cheese, cabernet vinaigrette

baby arugula

Arugula, parmesan, fennel, lemon vinaigrette

butter lettuce ●

Red and green butter lettuce, tarragon dressing

romaine hearts ●●

Red, speckled, and hearts of romaine, parmesan, croutons, caesar dressing

kale

Kale, parmesan, roasted garlic vinaigrette

soups

\$16 qt

serves up to 5

roasted tomato soup ●●

Basil oil and ciabatta croutons

rustic chicken soup

Yukon gold potatoes, carrots, celery, leeks, thyme

how to order

order 24 hours in advance, minimum 10 people



online

Click order at tendergreens.com. Choose your location, select from the catering menu items, add paper supplies if you need them, and check out. Schedule your order for a future date/time for pick it up or delivery. Save favorites and group ordering is available for faster checkout.



app

On the go? **Order with the Tender Greens app!** Order from your phone, and earn perks for your order. Available on iOS and Android.



email

Fill out the order form and email to catering@tendergreens.com

questions or need a more personal touch?

Let's talk! How can we help?

Email us at catering@tendergreens.com

faq

food

Q. where do I find allergy and nutrition information?

We offer vegetarian, vegan, and gluten friendly options on our menu, as indicated by the dots on our menu. Display cards are provided to make it easy for guests to identify dishes and allergen information.

Nutrition and calorie information are available on our Nutrition PDF that can be found on the menu page of each location on our website at tendergreens.com/menu.

delivery

Q. do you deliver?

Yes, we deliver 7 days a week within a certain radius of our restaurants and charge a \$25 delivery fee. Choose delivery during checkout and select your address to check if you're in range.

setup

Q. how is the food served?

Buffet style in recyclable containers.

Q. does my order include plates, napkins, utensils, etc?

Yes, it's included at no extra cost but let us know that you would like them.

Q. do I need sternos and chafing dishes (wire racks)?

No, but if you have your own chafing dishes and sternos you'd like to use to keep the food hot, request aluminum pans for your order.

changed your mind?

Q. what is your cancellation policy?

We require at least six (6) hours' notice if you have a need to cancel your order without penalty. Cancellations given less than six (6) hours notice prior to your order time will be subject to a cancellation charge of 50% of the anticipated balance on the order.

Q. how do I cancel an order?

Login to your account on order.tendergreens.com, open your recent orders, select the order you'd like to cancel and click "cancel order" the day before at the latest. Email catering@tendergreens.com if you did not place your order online.



catering order form

company _____

contact name _____

contact phone _____

contact email _____

on-site contact _____

on-site phone (if different) _____

total # of people _____

require utensil sets/plates/napkins? yes no

choose one:

pick up

store pick up location _____

find locations at tendergreens.com/locations

delivery* \$25 delivery fee

deliver to _____

city _____ state _____ zip _____

delivery window (30 mins) _____

special delivery instructions _____

plates

\$13.5 per person / served buffet style

of people _____

your choice of 2 proteins & 2 greens or sides

1. pick 2 proteins

salt & pepper chicken

Free range, white and dark meat, garlic, oregano, thyme

chipotle barbecue chicken

Free range, white and dark meat, chipotle barbecue sauce

fried chicken ●

Free range, white and dark meat, buttermilk fried, rosemary salt

backyard marinated steak ●

No hormones or antibiotics ever, grilled medium rare

herb brushed tuna ●

MSC certified, grilled rare, sea salt, lemon, olive oil

falafel

Cumin and coriander spiced chickpea fritters with tzatziki

2. pick 2 sides

tender greens® salad ●

Mixed baby lettuces, sherry vinaigrette

baby spinach

Spinach, hazelnuts, goat cheese, cabernet vinaigrette

baby arugula

Arugula, parmesan, fennel, lemon vinaigrette

butter lettuce ●

Red and green butter lettuce, tarragon dressing

romaine hearts ●●

Red, speckled, and hearts of romaine, parmesan, croutons, caesar dressing

kale

Kale, parmesan, roasted garlic vinaigrette

mashed potatoes

seasonal veggies ●

california sprouted rice ●

● vegan ● contains gluten ● raw food warning

sandwiches

served a la carte

pair them with your favorite greens or side

backyard marinated steak \$11.5 ea ●●

No hormones or antibiotics ever, grilled medium rare, with roasted red peppers, aioli on toasted ciabatta bread

