

GOOD IS

GOOD



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tendergreens

plates your choice of protein, green, side

1. pick one protein

- **steak** *grilled medium rare* 270 cal. **\$13**
- **salt & pepper chicken*** 250 cal. **\$12.5**
- **chipotle bbq chicken*** 300 cal. **\$12.5**
- **buttermilk fried chicken*** 340 cal. **\$12.5**
- **salmon** *grilled medium* 160 cal. **\$15**
- **seared tuna** *grilled rare* 190 cal. **\$13**



2. pick one green

- **baby greens** 200 cal.
sherry vinaigrette
- **butter lettuce** 225 cal.
chive, tarragon dressing
- **kale** 220 cal.
parmesan, roasted garlic vinaigrette
- **romaine hearts** 340 cal.
parmesan, croutons, caesar dressing
- **baby arugula** 215 cal.
parmesan, fennel, lemon vinaigrette
- **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. **\$9**
fried chicken, cabbage slaw, pickles, chili aioli
- **the original** on ciabatta 810 cal. **\$9**
salt & pepper chicken, roasted red peppers, aioli
- **falafel** on lavash 560 cal. **\$8.5**
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. **\$12.5**

● **salmon** 900 cal. **\$15**

● **steak** 1015 cal. **\$13**

PACIFIC

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

pick one:

● **katsu chicken** 1050 cal. **\$12.5**

● **togarashi tuna** 900 cal. **\$13**

● **togarashi salmon** **\$15**

salads

● **chipotle bbq chicken** 610 cal. **\$12.5**

avocado, cotija, tortilla strips, green onion, radish, romaine, cilantro lime dressing

harvest chicken 960 cal. **\$13**

seasonal fruit, artisan cheese, nuts, baby greens, golden balsamic vinaigrette

● **grilled chicken cobb** 700 cal. **\$12.5**

blue cheese, bacon, egg, avocado, tomato, romaine, tarragon dressing

● **chinese chicken** 700 cal. **\$12**

wontons, peanuts, cilantro, green onion, carrot, mizuna, bok choy, cabbage, romaine, sesame peanut dressing

● **tuna nicoise** 650 cal. **\$13**

tomato, potato, capers, green bean, egg, olives, baby greens, sherry vinaigrette

● **mediterranean steak** 800 cal. **\$13**

feta, tomato, pickled cucumber, green olives, herbs, greens, lemon vinaigrette

● **happy vegan** 868 cal. **\$12**

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**

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.

download our app!



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.