

ALLERGEN INFORMATION

PROTEINS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
country-style fried chicken			x	x	x	x							
chipotle bbq chicken												x	
grilled salmon							x						
grilled shrimp								x					
salt & pepper chicken													
seared tuna							x						
grilled steak													
baked falafel						x			x				

GREENS & SIDES

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
baby arugula			x									x	
baby greens									x			x	
baby spinach		x	x									x	
romaine hearts			x	x	x	x	x					x	
mashed potatoes			x										
roasted potatoes									x				
crispy potatoes									x				
seasonal vegetables									x				
sprouted brown rice									x				
sushi rice									x				
pasta pearl salad		x	x		x							x	
farro salad		x			x				x			x	
mac & cheese			x		x	x						x	
crostini		x	x		x	x						x	

SANDWICHES

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
fried chicken			x	x	x	x	x		x			x	x
tender burger			x	x	x								
chipotle bbq chicken			x	x	x	x						x	
chicken pesto		x	x	x	x	x						x	
salami & provolone		x	x	x	x	x						x	
tomato mozzarella		x	x	x	x	x						x	
avocado toast			x		x	x							

BOWLS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
california: chipotle bbq chicken			x									x	
california: grilled salmon			x				x					x	
pacific: katsu chicken				x	x	x			x			x	x
pacific: grilled salmon				x	x	x	x		x			x	x
thai: grilled shrimp							x					x	x
thai: grilled steak							x					x	x
happier vegan		x			x				x			x	x
longevity: roasted maitake mushroom			x		x	x			x			x	x
longevity: grilled salmon			x		x		x					x	x
bolognese pasta			x		x	x						x	
nonna's posta			x		x	x							

SPECIALS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
short rib			x		x	x			x			x	

SALADS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
chipotle bbq chicken			x									x	
grilled chicken cobb			x	x								x	
harvest chicken		x	x									x	
tuna nicoise				x			x					x	
mediterranean steak			x									x	
italian chop		x	x			x						x	
grilled salmon				x			x					x	x

SOUPS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
roasted tomato													
rustic chicken													
green pozole												x	

JUST FOR KIDS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
kids: salt & pepper chicken													
kids: fried chicken			x	x	x	x			x				
kids: steak													
grilled cheese			x		x	x							
kids: bolognese pasta			x		x	x						x	
kids: nonna's pasta			x		x	x							
kids: mac & cheese			x		x	x						x	

DESSERTS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
chocolate chip cookie			x	x	x				x				
salted caramel cookie		x	x	x	x	x			x				
carrot cupcake		x	x	x	x								
olive oil cake			x	x	x	x							
apple cobbler			x		x	x							
flourless chocolate cake			x	x					x				

DRESSINGS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
sherry vinaigrette										x			
roasted garlic vinaigrette										x			
lemon vinaigrette										x			
tarragon dressing				x									
caesar dressing				x			x						
cabernet vinaigrette										x			
cilantro lime dressing			x										
balsamic vinaigrette													
sesame peanut dressing	x					x			x	x			
lime crema			x										
ginger dressing									x				
spicy mayo				x					x				
garlic aioli				x									

CHICKEN: our chicken is served skin on, with white and dark meat.

RAW FOOD WARNING: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Additional nutrition info available upon request and 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 an allergy.

NUTRITIONAL FACTS

PROTEINS

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)
country-style fried chicken	367	79	9	1	0	137	1450	30	0	2	40
chipotle bbq chicken	183	57	6	1	0	89	365	3	0	1	27
grilled salmon	304	200	22	4	0	75	448	1	0	0	25
grilled shrimp	146	39	4	1	0	191	203	1	0	0	26
salt & pepper chicken	186	58	6	1	0	97	231	0	0	0	29
seared tuna	179	58	6	1	0	57	420	0	0	0	30
grilled steak	229	116	13	4	0	50	219	0	0	0	26
baked falafel	82	16	2	0	0	0	127	13	4	2	4

