



good is good.

## plates

your choice of protein, green, and side

### pick one protein

#### **chicken**

salt & pepper 250 cal. \$12  
chipotle barbeque 300 cal. \$12  
buttermilk fried (g) 340 cal. \$12.5  
our chicken is served skin on,  
with white and dark meat

#### **beef**

steak 270 cal. \$13  
grilled medium rare (r)

#### **fish**

grilled salmon (r) 160 cal. \$15  
seared tuna 190 cal. \$13  
grilled rare (r)

#### **more**

falafel 210 cal. \$11.5  
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. \$9  
chipotle bbq chicken 830 cal. \$9  
steak 860 cal. \$10

#### **fried chicken** 950 cal. \$10

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

#### **falafel** 560 cal. \$8.5

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

#### **salumi** 990 cal. \$10

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

#### **caprese** 900 cal. \$8.5

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

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

# salads

## mediterranean steak 800 cal. \$13

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

## harvest chicken 960 cal. \$13

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

## chipotle barbeque chicken 610 cal. \$12.5

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

## grilled chicken cobb 700 cal. \$12.5

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

## chinese chicken 700 cal. \$12

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

## tuna nicoise 650 cal. \$13

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

## happy vegan 700 cal. \$12

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

## grilled salmon bowl 570 cal. \$15

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.  
green monster 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](http://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](http://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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