



HELLO Summer

SALADS

Sandwiches



CHIPOTLE BBQ CHICKEN 643cal
avocado, queso fresco, radish, green onions, crispy tortilla, cilantro, romaine, lime dressing

TUNA NICOISE • 678cal
cherry tomatoes, roasted fingerling potatoes, capers, french green beans, egg, olives, baby greens, sherry vinaigrette

ITALIAN CHOP • 843cal
salami, mortadella, provolone, pecorino cheese, cherry tomatoes, sweet peppers, onions, basil, pepperoncini, radicchio, red gem lettuce, roasted tomato vinaigrette

GRILLED CHICKEN COBB • 663cal
blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing

GRILLED SALMON • 900cal
miso mayo, pickled cucumber and onion, cherry tomatoes, avocado, papaya, cilantro, sesame seeds, gem lettuces, ginger dressing

HARVEST CHICKEN • 667cal
stone fruit, black berries, pistachios, goat cheese, caramelized onions, baby lettuces, golden balsamic vinaigrette

MEDITERRANEAN STEAK 746cal
feta, cherry tomatoes, pickled cucumbers, sweet peppers, green olives, red gem lettuces, arugula, lemon vinaigrette

SOUPS

GREEN POZOLE 123/245cal
shredded chicken, hominy, tomatillos, onions, cabbage, radish, cilantro

RUSTIC CHICKEN 91/182cal
potato, carrot, celery, onion, thyme

ROASTED TOMATO • 207/415cal
sourdough croutons & basil oil

NEW RECIPE!

FRIED CHICKEN • 861cal
country-style fried chicken breast, cabbage slaw, pickles, maple glaze, miso mayo, sesame bun

CHIPOTLE BBQ CHICKEN • 938cal
chipotle bbq chicken breast, spicy aioli, queso fresco, avocado, grilled Larder Bakery sourdough

CHICKEN PESTO • 1109cal
chicken breast, provolone, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough

SALAMI & PROVOLONE • 1470cal
mortadella, provolone, sunflower seed pesto, giardiniera, aioli, grilled Larder Bakery sourdough

TOMATO MOZZARELLA • 1361cal
mozzarella, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough

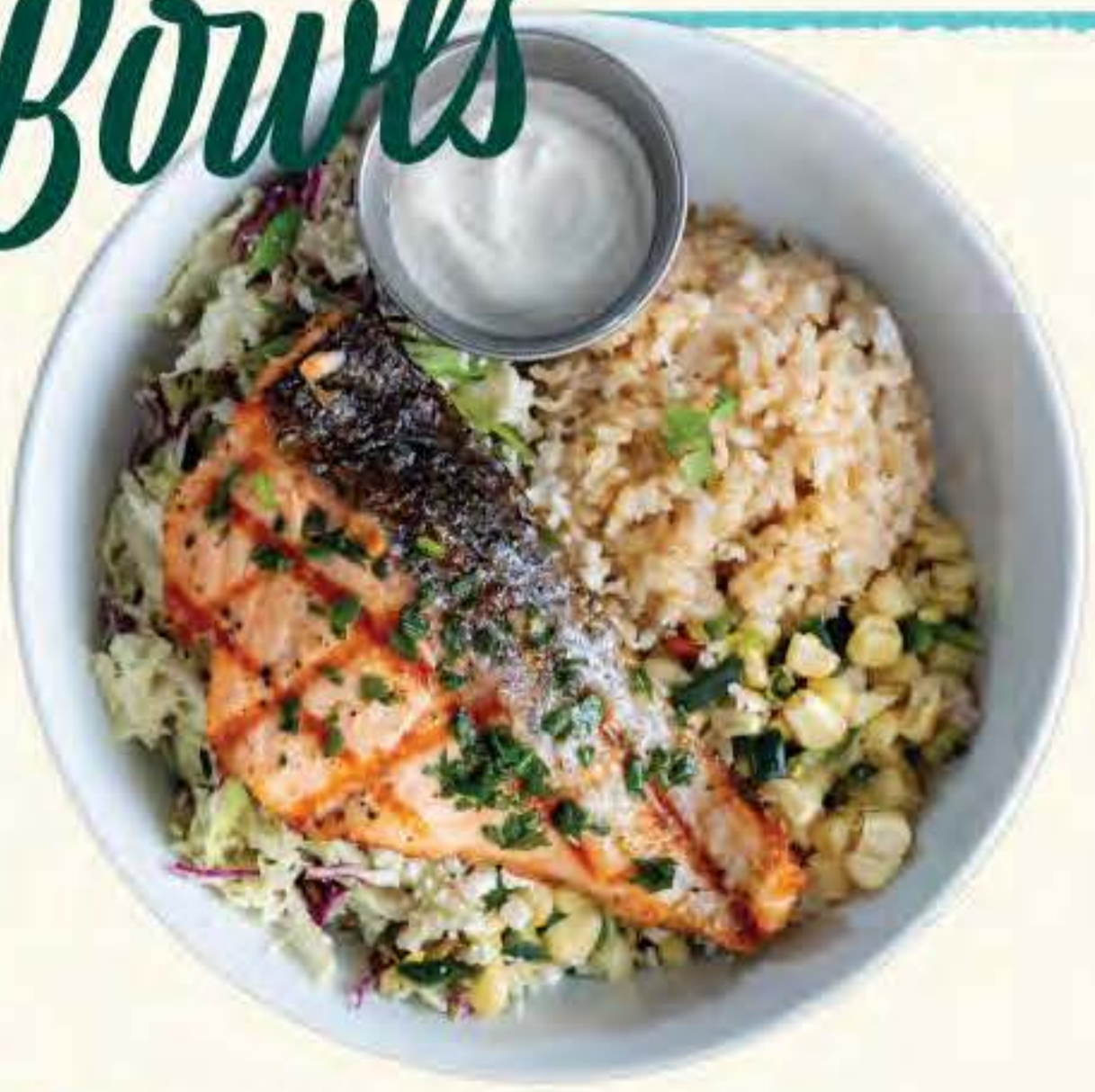
AVOCADO TOAST • 515cal
avocado, lemon ricotta, queso fresco, pickled fresno peppers & onions, cilantro, grilled Larder Bakery sourdough