GREENS & SIDES

baby arugula	180	147	16	2	0	6	350	4	1	1	4
baby greens	162	146	16	1	0	0	382	3	1	0	1
baby spinach	223	194	22	2	0	3	320	4	2	1	3
romaine hearts	346	278	31	3	0	22	482	11	2	1	5
mashed potatoes	315	120	13	9	0	47	638	42	4	3	5
roasted potatoes	215	69	8	1	0	0	226	34	3	1	3
crispy potatoes	246	100	11	1	0	0	706	34	3	1	3
seasonal vegetables	107	49	5	1	0	0	53	13	2	3	1
brown rice	182	55	6	1	0	0	192	31	3	1	3
sushi rice	251	19	2	0	0	0	752	53	0	9	4
pasta pearl salad	382	226	25	3	0	9	321	29	4	3	9
farro salad	387	155	17	2	0	0	606	48	5	15	10
mac & cheese	585	237	26	16	0	79	491	66	3	5	24
crostini	55	23	3	0	0	0	76	7	0	0	1

BOWLS

california: chipotle bbq chicken	1025	458	51	6	0	145	1559	82	13	13	57
california: grilled salmon	1133	574	64	9	0	141	1652	81	13	12	58
pacific: katsu chicken	1133	553	61	5	0	171	4204	98	10	42	45
pacific: grilled salmon	1144	685	76	7	0	133	4319	76	9	42	37
thai: grilled shrimp	644	236	26	2	0	191	2824	69	2	32	31
thai: grilled steak	701	300	33	6	0	45	2816	68	2	32	29
happier vegan	1449	973	108	10	0	9	2582	90	20	15	28
longevity: roasted maitake mushroom	1184	645	72	14	0	44	1918	123	45	12	43
longevity: grilled salmon	1324	741	82	17	0	111	1071	114	43	9	62
bolognese pasta	1156	450	50	14	0	117	1056	127	16	11	46
nonna's pasta	726	132	15	1	0	7	1110	124	11	13	24

SPECIALS

short rib	970	553	61	29	0	124	2301	65	7	6	35
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SALADS

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)
chipotle bbq chicken	643	410	46	8	0	81	1290	29	7	8	28
grilled chicken Cobb	663	496	55	7	0	198	1045	11	6	4	28
harvest chicken	667	409	45	5	0	115	702	24	9	10	38
tuna Nicoise	678	451	50	6	0	157	2252	22	6	3	35
Mediterranean steak	746	506	56	10	0	60	1197	24	4	8	34
italian chop	843	667	74	22	0	130	3581	24	6	13	21
grilled salmon	900	644	72	8	0	92	1386	31	9	16	32

SANDWICHES

tender burger	806	433	48	16	0	147	1857	43	3	15	46
chipotle bbq chicken	938	445	49	8	0	121	1625	79	6	3	39
chicken pesto	1109	618	69	12	0	106	1659	78	4	3	40
salami & provolone	1470	980	109	32	0	190	3284	76	4	1	41
tomato mozzarella	1361	826	92	29	0	140	1613	78	4	3	43
fried chicken	861	407	45	5	0	152	2764	75	4	31	38
avocado toast	515	322	36	9	0	50	1783	38	7	7	16

SOUPS

roasted tomato: cup	207	112	12	1	0	0	603	20	6	9	5
roasted tomato: bowl	415	223	25	3	0	0	1206	39	12	18	10
rustic chicken: cup	91	16	2	0	0	17	363	11	2	3	8
rustic chicken: bowl	182	32	4	1	0	34	726	21	4	5	16
green pozole cup	123	54	6	1	0	1	1403	15	4	6	2
green pozole bowl	245	108	12	2	0	2	2805	29	7	11	5

