

plates

Your choice of protein, green & side with grilled herb crostini

1. pick one protein

salt & pepper chicken \$12

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

chipotle barbecue chicken \$12

Free range, white and dark meat, chipotle barbecue sauce

fried chicken \$12.5 ●

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

backyard marinated steak \$13 ●

No hormones or antibiotics ever, grilled medium rare

grilled salmon \$15

GLOBALG.A.P. certified, sea salt, lemon, California Olive Ranch olive oil

herb brushed tuna \$13 ●

MSC certified, grilled rare, sea salt, lemon, California Olive Ranch olive oil

falafel \$11.5

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 ●

Scarborough Farms greens, sherry vinaigrette

baby spinach

Scarborough Farms spinach, hazelnuts, goat cheese, cabernet vinaigrette

baby arugula

Scarborough Farms arugula, parmesan, fennel, lemon vinaigrette

butter lettuce ●

Hydroponic 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

3. pick one side

mashed potatoes

seasonal veggies ●

california sprouted 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.

good.
whole.
real.

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

Served with grilled herb crostini

chipotle barbecue chicken \$12.5

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

chinese chicken \$12 ●

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

grilled chicken cobb \$12.5 ●

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

tuna nicoise \$13 ●

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

chopped salad \$12.5

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

backyard steak \$13 ●

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

happy vegan \$12 ●●

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

grilled shrimp bowl \$13.5

Selva shrimp®, seasonal salsa, cabbage slaw, Lundberg sprouted 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.

sandwiches

the original ●●

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

backyard marinated steak \$13

salt & pepper chicken \$12

chipotle barbecue chicken \$12

fried chicken \$13 ●●

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

falafel \$11.5 ●

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

greens

Served with grilled herb crostini

tender greens® salad \$6 ●

baby spinach \$6

baby arugula \$6

butter lettuce \$6 ●

romaine hearts \$6 ●●

kale \$6

Add falafel \$5.5

salt & pepper or chipotle chicken \$6
steak, tuna, shrimp or fried chicken \$7
salmon \$9

sides

mashed potatoes \$4

seasonal veggies \$5.5 ●

california sprouted 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 \$6.5 ●

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

*does not include salmon

desserts

fresh baked cookie \$2.5 ●

citrus olive oil cake \$4 ●

carrot cake \$4 ●

vegan chocolate brownie \$4 ●●

items 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* \$2.75

agua fresca* \$2.75

hibiscus tea* \$2.75

green monster \$3.5

Mighty Leaf
black or green
iced tea* \$2.75

*refills available
on these drinks

coffee & more

local coffee
selections

Mighty Leaf
hot tea \$2.75

GT's synergy
kombucha \$5

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

beer & wine

local craft brews \$6

california wines \$7

Domaine de Cala
rosé \$7

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* & 2 greens or sides

\$12.5 pp

10 person minimum

*does not include grilled salmon

salads

serves up to 10

chinese chicken
happy vegan

\$60 ea

chipotle barbecue chicken
grilled chicken cobb
chopped salad

\$62.5 ea

tuna nicoise
backyard steak
grilled shrimp bowl

\$65 ea

greens

serves up to 10

choose from any of our 6 greens

\$30 ea

sandwiches

served a la carte

falafel \$9 ea

salt & pepper or
chipotle chicken \$9.5 ea

steak or fried chicken \$10.5 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 ea

seasonal veggies serves 5-7 \$27.5 ea

california sprouted rice serves 10 \$30 ea

falafel \$5.5 pp

salt & pepper or chipotle chicken \$6 pp

steak, tuna or fried chicken \$7 pp

cookies \$12 dozen

in a hurry?
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Tender Greens app!



tendergreens