

catering



good is good.

how to order

*order 15 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 and time for pick it up or delivery.

saving favorites and group ordering are available for faster checkout.

email

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

questions?

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 call outs on our menu.

nutrition and calorie information are available on our nutrition PDF that can be found on the menu page of each location on our website.

all calories counts are listed per single serving.

delivery

Q. do you deliver?

yes, we deliver by working with a third party delivery partner. 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?

family 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?

to cancel your order please reach out to the store directly or email us at catering@tendergreens.com.

plates

\$13.5 per person / 10 person minimum

1. pick two proteins

chicken

salt & pepper 250 cal.
chipotle barbeque 300 cal.
buttermilk fried (g) 340 cal.

our chicken is served skin on,
with white and dark meat

beef

steak 270 cal.
grilled medium rare (r)

fish

seared tuna 190 cal.
grilled rare (r)

more

falafel 210 cal.
harissa, tzatziki (g)

2. pick two sides

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

kale 265 cal.
parmesan,
roasted garlic vinaigrette

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

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

baby arugula 180 cal.
parmesan, fennel,
lemon vinaigrette

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

sprouted brown rice (v) 240 cal.

mashed potatoes 250 cal.

seasonal veggies (v) 70-240 cal.

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

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 order taker if anyone in your party has a food allergy.

sandwiches

10 person minimum

the original

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

pick one:

salt & pepper chicken 810 cal. **\$10 ea**
chipotle bbq chicken 830 cal. **\$10 ea**
steak 860 cal. (r) **\$11 ea**

fried chicken 950 cal. **\$11 ea**

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

falafel 560 cal. **\$9.5 ea**

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

tip:

each sandwich is cut in half, except fried chicken,
and can serve one person or two people.

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

all calories listed are based on single serving portion.
a 2,000 calorie daily diet is used as the basis for general nutrition advice;
however, individual calorie needs may vary.

salads

serves up to 5 as entrée, 10 as side

mediterranean steak 800 cal. \$70

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

harvest chicken 960 cal. \$70

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

chipotle bbq chicken 610 cal. \$67.5

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

grilled chicken cobb 700 cal. \$67.5

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

chinese chicken 700 cal. \$65

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

tuna nicoise 650 cal. \$70

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

happy vegan 700 cal. \$65

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

soups

\$13 qt serves 3-5

roasted tomato 320 cal.

basil oil and ciabatta croutons

rustic chicken 220 cal.

potatoes, carrots, celery, leeks, thyme

greens

\$32.5 serves up to 5 as entrée, 10 as side

baby greens 125 cal.

baby lettuces
sherry vinaigrette (v)

kale 265 cal.

parmesan, roasted garlic
vinaigrette

butter lettuce 227 cal.

chive, tarragon dressing (r)

romaine hearts 190 cal.

parmesan, croutons,
caesar dressing (g/r)

baby arugula 180 cal.

parmesan, fennel,
lemon vinaigrette

baby spinach 210 cal.

nuts, goat cheese,
cabernet vinaigrette

a la carte

proteins serve per person, sides serve 6-10

proteins

falafel \$6 pp
salt & pepper chicken \$6.5 pp
chipotle bbq chicken \$6.5 pp
steak (r) \$7.5 pp
tuna (r) \$7.5 pp
fried chicken (g) \$7.5 pp

desserts

cookies (g) \$12 dozen

drinks

bottled water \$1.5 ea

sides

green hummus (v) \$16
tabbouleh (v) \$16
quinoa (v) \$16
farro wheat (v) \$16
seasonal vegetables (v) \$30
california sprouted rice (v) \$30
mashed potatoes \$36
roasted potatoes (v) \$36



