

plates

Your choice of protein, green and side

1. pick one protein

salt & pepper chicken \$13

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

chipotle barbecue chicken \$13

Free range, white and dark meat, chipotle barbecue sauce

fried chicken \$13.5 ●

Free range, white meat, buttermilk fried, rosemary salt

backyard marinated steak \$14 ●

No hormones or antibiotics ever, grilled medium rare

grilled salmon \$16

GLOBALG.A.P. certified, sea salt, lemon, extra virgin olive oil

herb brushed tuna \$14 ●

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

falafel \$12.5 ●

Cumin and coriander spiced chickpea fritters with tzatziki

Our grilled chicken is served with skin, it can be removed upon request

2. pick one green

tender greens® salad ●

Baby lettuces, sherry vinaigrette

baby arugula

Parmesan, fennel, lemon vinaigrette

butter lettuce ●

Chive, tarragon dressing

romaine hearts ●●

Baby red and hearts of romaine, parmesan, croutons, caesar dressing

kale

Parmesan, roasted garlic vinaigrette

3. pick one side

mashed potatoes

seasonal veggies ●

sprouted brown rice ●

Substitute soup for green or side \$1.5

chef's specials \$M.P.

something new from your chef twice a day.

Start with thoughtfully sourced seasonal ingredients, mix in the passion and skill of our chefs and you'll find amazing dishes from this kitchen every day.



check out the board to see our current special offerings

—or find them online at tendergreens.com

Follow us @tendergreens on Instagram to see what's coming to our restaurants

salads

harvest \$13.5

Salt and pepper chicken, mixed baby lettuces, seasonal fruit, artisan cheese, nuts, golden balsamic vinaigrette

backyard steak \$14 ●

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

chipotle barbecue chicken \$13.5

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

tuna nicoise \$14 ●

MSC certified, grilled rare, baby lettuces, oven-dried tomato, roasted potatoes, capers, green beans, quail egg, olives, sherry vinaigrette

italian kale \$13.5 ●

P. Balistreri salami, kale, parmesan, roasted fennel, marinated garbanzo beans, croutons, pickled onions, roasted garlic vinaigrette

happy vegan \$13 ●●

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

grilled shrimp bowl \$14.5

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

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.

before placing your order, please inform your server if anyone in your party has a food allergy.

sandwiches

the original ●●

Roasted red peppers, aioli, toasted ciabatta bread with romaine hearts salad
choose one:

backyard marinated steak \$14

salt & pepper chicken \$13

chipotle barbecue chicken \$13

fried chicken \$14 ●●

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

falafel \$12.5 ●

Cumin and coriander spiced chickpea fritters, tzatziki, harissa, pickles, lavash with tender greens® salad

greens

tender greens® salad \$6.5 ●

baby arugula \$6.5

butter lettuce \$6.5 ●

romaine hearts \$6.5 ●●

kale \$6.5

Add falafel \$6

salt & pepper or chipotle chicken \$6.5

steak, tuna, or fried chicken \$7.5

salmon \$9

sides

mashed potatoes \$4

seasonal veggies \$6 ●

sprouted brown rice \$3 ●

soups

roasted tomato soup \$5 ●●

Basil oil and ciabatta croutons

rustic chicken soup \$5

Yukon gold potatoes, carrots, celery, leeks, thyme

daily special soup \$5

just for kids

little plate \$7 ●

Your choice of protein or grilled cheese served with a side of veggies, mashed potatoes and juice box

desserts

fresh baked cookie \$2.5 ●

local selections

items and prices may vary by location

- 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

housemade drinks

mint lemonade
agua fresca
hibiscus tea
green monster*
black or green iced tea

*no refills available

coffee & more

cold brew coffee
hot coffee
hot tea
GT's synergy kombucha

items vary by location. check the drink board for additional options

beer & wine

local craft brews
red and white wine
Domaine de Cala rosé

ask us about today's craft brews and wines

our philosophy

**we are always mindful of the bigger picture
our food, our environment, our social responsibility**

That means thinking about our food's production, transportation and social impact before giving anything our thumbs up. All of our farmers and partners meet our high standards—here are just a few:



Sourced locally whenever possible from farmers who we know and trust. Always reflective of the season.



Our soups, sauces, dressings and pastas are all made from scratch with only raw, unprocessed ingredients.



Hormone and antibiotic free, naturally and sustainably raised on family farms.

quick catering

ideal for meetings, casual events and celebrations

plates

your choice of 2 proteins and 2 greens or sides

\$13.5 pp

10 person minimum

*does not include grilled salmon

salads

 serves up to 10

happy vegan

\$65

chipotle barbecue chicken harvest
italian kale

\$67.5

tuna nicoise
backyard steak
grilled shrimp bowl

\$70

greens

 serves up to 10

choose from any of our 5 greens

\$32.5

sandwiches

 served a la carte

falafel **\$10** ea

salt & pepper or
chipotle chicken **\$10.5** ea

steak or fried chicken **\$11.5** ea

sides served separately

soups

 serves up to 5

roasted tomato or rustic chicken **\$16** qt

housemade drinks

by the half gallon **\$12.5**

does not include green monster

a la carte & add-ons

mashed potatoes serves 10 **\$36**

seasonal veggies serves 5-7 **\$30**

sprouted brown rice serves 10 **\$30**

falafel **\$6** pp

salt & pepper or chipotle chicken **\$6.5** pp

steak, tuna or fried chicken **\$7.5** pp

cookies **\$12** dozen

**in a hurry?
we've got you covered!**

order online at tendergreens.com or through the Tender Greens app—we'll have it ready for you to pick up



tendergreens