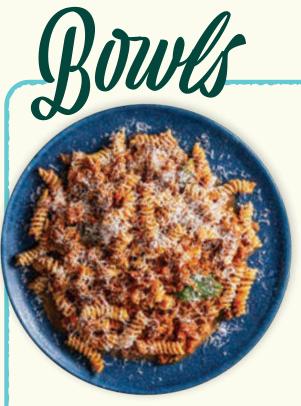
SHORT RIB • braised beef short rib, mashed potatoes, red wine shallot sauce, citrus gremolata, grilled broccolini 970cal

PLATES CHOOSE ONE PROTEIN & TWO SIDES **PROTEINS**

Salt & Pepper Chicken	186cal
Chipotle BBQ Chicken	183cal
Buttermilk Fried Chicken •	297cal
Baked Falafel •	82cal
Grilled Salmon	304cal
Grilled Shrimp	146cal
Seared Tuna •	179cal
Grilled Steak	229cal



BOLOGNESE PASTA

slow cooked pork bolognese, fusilli pasta, grated pecorino cheese and Larder Bakery sourdough crostini

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slow cooked tomato sauce, fusilli pasta, grated pecorino cheese and Larder Bakery sourdough crostini

ALLERGEN KEY: • GLUTEN • NUTS • RAW • VEGAN

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.

1156cal

726cal

SIDES

Mashed Potatoes	315ca
Roasted Potatoes •	350ca
Crispy Potatoes	142ca
Sushi or Brown Rice •	182-251ca
Baby Arugula parmesan, shaved fennel, lemon vinaigrette	180ca
Baby Greens • sherry vinaigrette	162ca
Baby Spinach • Laura Chenel goat cheese, toasted almonds, cabernet vinaigrette	223ca
Romaine Hearts • parmesan, sourdough croutons, caesar dressing	346ca
Seasonal Vegetables • rainbow carrots, cauliflower, mushrooms, delicata squash	199ca
Farro Salad ••• dried cranberries, toasted almonds, arugula, golden balsamic vinegar	387ca
Pasta Pearl Salad •• sunflower seed pesto, green beans, pecorino cheese, sherry vinaigrette	382ca

CALIFORNIA

roasted butternut squash salsa, brown rice, cabbage slaw, queso fresco,

pepitas, lime crema	
CHIPOTLE BBQ CHICKEN	1027cal
GRILLED SALMON	1166 cal

PACIFIC

sushi rice, spicy miso mayo, pickled cucumber, carrots, greens, sesame, ginger dressing **KATSU CHICKEN** 1133cal **GRILLED SALMON** 1144cal

HAPPIER VEGAN ••

1226cal baked falafel, farro salad, hummus, pasta pearls, heirloom cherry tomatoes, baby lettuces, harissa sauce, sherry vinaigrette

THAL

sushi rice, toasted coconut, green papaya, cat cucumbers, thai basil, cilantro, fresno pepper	
GRILLED SHRIMP	631cal
GRILLED STEAK	688cal

BLUE ZONE •

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

ROASTED MAITAKE MUSHROOMS	1184 cal
GRILLED SALMON	1324cal

SALADS CHIPOTLE BBO CHICKEN

643cal

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

ITALIAN CHOP •

865cal

635cal

868cal

salami, mortadella, provolone, cherry tomatoes, basil, pepperoncini, Tanimura Farms red gem lettuce, radicchio, roasted tomato vinaigrette

TUNA NICOISE •

cherry tomatoes, potatoes, capers, green beans, egg, olives, Babe Farms baby greens, sherry vinaigrette

GRILLED CHICKEN COBB • 663cal

Shaft's blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing

MEDITERRANEAN STEAK •

feta, cherry tomatoes, pickled cucumbers, olives, Babe Farms baby greens, sweet peppers, lemon vinaigrette



SALAMI & PROVOLONE 1296cal salami, mortadella, provolone, sunflower seed pesto, giardiniera, aioli, grilled Larder Bakery sourdough

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

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

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

FALAFEL WRAP 956cal oven-roasted chickpea fritters, arugula, lemon vinaigrette, heirloom cherry tomatoes, pickles, tzatziki, harissa, lavash

FRIED CHICKEN • 1027cal chicken breast, cabbage slaw, pickles, maple glaze, chili aioli, Larder Bakery bun

LITTLE PLATE 237-735cal

served with fruit and mashed potatoes, water and/or juice box

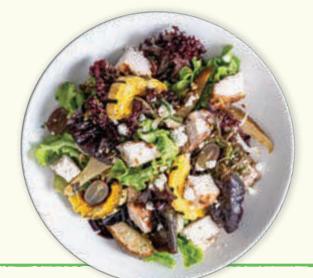
PICK UNE:	
Salt & Pepper Chicke	en Fri

Grilled Cheese •

Fried Chicken • 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.



HARVEST CHICKEN

734cal

Chasoahl

270cal

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

SOUPS

GREEN POZOLE 123/245cal los, onions, cabbage, radish, cilantro

RUSTIC CHICKEN 119/238cal potato, carrot, celery, onion, thyme ROASTED TOMATO • 152/304cal

sourdough croutons & basil oil

SALAMI & CHEESE PLATE • 928cal P. Balistreri salami, mozzarella, castelvetrano olives, preserved tomatoes, sunflower seed pesto, grilled Larder Bakery sourdough



OLIVE OIL CAKE.

CHOCOLATE CHIP COOKIE ••	420cal
SALTED CARAMEL COOKIE ••	420 cal
CARROT CUPCAKE ••	450cal
APPLE COBBLER •	447 cal
FLOURLESS CHOCOLATE CAKE	569 cal



LITTLE BOWL 358-608cal served with water and/or juice box PICK ONE: Bolognese Pasta • Nonna's Pasta •