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

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 / 10 person minimum

choose two proteins

- ___ **steak** 270 cal.
grilled medium rare (r)
- ___ **salt & pepper chicken** 250 cal.
our chicken is served skin on,
with white and dark meat
- ___ **chipotle barbeque chicken** 300 cal.
our chicken is served skin on,
with white and dark meat
- ___ **fried chicken** 340 cal.
- ___ **seared tuna** 190 cal.
grilled rare (r)
- ___ **falafel** 210 cal.
harissa, tzatziki (g)
- ___ **choose two sides**
- ___ **baby greens** 125 cal.
baby lettuces, sherry vinaigrette (v)
- ___ **baby arugula** 190 cal.
parmesan, fennel, lemon vinaigrette
- ___ **butter lettuce** 227 cal.
chive, tarragon dressing (r)
- ___ **kale** 265 cal.
parmesan, roasted garlic vinaigrette
- ___ **romaine hearts** 190 cal.
parmesan, croutons, caesar dressing (g/r)
- ___ **baby spinach** 210 cal.
nuts, goat cheese, cabernet vinaigrette
- ___ **mashed potatoes** 250 cal.
- ___ **seasonal veggies** 70-240 cal. (v)
- ___ **sprouted brown rice** 240 cal. (v)

sandwiches

10 person minimum

the original

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

- ___ salt & pepper chicken 810 cal. **\$10 ea**
- ___ chipotle bbq chicken 830 cal. **\$10 ea**
- ___ steak (r) 860 cal. **\$11 ea**

fried chicken 950 cal. **\$11 ea**

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

falafel 560 cal. **\$9.5 ea**

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

greens

\$32.5 ea serves 5 as entrée, 10 as side

- ___ **baby greens** 125 cal. (v)
- ___ **baby arugula** 190 cal.
- ___ **butter lettuce** 227 cal. (r)
- ___ **kale** 265 cal.
- ___ **romaine hearts** 190 cal. (g/r)
- ___ **baby spinach** 210 cal.

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

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however, individual calorie needs may vary.



how to order

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order 15 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

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

salads

serves 5 as entrée, 10 as side

- mediterranean steak 270 cal. \$70
steak, feta, tomatoes, pickled cucumbers, green olives, herbs, baby greens, lemon vinaigrette (r)
— harvest chicken 960 cal. \$70
salt & pepper chicken, seasonal fruit, artisan cheese, nuts, baby greens, golden balsamic vinaigrette
— chipotle bbq chicken 270 cal. \$67.5
avocado, cotija, tortilla strips, green onion, radishes, romaine, cilantro lime dressing (g)
— grilled chicken cobb 270 cal. \$67.5
romaine hearts, blue cheese, bacon, egg, avocado, tomato, tarragon dressing (r)
— chinese chicken 700 cal. \$65
tatsoi, mizuna, golden pea shoots, carrots, wontons, toasted peanuts, cilantro, green onion, sesame peanut dressing
— tuna nicoise 270 cal. \$70
seared tuna, tomatoes, potatoes, capers, green beans, egg, olives, baby greens, sherry vinaigrette (r)
— happy vegan 270 cal. \$65
farro with cranberry & nuts, quinoa with cucumber & beets, green hummus, tabbouleh, baby greens, lemon vinaigrette (v/g)

soups

\$13 qt / serves 3-5

- roasted tomato 320 cal.
basil oil and ciabatta croutons (g/r)
— rustic chicken 220 cal.
potatoes, carrots, celery, leeks, thyme

a la carte

proteins serve per person, sides serve 6-10

- falafel \$6 pp
— salt & pepper chicken \$6.5 pp
— chipotle chicken \$6.5 pp
— steak (r) \$7.5 pp
— tuna (r) \$7.5 pp
— fried chicken (g) \$7.5 pp
— green hummus (v) \$16
— tabbouleh (v) \$16
— quinoa (v) \$16
— farro wheat (v) \$16
— seasonal veggies (v) \$30
— california sprouted rice (v) \$30
— mashed potatoes \$36
— roasted potatoes (v) \$36
— cookies \$12 dozen
— bottled water \$1.5 ea