

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	312	56	6	1	0	137	1374	23	0	2	39
chipotle bbq chicken	183	57	6	1	0	89	365	3	0	1	27
chicken katsu	323	73	8	2	0	155	1389	23	0	2	37
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	246	48	6	0	0	0	381	39	13	6	12
maitake mushrooms	129	82	9	1	0	0	1246	9	3	4	3
short rib	562	441	49	22	0	92	1179	6	0	1	23
burger patty	318	187	21	8	0	106	857	1	0	0	30

GREENS & SIDES

(greens include dressing)

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	151	101	41	3	0	6	279	10	3	4	2
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
farro salad	387	155	17	2	0	0	606	48	5	15	10
mac & cheese	785	452	50	31	0	181	423	54	3	2	23
crostini	55	23	3	0	0	0	76	7	0	0	1
braised beans	666	320	36	5	0	0	1334	65	20	5	22
bolognese sauce	574	358	40	14	0	110	724	24	10	10	27

BOWLS

california: chipotle bbq chicken	1027	558	62	14	0	121	1518	77	5	13	57
california: grilled salmon	1166	707	79	17	0	116	1638	75	5	12	38
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	1616	622	69	9	0	0	2328	146	44	20	47
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
chicken pesto	1150	544	60	7	0	71	836	104	9	9	42

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	1019	685	76	10	0	115	1034	45	10	24	36
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	184	91	10	1	0	0	922	19	2	13	4
roasted tomato: bowl	222	99	11	1	0	0	1284	26	3	17	6
rustic chicken: cup	111	19	2	0	0	20	686	13	2	3	9
rustic chicken: bowl	148	26	3	1	0	27	915	17	3	5	13
green pozole cup	145	58	6	1	0	0	1785	19	5	8	3
green pozole bowl	190	77	9	1	0	0	2371	24	7	10	4

JUST FOR KIDS

kids: salt & pepper chicken	255	63	7	3	0	62	302	30	2	16	17
kids: chicken tenders	393	135	15	4	0	53	870	42	3	18	22
kids: steak	290	98	11	5	0	41	308	30	2	16	16
grilled cheese	809	250	28	16	0	94	1511	102	4	16	33
kids: bolognese	694	233	26	7	0	59	553	89	9	21	25
kids: nonna's pasta	464	66	7	1	0	3	629	87	5	23	13
kids: mac & cheese	566	123	14	7	0	36	488	92	5	18	20

SPECIALS

short rib	1224	847	94	43	0	181	2035	59	8	11	31
tender burger plate	1085	533	59	17	0	147	2897	84	6	21	49

NUTRITIONAL FACTS

BEVERAGES

	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
pineapple basil agua fresca	92	0	0	0	0	0	6	23	1	20	0

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
tuna	968	425	47	11	0	205	1395	0	0	0	136
chicken pesto	5353	2315	257	27	0	327	4378	534	47	51	198

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 mac & cheese	2040	891	99	60	0	301	1928	214	8	17	86
quart of braised beans	2664	1280	144	20	0	0	5336	260	80	20	88
quart of brown rice	1072	300	32	4	0	0	796	184	16	4	4
quart of seasonal vegetables	604	404	164	12	0	24	1116	40	12	16	8
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 chunk 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 crumble	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

ALLERGEN INFORMATION

PROTEINS

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

GREENS & SIDES

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
baby arugula			x									x	
baby greens		x	x							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 pearls		x	x		x							x	
farro salad		x			x					x		x	
mac & cheese			x		x	x						x	
braised beans										x			
bolognese sauce				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
longevity: roasted maitake mushroom			x		x	x			x			x	x
longevity: grilled salmon			x		x		x					x	x
bolognese pasta			x		x	x						x	
chicken pesto			x		x	x						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.

tender greens

SPECIALS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
short rib			x		x				x			x	
burger plate			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	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					x	x							
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: chicken tenders			x		x	x			x				
kids: steak													
grilled cheese			x		x	x							
kids: bolognese			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 chunk 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 crumble			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									