



## plates \$7

### **chef's bowl**

seasonal vegetable-kale slaw with lime-crema & sprouted brown rice (r)  
410 cal.

### **signature**

baby greens with sherry vinaigrette & mashed potatoes  
370 cal.

### **classic**

caesar salad & mashed potatoes (g/r)  
440 cal.

### **garden**

butter lettuce with beets, tarragon dressing & roasted vegetables (r)  
297-467 cal.

### **market**

arugula with parmesan, fennel, lemon vinaigrette & roasted vegetables  
250-420 cal.

### **home**

mashed potatoes & roasted vegetables  
396 cal.

## add a protein!

### **chicken \$6**

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

### **beef \$7**

steak (r) 270 cal.

### **fish \$9**

salmon (r) 160 cal.  
seared tuna (r) 190 cal.

### **more \$5.5**

falafel (g) 210 cal.

## 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)

## 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)

### **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)

## 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 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

## 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

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

## 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**

## catering

10 person minimum

for entire menu and to order  
visit [tendergreens.com/catering](https://tendergreens.com/catering)

### **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

### **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](https://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.

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