

# 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)
buttermilk fried chicken	297	61	7	1	0	100	889	23	0	1	35
chipotle barbecue chicken	183	57	6	1	0	89	365	3	0	1	27
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
steak	229	116	13	4	0	50	219	0	0	0	26
baked falafel	82	16	2	0	0	0	127	13	4	2	4

## GREENS & SIDES

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	176	93	10	1	0	0	459	16	5	7	5
sprouted 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
pasta pearl salad	382	226	25	3	0	9	321	29	4	3	9
farro salad	387	155	17	2	0	0	606	48	5	15	10
mac & cheese	913	286	32	19	0	95	589	124	5	7	37

## SANDWICHES

tender burger	806	433	48	16	0	147	1857	43	3	15	46
chipotle 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	1296	843	94	27	0	156	2888	76	4	1	33
tomato mozzarella	1361	826	92	29	0	140	1613	78	4	3	43
fried chicken	1027	484	54	7	0	236	2706	89	2	27	46
avocado toast	515	322	36	9	0	50	1783	38	7	7	16

## BOWLS

california: chipotle chicken	1027	558	62	14	0	121	1518	77	5	13	37
california: grilled salmon	1166	707	79	17	0	116	1638	75	5	12	38
pacific: chicken katsu	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: falafel	1449	973	108	10	0	9	2582	90	20	15	28
blue zone: mushroom	1184	645	72	14	0	44	1918	123	45	12	43
blue zone: 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
nonna's posta	726	132	15	1	0	7	1110	124	11	13	24

## SPECIALS

short rib dinner	970	553	61	29	0	124	2301	65	7	6	35
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tender greens

## 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	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	1040	45	10	24	36
tuna Nicoise	678	451	50	6	0	157	2252	22	6	3	35
Mediterranean steak	868	620	69	11	0	102	1312	26	5	8	35
Italian chop	843	667	74	22	0	130	3581	24	6	13	21
salmon	900	644	72	8	0	92	1386	31	9	16	32

## SOUPS

roasted tomato: cup	207	112	12	1	0	0	603	20	6	9	5
roasted tomato: bowl	415	223	25	3	0	0	1206	39	12	18	10
rustic chicken: cup	91	16	2	0	0	17	363	11	2	3	8
rustic chicken: bowl	182	32	4	1	0	34	726	21	4	5	16
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 MEALS

kids: salt & pepper chicken	111	35	4	1	0	58	138	0	0	0	18
kids: fried chicken	178	37	4	1	0	60	533	14	0	1	21
kids: steak	152	77	9	3	0	34	146	0	0	0	17
grilled cheese	510	257	29	17	0	75	820	46	0	2	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
kids: mac & cheese	650	281	31	19	0	95	538	69	3	6	27

## DESSERTS

chocolate chip cookie	420	162	18	11	0	55	660	60	1	33	5
salted caramel 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
olive oil cake	270	126	14	2.5	0	30	90	33	0	24	3
apple cobbler	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

## DRINKS

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

## 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
butter milk fried chicken			x		x	x						x	
chipotle barbecue chicken													
grilled salmon							x						
grilled shrimp								x					
salt & pepper chicken													
seared tuna							x						
steak													
baked falafel									x				

## GREENS & SIDES

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
baby arugula			x									x	
baby greens									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 pearl salad		x	x		x							x	
farro salad		x			x				x			x	
mac & cheese			x		x	x						x	

## SANDWICHES

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
tender burger			x	x	x								x
chipotle 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	
fried chicken			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 chicken		x	x									x	
california: grilled salmon		x	x				x					x	
pacific: chicken katsu				x	x	x			x			x	x
pacific: grilled salmon				x	x		x		x			x	x
thai: grilled shrimp							x					x	x
thai: grilled steak							x					x	x
happier vegan: falafel		x	x		x							x	x
blue zone: mushroom			x		x	x			x			x	x
blue zone: grilled salmon			x		x	x	x					x	x
bolognese pasta			x		x	x						x	
nonna's posta			x		x	x							

## SPECIALS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
short rib dinner			x		x	x			x			x	

## SALADS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
chipotle barbecue chicken			x									x	
grilled chicken cobb			x	x								x	
harvest chicken		x	x									x	
tuna nicoise				x			x					x	
mediterranean steak			x									x	
italian chop		x	x				x					x	
salmon				x			x					x	x

## SOUPS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
roasted tomato													
rustic chicken													
green chicken pozole												x	

## KIDS MEALS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
kids: salt & pepper chicken													
kids: fried chicken			x		x	x							
kids: steak													
grilled cheese			x		x	x							
kids: bolognese pasta			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 chip cookie		x	x	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 cobbler			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									

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.