



PLATES

CHOOSE ONE PROTEIN AND TWO SIDES

PROTEINS

Salt & Pepper Chicken garlic & herb marinade	186cal
Chipotle BBQ Chicken	183cal
Country-Style Fried Chicken • spiced buttermilk marinade	367cal
Baked Falafel •• sea salt & herb oil	82cal
Grilled Salmon 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

SEASONAL VEGETABLE PLATE 523-1369cal

seasonal vegetables* (rainbow cauliflower, mushrooms, delicata squash, carrots) + your choice of two sides

SIDES

Mashed Potatoes	315cal
Seasonal Vegetables rainbow cauliflower, mushrooms, delicata squash, carrots*	199cal
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 Pearls • sunflower seed pesto, green beans, pecorino cheese, lemon	382cal
Mac & Cheese • bread crumbs	585cal



SHORT RIB •

1224cal
braised beef short rib, mashed potatoes, red wine shallot sauce, citrus gremolata, french green beans

BOWLS



CALIFORNIA

roasted butternut squash, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema

CHIPOTLE BBQ CHICKEN	1027cal
GRILLED SALMON	1166cal

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 •••

baked falafel, farro salad, hummus, pasta pearls, cherry tomatoes, baby lettuces, sunflower seed pesto, sherry vinaigrette

1449cal

THAI

sushi rice, toasted coconut, green papaya, cabbage, cherry tomatoes, carrots, cucumbers, thai basil, cilantro, pickled fresno chili's, spicy thai chili vinaigrette

GRILLED SHRIMP	644cal
GRILLED STEAK	701cal

NONNA'S PASTA •

slow cooked tomato sauce, fusilli pasta, grated pecorino cheese

726cal

BOLOGNESE PASTA •

slow cooked pork bolognese, fusilli pasta, grated pecorino cheese

1156cal

SALADS

CHIPOTLE BBQ CHICKEN

avocado, queso fresco, radish, green onions, crispy tortilla, cilantro, romaine, lime dressing

643cal

TUNA NICOISE •

cherry tomatoes, roasted fingerling potatoes, capers, french green beans, egg, black olives, baby greens, sherry vinaigrette

678cal

ITALIAN CHOP •

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

843cal

GRILLED CHICKEN COBB •

blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing

663cal

GRILLED SALMON

miso mayo, pickled cucumber and onion, cherry tomatoes, avocado, papaya, cilantro, sesame seeds, gem lettuces, ginger dressing

900cal

HARVEST CHICKEN

roasted delicata squash, bosc pears, grapes, pepitas, Laura Chenel goat cheese, caramelized onions, baby lettuces, golden balsamic vinaigrette

734cal

MEDITERRANEAN STEAK

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

746cal

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
*subject to availability

Sandwiches



- 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
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 chili's & 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



SOUPS

- GREEN POZOLE** 145/190cal
shredded chicken, hominy, tomatillos, onions, cabbage, radish, cilantro
- RUSTIC CHICKEN** 111/148cal
potato, carrot, celery, onion, thyme
- ROASTED TOMATO ••** 184/222cal
sourdough croutons & basil oil

SWEETS

-  **APPLE CRUMBLE •** 447cal
- CARROT CUPCAKE ••** 450cal
- CHOCOLATE CHUNK 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 • | TUNA • |
| 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)**
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|-----------------------|-------------|
| Salt & Pepper Chicken | Steak |
| Chipotle BBQ Chicken | Short Rib • |
| Fried Chicken • | Tuna • |
| Salmon | |
- SIDES (SERVES 4)**
- | | |
|-----------------|------------------|
| Mashed Potatoes | Romaine Hearts • |
| Gravy | Baby Spinach • |
| Farro Salad ••• | Baby Arugula |
| Pasta Pearls • | 6ct Cookies • |
| Mac & Cheese • | |



BEVERAGES

- | WINE | GLASS/BOTTLE | GLASS/BOTTLE |
|-------------------------------------|--------------|--|
| ROSE
ELOUAN | | PINOT NOIR
OLD SOUL |
| CHARDONNAY
SALMON CREEK | | CABERNET SAUVIGNON
SALMON CREEK |
| CHARDONNAY
KALI HART | | CABERNET SAUVIGNON
FRANCISCAN ESTATE |
| SELTZER | | RUBY GRAPEFRUIT
WHITE CLAW |
| BLACK CHERRY
WHITE CLAW | | |
| BEER | | BLONDE ALE
HEALDSBURG |
| HAZY NOSH IPA
UINTA | | PURPLE HAZE
RASPBERRY LAGER
ABITA |
| SCULPIN IPA
BALLAST POINT | | |
| SCRIMSHAW
NORTH COAST | | |

Just for Kids!

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| LITTLE PLATE 281-816cal
with fruit and mashed potatoes, juice box or water | LITTLE BOWL 494-786cal
with fruit and bread, juice box or water |
| PICK ONE: | PICK ONE: |
| Salt & Pepper Chicken | Bolognese Pasta • |
| Grilled Cheese • | Mac & Cheese • |
| Chicken Tenders • | Nonna's Pasta • |
| Steak | |

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.



RAW FOOD WARNING: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. ADDITIONAL NUTRITION & ALLERGEN INFORMATION AVAILABLE UPON REQUEST AND ONLINE AT TENDERGREENS.COM.