TENDER BURGER • 806cal
grilled 6oz beef patty (blend of chuck, brisket and hanger), monterey jack cheese, bistro sauce, lettuce, pickles on sesame bun



Ready & Tender

Bowls



CALIFORNIA 1025cal
roasted corn salsa, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema

CHIPOTLE BBQ CHICKEN 1025cal
GRILLED SALMON 1133cal

LONGEVITY
black lentils slow cooked with dried pears & fennel, roasted rainbow cauliflower & purple potatoes, arugula salad with pecorino cheese, smoked paprika lebni

ROASTED MAITAKE MUSHROOMS • 1184cal
GRILLED SALMON 1324cal

PACIFIC •
sushi rice, miso mayo, pickled cucumber, carrots, mizuna, sesame, ginger dressing

KATSU CHICKEN 1133cal
GRILLED SALMON 1144cal

HAPPIER VEGAN ••• 1449cal
baked falafel, farro salad, hummus, pasta pearls, heirloom cherry tomatoes, baby lettuces, sunflower seed pesto, sherry vinaigrette

THAI
sushi rice, toasted coconut, green papaya, cabbage, tomatoes, carrots, cucumbers, thai basil, cilantro, pickled fresno peppers, thai chili vinaigrette

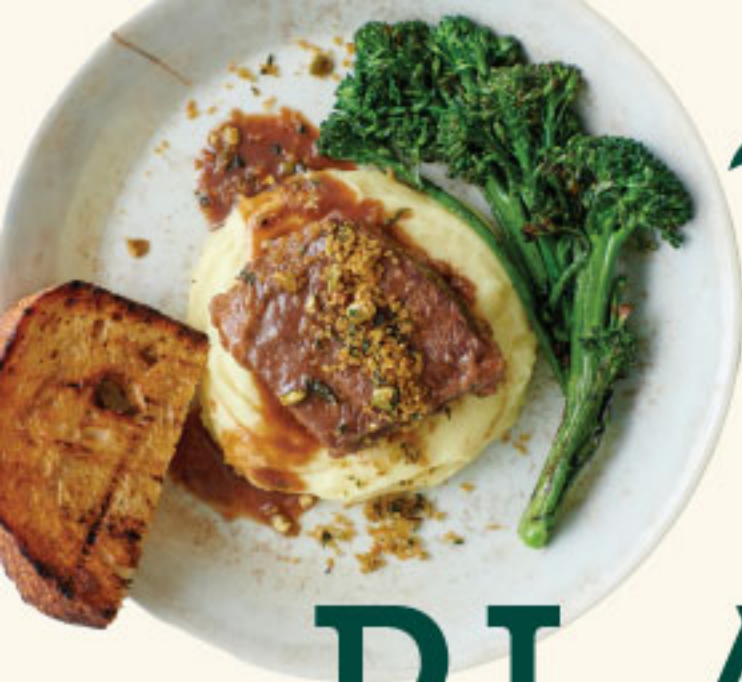
GRILLED SHRIMP 644cal
GRILLED STEAK 701cal

NONNA'S PASTA • 726cal
slow cooked tomato sauce, fusilli pasta, grated pecorino cheese

BOLOGNESE PASTA • 1156cal
slow cooked pork bolognese, fusilli pasta, grated pecorino cheese

DISPOSABLE CUP: 25¢ charge on all disposable cups (applies to Berkeley location only).
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 AN ALLERGY.

