



plates

your choice of protein, green, and side

pick one protein

chicken

salt & pepper 250 cal. \$13
chipotle barbeque 300 cal. \$13
buttermilk fried (g) 340 cal. \$13.5
our chicken is served skin on,
with white and dark meat

beef

steak 270 cal. \$14
grilled medium rare (r)

fish

grilled salmon (r) 160 cal. \$16
seared tuna 190 cal. \$14
grilled rare (r)

more

falafel 210 cal. \$12.5
harissa, tzatziki (g)

pick one green

baby greens 125 cal.
baby lettuces, sherry vinaigrette (v)

kale 265 cal.
parmesan, roasted garlic vinaigrette

baby arugula 180 cal.
parmesan, fennel, lemon vinaigrette

butter lettuce 227 cal.
chive, tarragon dressing (r)

romaine hearts 190 cal.
parmesan, caesar dressing (g/r)

baby spinach 210 cal.
nuts, goat cheese, cabernet vinaigrette

pick one side

sprouted brown rice
240 cal. (v)

mashed potatoes
250 cal.

seasonal veggies
70-240 cal. (v)

sandwiches

the original

roasted red peppers, aioli,
on ciabatta (g/r)

pick one:

salt & pepper chicken 810 cal. \$10
chipotle bbq chicken 830 cal. \$10
steak 860 cal. \$11

fried chicken 950 cal. \$11

buttermilk fried chicken, cabbage slaw,
pickles, chili aioli, on brioche bun (g/r)

falafel 560 cal. \$9.5

chickpea fritters, tzatziki, harissa, pickles,
on lavash (g)

salumi 990 cal. \$11

p. balistreri salumi, mortadella,
provolone, relish, aioli, on ciabatta (g/r)

caprese 900 cal. \$9.5

mozzarella, roasted tomatoes, arugula,
aioli, on ciabatta (g/r)

(v) vegan (g) contains gluten (r) raw food warning

salads

mediterranean steak 800 cal. \$14

steak, marinated feta, tomatoes, pickled cucumbers, green olives, herbs, baby greens, lemon vinaigrette (r)

harvest chicken 960 cal. \$13.5

salt & pepper chicken, seasonal fruit, artisan cheese, nuts, baby greens, golden balsamic vinaigrette

chipotle barbeque chicken 610 cal. \$13.5

avocado, cotija, tortilla strips, green onion, radishes, romaine, cilantro lime dressing (g)

grilled chicken cobb 700 cal. \$13.5

blue cheese, bacon, egg, avocado, tomatoes, romaine, tarragon dressing (r)

chinese chicken 700 cal. \$13

wontons, peanuts, cilantro, green onions, carrots, tatsoi, mizuna, pea shoots, sesame peanut dressing (g)

tuna nicoise 650 cal. \$14

seared tuna, tomatoes, potatoes, capers, green beans, egg, olives, baby greens, sherry vinaigrette (r)

happy vegan 700 cal. \$13

farro with cranberry & nuts, quinoa with cucumber & beets, green hummus, tabbouleh, baby greens, lemon vinaigrette (v/g)

grilled salmon bowl 570 cal. \$16

grilled salmon, seasonal salsa, sprouted brown rice, cotija, cabbage slaw, lime-crema (r)

sides

choose any side \$4

mashed potatoes 250 cal.

seasonal veggies (v) 70-240 cal.

sprouted brown rice (v) 240 cal.

baby greens (v) 125 cal.

romaine hearts (g/r) 190 cal.

baby spinach 210 cal.

kale 265 cal.

baby arugula 180 cal.

butter lettuce (r) 227 cal.

soups

choose from cup \$5 or bowl \$9

roasted tomato 160/320 cal.

ciabatta croutons and basil oil (v/g)

rustic chicken 110/220 cal.

potatoes, carrots, celery, leeks, thyme

daily special

check daily specials board

just for kids

little plate 237-735 cal. \$7

pick one:

salt & pepper chicken
fried chicken

marinated steak
grilled cheese

cheese quesadilla

served with fruit, mashed potatoes & water

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children 9 to 13 years, but calorie needs vary.

desserts

items and prices may vary by location

fresh baked cookie (g)

390-400 cal. \$2.5

local selections

drinks

housemade

mint lemonade 110 cal.
agua fresca 220-240 cal.
hibiscus tea 80 cal.
the greens 130 cal.

coffee & tea

cold brew coffee
iced black/green tea
hot coffee
hot tea

alcohol & more

local craft brews
rosé wine
red wine
white wine
kombucha

catering

10 person minimum

plates

choose two proteins:

steak
salt & pepper chicken
seared tuna
falafel

choose two sides:

baby greens
romaine hearts
mashed potatoes
seasonal veggies
sprouted brown rice

salads

mediterranean steak
chipotle bbq chicken
grilled chicken cobb
tuna nicoise
happy vegan

sandwiches

chipotle bbq chicken
steak
salumi
falafel
caprese

for entire menu and to order
visit tendergreens.com/catering

a la carte

mashed potatoes
seasonal veggies
sprouted brown rice
just the greens

add-ons

agua fresca
mint lemonade
hibiscus tea
iced tea

cookies

a 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary.

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

allergy warning: although efforts are made to avoid cross contamination 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 order taker if anyone in your party has a food allergy.

download our app!