JUST FOR KIDS

kids: salt & pepper chicken	111	35	4	1	0	58	138	0	0	0	18
kids: fried chicken	178	37	4	1	0	60	533	14	0	1	21
kids: steak	152	77	9	3	0	34	146	0	0	0	17
grilled cheese	510	257	29	17	0	75	820	46	0	2	20
kids: bolognese pasta	573	215	24	7	0	59	425	65	8	6	24
kids: nonna's pasta	358	56	6	0	0	3	453	64	6	7	13
kids: mac & cheese	650	281	31	19	0	95	538	69	3	6	27

NUTRITIONAL FACTS

DRINKS

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)
mint lemonade	109	0	0	0	0	0	5	27	0	23	0
the greens	62	2	0	0	0	0	34	14	1	12	1
hibiscus tea	82	0	0	0	0	0	6	20	0	20	0
watermelon agua fresca	171	3	0	0	0	0	3	42	1	37	1

FAMILY MEALS PROTEINS (serves 4)

salt & pepper chicken	891	281	31	5	0	463	1106	2	1	0	141
chipotle bbq chicken	877	270	30	5	0	425	1764	12	1	6	130
country-style fried chicken	1247	58	25	4	0	550	5496	92	0	7	157
steak	1220	618	69	24	0	269	1167	2	1	0	140
short rib	2252	1765	196	90	0	367	4688	26	2	2	91
salmon	1215	801	89	15	0	301	1793	2	0	0	102
bolognese	3345	1358	151	43	0	352	2665	355	48	32	134

FAMILY MEALS SIDES (serves 4)

quart of mashed potatoes	1026	391	43	28	0	152	2074	138	12	11	17
quart of gravy	176	82	9	6	0	35	818	13	0	3	5
quart of farro salad	1701	680	76	9	0	0	2668	211	21	65	45
quart of pasta pearls	2305	1535	171	17	0	56	2028	137	25	16	54
quart of mac & cheese	2040	891	99	60	0	301	1928	214	8	17	86
quart of brown rice	1072	300	32	4	0	0	796	184	16	4	4
quart of seasonal vegetables	693	314	35	4	0	0	344	87	14	22	7
quart of roasted tomato soup	664	357	40	4	0	0	1929	63	19	29	16
quart of rustic chicken soup	291	51	6	1	0	54	1161	34	6	9	25
romaine hearts	1816	1487	165	17	0	150	2206	55	8	4	23
baby spinach	1694	1513	168	18	0	37	1257	21	8	5	24
baby arugula	1209	1083	120	13	0	19	1258	17	5	5	13
6 pack of cookies	1140	540	60	36	0	150	1110	150	6	90	12

DESSERTS

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)
chocolate chip cookie	400	180	20	12	0	45	370	48	2	29	5
salted caramel cookie	370	150	17	11	0	50	550	52	0	33	4
carrot cupcake	450	225	25	5	0	45	430	67	2	45	5
olive oil cake	270	126	14	2.5	0	30	90	33	0	24	3
apple cobbler	447	169	19	13	0	67	210	62	2	35	5
flourless chocolate cake	569	426	47	30	0	261	101	25	3	19	5

DRESSINGS

sherry vinaigrette	294	292	32	2	0	0	240	0	0	0	0
roasted garlic vinaigrette	271	254	28	2	0	0	186	4	0	1	1
lemon vinaigrette	200	192	21	2	0	0	187	2	0	0	0
tarragon dressing	344	334	37	3	0	14	394	2	0	1	1
caesar dressing	336	326	36	3	0	31	212	2	0	0	1
cabernet vinaigrette	294	292	32	2	0	0	240	0	0	0	0
cilantro lime dressing	280	256	28	3	0	5	277	6	0	4	0
balsamic vinaigrette	323	307	34	3	0	10	156	4	0	4	0
sesame peanut dressing	290	260	29	2	0	0	613	6	0	4	1
lime crema	153	124	14	6	0	32	370	4	0	3	2
ginger dressing	174	134	16	2	0	0	610	10	0	8	2
spicy mayo	257	256	28	2	0	75	160	0	0	0	1
garlic aioli	419	412	46	4	0	41	405	1	0	0	1