

# ALLERGEN INFORMATION

proteins	peanuts	nuts	dairy	eggs	gluten	fish	shellfish	sesame	soy	vegan
salt & pepper chicken										
chipotle barbecue chicken										
buttermilk fried chicken			X		X					
katsu chicken				X	X					
steak										
grilled salmon						X				
seared tuna						X				
falafel										X
grilled shrimp							X			

## greens & sides greens include dressing

baby greens										X
baby spinach		X	X							
baby arugula			X							
romaine hearts			X	X	X	X				
mashed potatoes			X							
seasonal veggies (avg)										X
sushi or brown rice										X
roasted potatoes										X
crispy potatoes										X
farro salad		X			X					X
pasta pearl salad		X	X		X					

## sandwiches

chicken pesto		X	X	X	X					
salami & provolone		X	X	X	X					
tomato mozzarella		X	X	X	X					
fried chicken			X	X	X					
falafel			X						X	X
avocado toast			X		X					

## bowls

	peanuts	nuts	dairy	eggs	gluten	fish	shellfish	sesame	soy	vegan
california: chipotle chicken		X	X							
california: salmon		X	X			X				
pacific: katsu chicken				X	X			X	X	
pacific: grilled salmon				X		X		X	X	
thai: grilled shrimp	X					X	X	X		
thai: grilled steak	X					X		X		
happier vegan: falafel		X	X		X			X		
bolognese pasta			X		X					
nonna's pasta			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](http://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

salads	peanuts	nuts	dairy	eggs	gluten	fish	shellfish	sesame	soy	vegan
chipotle barbecue chicken			X							
italian chop			X		X					
grilled chicken Cobb			X	X						
harvest chicken			X	X						
tuna nicoise		X		X		X				
mediterranean steak			X							

## soups & kids

roasted tomato					X					X
rustic chicken										
green chicken pozole										
kids protein: chicken										
kids protein: steak										
kids quesadilla			X		X					
kids bolognese pasta			X		X					
kids nonna's pasta			X		X					

## desserts

chocolate chip cookie		X	X	X	X					X
carrot cupcake		X	X	X						
salted caramel cookie		X	X	X	X					X
olive oil cake			X	X						
flourless chocolate cake			X	X						X
apple cobbler			X		X					

## dressings

sherry vinaigrette										X
roasted garlic vinaigrette										X
lemon vinaigrette										X
tarragon dressing					X					
caesar dressing					X		X			
cabernet vinaigrette										X
cilantro lime dressing					X					
golden balsamic										X
sesame peanut dressing	X					X		X	X	X
lime crema					X					
ginger dressing								X	X	
spicy mayo					X			X	X	
garlic aioli					X					

## specials

salami & cheese plate		X	X		X					
-----------------------	--	---	---	--	---	--	--	--	--	--

# 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)
salt & pepper chicken	186	80	9	2.5	0	150	370	0.5	0	0	39
chipotle barbecue chicken	183	150	17	2.5	0	155	290	3	0	2	32
buttermilk fried chicken	297	170	19	3	0	105	270	13	0	0	28
katsu chicken	340	170	19	3	0	105	270	13	0	0	28
steak	229	120	13	4.5	0	95	240	2	0	0	34
grilled salmon	304	60	7	1	0	60	210	0	0	0	22
seared tuna	179	70	8	1	0	45	350	3	0	2	28
falafel	82	16	2	0	0	0	127	13	4	2	4
grilled shrimp	146	39	8	1	0	191	203	1	0	0	26

greens & sides	greens include dressing										
	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)
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
baby arugula	180	147	16	2	0	6	350	4	1	1	4
romaine hearts	346	278	31	3	0	22	482	11	2	1	5
crostini	160	70	8	.5	0	0	250	17	1	0	2
mashed potatoes	315	120	13	9	0	47	638	42	4	3	5
seasonal veggies (avg)	70-170	185	21	2	0	0	175	14	5	5	4
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
fingerling potatoes	350	112	12	1	0	0	330	56	5	2	5
farro salad	387	155	17	2	0	0	606	48	5	15	10
pasta pearl salad	382	226	25	3	0	9	321	29	4	3	9

sandwiches	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)
chicken pesto	1109	618	69	12	0	106	1659	78	4	3	40
salami & provolone	1296	843	94	27	0	156	2888	76	4	1	33
tomato mozz	1391	826	92	29	0	140	1613	78	4	3	43
fried chicken	1027	484	54	57	0	236	2706	89	2	27	46
falafel	956	476	53	5	0	2	1509	102	15	18	24
avocado toast	515	322	36	9	0	50	1783	38	7	7	16

bowls	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)
california: chipotle 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
longevity: maitake mushroom	1184	645	72	14	0	44	1918	123	45	12	43
longevity: grilled salmon	1324	741	82	17	0	110	1071	114	43	9	62
thai: grilled shrimp	631	236	26	3	0	191	2244	65	3	27	33
thai: grilled steak	688	300	33	6	0	45	2236	64	3	27	31
happier vegan: falafel	1226	754	84	9	0	9	2728	91	19	18	26
bolognese pasta	1156	450	50	14	0	117	1056	127	16	11	46t
nonna's pasta	726	132	15	1	0	7	1110	124	11	13	24

specials	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)
salami & cheese plate	928	548	61	20	0	87	1973	63	4	3	26

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 barbecue chicken	643	413	46	8	0	81	1268	31	7	8	28
italian chop	865	491	55	8	0	25	743	64	15	9	28
grilled chicken cobb	663	496	55	7	0	198	1045	11	6	4	28
harvest chicken	734	533	59	10	0	41	450	34	8	21	43
tuna nicoise	635	419	47	5	0	69	2182	21	6	2	33
mediterranean steak	868	620	69	11	0	102	1312	26	5	8	35

soups & kids	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)
roasted tomato (cup)	152	80	8	1	0	0	3090	41	7	15	8
roasted tomato (bowl)	304	150	17	2	0	0	2090	21	4	8	4
rustic chicken (cup)	119	40	4.5	1	0	40	660	7	1	2	11
rustic chicken (bowl)	138	80	9	1.5	0	80	1320	15	2	3	22
green chicken pozole (cup)	123	54	6	1	0	1	1403	15	4	6	2
green chicken pozole (bowl)	245	108	12	2	0	2	2805	29	7	11	5
kids protein: chicken	178	37	4	1	0	60	533	14	0	1	21
kids protein: steak	152	77	9	3	0	34	146	0	0	17	26
kids grilled cheese	680	450	50	30	0	195	950	38	2	4	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

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	420	162	18	11	0	55	660	60	1	33	5
carrot cupcake	450	225	25	5	0	45	430	67	2	45	5
salted caramel cookie	420	162	18	11	0	55	660	60	1	33	5
olive oil cake	370	180	20	3	0	40	125	45	1	32	4
flourless chocolate cake	569	426	47	30	0	261	101	25	3	19	5
apple cobbler	447	169	19	13	0	67	210	62	2	35	5

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	80	0	0	0	0	0	0	0	0	0	0
agua fresca	171	3	0	0	0	0	3	42	0	37	1

dressings	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)
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
golden balsamic	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 miso 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