ALLERGEN KEY: ● GLUTEN ● NUTS ● RAW ● VEGAN ● SEASONAL OFFERING



SHORT RIB •

970cal

braised beef short rib, mashed potatoes, red wine shallot sauce, citrus gremolata, grilled broccolini

PLATES

CHOOSE ONE PROTEIN & TWO SIDES

PROTEINS

Salt & Pepper Chicken garlic & herb marinade	186cal
Chipotle BBQ Chicken	183cal
Country-Style Fried Chicken • spiced buttermilk marinade	367cal
Baked Falafel ••	82cal
Grilled Salmon grilled with sea salt & herb oil	304cal
Grilled Shrimp garlic & herb marinade	146cal
Seared Tuna • grilled with sea salt & herb oil	179cal
Grilled Steak garlic & herb marinade; medium rare	229cal

SIDES

Mashed Potatoes	315cal
Seasonal Vegetables baby sweet peppers, french green beans, summer squash, green zucchini* *subject to availability	107cal
Crispy Potatoes	246cal
Roasted Potatoes •	215cal
Brown or Sushi Rice •	182-251cal
Baby Greens • sherry vinaigrette	162cal
Baby Spinach • Laura Chenel goat cheese, toasted almonds, cabernet vinaigrette	223cal
Romaine Hearts • parmesan, sourdough croutons, caesar dressing	346cal
Baby Arugula parmesan, shaved fennel, lemon vinaigrette	180cal
Farro Salad ••• dried cranberries, toasted almonds, arugula, golden balsamic vinegar	387cal
Pasta Pearl Salad •• sunflower seed pesto, green beans, pecorino cheese, lemon	382cal
Mac & Cheese • fusilli, parmesan, cheddar, mozzarella cheese, and bread crumbs	585cal

SWEETS



APPLE COBBLER • 447cal

CARROT CUPCAKE ••	450cal
CHOCOLATE CHIP COOKIE •	400cal
SALTED CARAMEL COOKIE ••	370cal
OLIVE OIL CAKE •	270cal
FLOURLESS CHOCOLATE CAKE	569cal

FAMILY MEALS

CHOOSE ONE PROTEIN & TWO SIDES
(SERVES 4)

SALT & PEPPER CHICKEN	STEAK
CHIPOTLE BBQ CHICKEN	SHORT RIB
FRIED CHICKEN •	SALMON

SIDES: romaine hearts, baby spinach, baby arugula, brown rice, mashed potatoes, seasonal vegetables

BOLOGNESE with bread and your choice of salad •

Add-Ons

PROTEINS (SERVES 4)

Salt & Pepper Chicken	Steak
Chipotle BBQ Chicken	Short Rib
Fried Chicken •	Salmon

SIDES (SERVES 4)

Mashed Potatoes	Romaine Hearts •
Gravy	Baby Spinach •
Farro Salad •••	Baby Arugula
Pasta Pearls ••	6ct Cookies •
Mac & Cheese •	



BEVERAGES

SELTZER

BLACK CHERRY
WHITE CLAW

RUBY GRAPEFRUIT
WHITE CLAW

BEER

HAZY NOSH IPA
UINTA

WINE

ROSE
ELOUAN

GLASS/BOTTLE

PURPLE HAZE
RASPBERRY LAGER
ABITA

CHARDONNAY
SALMON CREEK

BLONDE ALE
HEALDSBURG

CHARDONNAY
KALI HART

SCULPIN IPA
BALLAST POINT

PINOT NOIR
OLD SOUL

SCRIMSHAW
NORTH COAST

RED BLEND
FESS PARKER

CABERNET SAUVIGNON
SALMON CREEK

Just for Kids!

LITTLE PLATE 281-816cal
with fruit and mashed potatoes, juice box or water

PICK ONE:

Salt & Pepper Chicken	Fried Chicken •
Grilled Cheese •	Steak

LITTLE BOWL 494-786cal
with fruit and bread, juice box or water

PICK ONE:

Bolognese Pasta •	Nonna's Pasta •
Mac & 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.