salt & pepper chicken \$10.5 ea ●●

Free range, white and dark meat chicken, garlic, oregano, thyme, with roasted red peppers, aioli on toasted ciabatta bread

chipotle barbecue chicken \$10.5 ea ●●

Free range, white and dark meat chicken, chipotle barbecue sauce, with roasted red peppers, aioli on toasted ciabatta bread

fried chicken \$11.5 ea ●●

Buttermilk white meat fried chicken, cabbage slaw, sweet and spicy pickles, chili aioli, toasted bun

falafel \$10 ea ●

Cumin and coriander spiced chickpea fritters, tzatziki, harissa, pickles, lavash

greens

\$32.5 ea

serves up to 5 as an entrée, 10 as side

pair with sandwiches or sides

tender greens® salad ●

Mixed baby lettuces, sherry vinaigrette

baby spinach

Spinach, hazelnuts, goat cheese, cabernet vinaigrette

baby arugula

Arugula, parmesan, fennel, lemon vinaigrette

butter lettuce ●

Red and green butter lettuce, tarragon dressing

romaine hearts ●●

Red, speckled, and hearts of romaine, parmesan, croutons, caesar dressing

kale

Kale, parmesan, roasted garlic vinaigrette

how to order

catering order form



Fill out the order form and email to catering@tendergreens.com

order 24 hours in advance
minimum 10 people

we'll respond to confirm your order
and take your payment information

special instructions

No price altering substitutions/additions



salads

serves up to 5 as an entree / 10 as side

choose from any of our salads

chinese chicken \$65 ●

Tatsoi, mizuna, golden pea shoots, carrots, wontons, toasted peanuts, cilantro, green onion, sesame peanut dressing

happy vegan \$65 ●●

Farro wheat with cranberry and hazelnuts, quinoa with cucumber and beets, green hummus, tabbouleh, baby greens, lemon vinaigrette

chipotle barbecue chicken \$67.5

Romaine hearts, avocado, aged cotija cheese, crispy blue corn tortilla strips, green onion, radishes, cilantro lime dressing

grilled chicken cobb \$67.5 ●

Romaine hearts, blue cheese, bacon, farm egg, avocado, tomato, tarragon dressing

chopped salad \$67.5

P. Balistreri salami, provolone, garbanzo beans, pepperoncini, olives, tomato, romaine hearts, radicchio, red wine garlic vinaigrette

tuna nicoise \$70 ●

MSC certified, grilled rare, baby greens, tomato, roasted potatoes, capers, green beans, quail egg, olives, sherry vinaigrette

backyard steak \$70 ●

Butter lettuce, arugula, radishes, roasted beets, horseradish vinaigrette

grilled shrimp bowl \$70

Selva shrimp®, seasonal salsa, cabbage slaw, Lundberg sprouted rice, lime-crema

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need help? need a more personal touch?
contact us at catering@tendergreens.com

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soups

\$16 qt / serves up to 5

choose from any of our soups

roasted tomato soup ●●

Basil oil and ciabatta croutons

rustic chicken soup

Yukon gold potatoes, carrots, celery, leeks, thyme

a la carte & add ons

add sides, proteins, cookies and drinks to your order

falafel \$6 pp

salt & pepper or chipotle chicken \$6.5 pp

steak, tuna or fried chicken \$7.5 pp

mashed potatoes serves 10 \$36

seasonal veggies serves 5-7 \$30 ●

california sprouted rice serves 10 \$30 ●

cookies \$12 dozen

bottled water \$1.5 ea

mint lemonade \$12.5 half gallon

agua fresca \$12.5 half gallon

hibiscus tea \$12.5 half gallon

Mighty Leaf black iced tea \$12.5 half gallon