



### 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

## SIDES

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

# Bowls



**BOLOGNESE PASTA •** 1156cal  
slow cooked pork bolognese, fusilli pasta, grated pecorino cheese and Larder Bakery sourdough crostini

**NONNA'S PASTA •** 726cal  
slow cooked tomato sauce, fusilli pasta, grated pecorino cheese and Larder Bakery sourdough crostini

**CALIFORNIA**  
roasted butternut squash salsa, brown rice, cabbage slaw, queso fresco, pepitas, lime crema

**CHIPOTLE BBQ CHICKEN** 1027cal  
**GRILLED SALMON** 1166cal

**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

**THAI •**  
sushi rice, toasted coconut, green papaya, cabbage, tomatoes, carrots, cucumbers, thai basil, cilantro, fresno peppers, thai chili vinaigrette

**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** 1184cal  
**GRILLED SALMON** 1324cal

# SALADS

**CHIPOTLE BBQ CHICKEN** 643cal  
avocado, queso fresco, radish, green onions, romaine, crispy tortilla, cilantro lime dressing

**ITALIAN CHOP •** 865cal  
salami, mortadella, provolone, cherry tomatoes, basil, pepperoncini, Tanimura Farms red gem lettuce, radicchio, roasted tomato vinaigrette

**TUNA NICOISE •** 635cal  
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 •** 868cal  
feta, cherry tomatoes, pickled cucumbers, olives, Babe Farms baby greens, sweet peppers, lemon vinaigrette



**HARVEST CHICKEN •** 734cal  
roasted delicata squash, bosc pears, grapes, pepitas, Laura Chenel goat cheese, caramelized onions, baby lettuces, golden balsamic vinaigrette

# Sandwiches



**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

## SOUPS

**GREEN POZOLE** 123/245cal  
shredded chicken, hominy, tomatillos, 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

Shareable!



## DESSERTS

**OLIVE OIL CAKE •** 270cal

**CHOCOLATE CHIP COOKIE ••** 420cal

**SALTED CARAMEL COOKIE ••** 420cal

**CARROT CUPCAKE ••** 450cal

**APPLE COBBLER •** 447cal

**FLOURLESS CHOCOLATE CAKE** 569cal

## Just for Kids!

**LITTLE PLATE** 237-735cal  
served with fruit and mashed potatoes, water and/or juice box

**PICK ONE:**  
Salt & Pepper Chicken • Fried Chicken •  
Grilled Cheese • Steak •

**LITTLE BOWL** 358-608cal  
served with water and/or juice box

**PICK ONE:**  
Bolognese Pasta • Nonna's Pasta •



ALLERGEN KEY: • GLUTEN • NUTS • RAW • VEGAN • SEASONAL OFFERING

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.

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](http://TENDERGREENS.COM).

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.