GOOD IS GOOD GOOD GOOD GOOD.

tendergreens

plates
your choice of protein, green, side

1. pick one protein

- **steak** *grilled medium rare* 270 cal. **$14**
- **salt & pepper chicken*** 250 cal. **$13.5**
- **chipotle bbq chicken*** 300 cal. **$13.5**
- **buttermilk fried chicken*** 340 cal. **$13.5**
- **salmon** *grilled medium* 160 cal. **$16**
- **seared tuna** *grilled rare* 190 cal. **$14**

real food. made real. IT'S ALL GOOD

2. pick one green

- **baby greens** 200 cal.
  sherry vinaigrette
- **kale** 220 cal.
  parmesan, roasted garlic vinaigrette
- **baby arugula** 215 cal.
  parmesan, fennel, lemon vinaigrette
- **butter lettuce** 225 cal.
  chive, tarragon dressing
- **romaine hearts** 340 cal.
  parmesan, croutons, caesar dressing
- **baby spinach** 255 cal.
  nuts, goat cheese, cabernet vinaigrette

3. pick one side

- **brown rice**
  240 cal.
- **mashed potatoes**
  250 cal.
- **seasonal veggies**
  70-240 cal.

sandwiches
add a side or soup for **$4**

- **fried chicken** on brioche bun 950 cal. **$10**
  fried chicken, cabbage slaw, pickles, chili aioli
- **the original** on ciabatta 810 cal. **$10**
  salt & pepper chicken, roasted red peppers, aioli
- **falafel** on lavash 560 cal. **$9.5**
  chickpea fritters, tzatziki, harissa, pickles

vegan · contains gluten · raw food warning

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

bowls

CALIFORNIA
brown rice, seasonal salsa, pepitas, cabbage slaw, cotija, lime crema

pick one:

chipotle bbq chicken 1045 cal. **$13.5**

- **salmon** 900 cal. **$16**
- **steak** 1015 cal. **$14**

PACIFIC
sushi rice, spicy miso mayo, pickled cucumber, carrot, greens, sesame, ginger dressing

pick one:

- **katsu chicken** 1050 cal. **$13.5**
- **togarashi tuna** 900 cal. **$14**
- **togarashi salmon** 870 cal. **$16**
- **ginger soy steak** 980 cal. **$14**

salads

- **chipotle bbq chicken** 610 cal. **$13.5**
  avocado, cotija, tortilla strips, green onion, radish, romaine, cilantro lime dressing

harvest chicken 960 cal. **$14**
seasonal fruit, artisan cheese, nuts, baby greens, golden balsamic vinaigrette

- **grilled chicken cobb** 700 cal. **$13.5**
  blue cheese, bacon, egg, avocado, tomato, romaine, tarragon dressing
- **chinese chicken** 700 cal. **$13**
  wontons, peanuts, cilantro, green onion, carrot, mizuna, bok choy, cabbage, romaine, sesame peanut dressing
- **tuna nicoise** 650 cal. **$14**
  tomato, potato, capers, green bean, egg, olives, baby greens, sherry vinaigrette
- **mediterranean steak** 800 cal. **$14**
  feta, tomato, pickled cucumber, green olives, herbs, greens, lemon vinaigrette
- **happy vegan** 868 cal. **$13**
  farro with cranberry & almonds, quinoa with cucumber & beets, green hummus, tabbouleh, baby greens, lemon vinaigrette

sides
choose any side **$4**

mashed potatoes 250 cal.
- **seasonal veggies** 70-240 cal.
- **brown rice** 240 cal.
- **baby greens** 200 cal.
- **romaine hearts** 340 cal.

baby spinach 255 cal.
kale 220 cal.
baby arugula 215 cal.
- **butter lettuce** 225 cal.

soups
choose from cup **$5** or bowl **$9**

- **roasted tomato** 160/320 cal.
  ciabatta croutons and basil oil

rustic chicken 110/220 cal.
potato, carrot, celery, leek, thyme

desserts

- **fresh baked cookie** 390-400 cal. **$2.5**

local selections

drinks
ask about our local alcohol options

housemade
mint lemonade 110 cal. **$2.75**
agua fresca 220-240 cal. **$2.75**
hibiscus tea 80 cal. **$2.75**
the greens 130 cal. **$5**

coffee & tea
cold brew coffee **$5**
iced black/green **$2.75**
hot coffee **$2.5**
hot tea **$2.75**

alcohol & more
local craft brews **$6**
red wine **$7**
white wine **$7**
rosé wine **$7**
kombucha **$5**

just for kids

little plate 237-735 cal. **$7**
served with fruit, mashed potatoes and water

pick one:

salt & pepper chicken
fried chicken
- **steak**
cheese quesadilla
grilled cheese

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.

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

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

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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.