

Sandwiches



FRIED CHICKEN • 992cal
country-style fried chicken breast, cabbage slaw, pickles, spicy maple glaze, miso mayo, sesame bun

CHIPOTLE BBQ CHICKEN • 926cal
chipotle bbq chicken breast, spicy aioli, queso fresco, avocado, grilled Larder Bakery sourdough

CHICKEN PESTO • 1096cal
chicken breast, provolone, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough

SALAMI & PROVOLONE •• 1486cal
salami, mortadella, provolone, sunflower seed pesto, giardiniera, aioli, grilled Larder Bakery sourdough

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

AVOCADO TOAST • 956cal
avocado, lemon ricotta, queso fresco, pickled fresno chili's & onions, cilantro, grilled Larder Bakery sourdough

TENDER BURGER •
806cal
grilled 6oz beef patty (blend of chuck, brisket and hanger), monterey jack cheese, bistro sauce, lettuce, pickles on sesame bun



SOUPS CUP/BOWL

GREEN POZOLE 159/195cal
shredded chicken, hominy, tomatillos, onions, cabbage, radish, cilantro

RUSTIC CHICKEN 111/148cal
potato, carrot, celery, onion, thyme

ROASTED TOMATO •• 227/281cal
sourdough croutons & basil oil

SWEETS



CARROT CUPCAKE •• 500cal

CHOCOLATE CHUNK COOKIE • 420cal

SALTED CARAMEL COOKIE •• 420cal

OLIVE OIL CAKE • 270cal

FLOURLESS CHOCOLATE CAKE 437cal

FAMILY MEALS

CHOOSE ONE PROTEIN & TWO SIDES
(SERVES 4)

SALT & PEPPER CHICKEN

CHIPOTLE BBQ CHICKEN

FRIED CHICKEN •

SALMON

STEAK

SHORT RIB •

TUNA •

SEA BASS

SIDES: romaine hearts, baby spinach, baby arugula, brown rice, mashed potatoes, seasonal vegetables*

CHICKEN PESTO PASTA •

BOLOGNESE •

includes bread and your choice of salad

Add-Ons

PROTEINS (SERVES 4)

Salt & Pepper Chicken

Chipotle BBQ Chicken

Fried Chicken •

Salmon

Steak

Short Rib •

Tuna •

Sea Bass

SIDES (SERVES 4)

Mashed Potatoes

Gravy

Farro Salad •••

Mac & Cheese •

Braised Beans •

Romaine Hearts •

Baby Spinach •

Baby Arugula

6ct Cookies •



BEVERAGES

WINE GLASS/BOTTLE

ROSE
ELOUAN

CHARDONNAY
SALMON CREEK

CHARDONNAY
KALI HART

PINOT NOIR
OLD SOUL

CABERNET SAUVIGNON
SALMON CREEK

CABERNET SAUVIGNON
FRANCISCAN ESTATE

SELTZER

BLACK CHERRY
WHITE CLAW

RUBY GRAPEFRUIT
WHITE CLAW

BEER

HAZY NOSH IPA
UINTA

SCULPIN IPA
BALLAST POINT

SCRIMSHAW
NORTH COAST

BLONDE ALE
HEALDSBURG

PURPLE HAZE
RASPBERRY LAGER
ABITA

Just for Kids!

LITTLE PLATE 262-815cal
with fruit and mashed potatoes, juice box or water

PICK ONE:

Salt & Pepper Chicken

Grilled Cheese •

Chicken Tenders •

Steak

LITTLE BOWL 3324-800cal
with fruit and bread, juice box or water

PICK ONE:

Bolognese Pasta •

Mac & Cheese •

Nonna's Pasta •



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](https://www.tendergreens.com).

PLATES

CHOOSE ONE PROTEIN AND TWO SIDES

PROTEINS

Salt & Pepper Chicken garlic & herb marinade	186cal
Chipotle BBQ Chicken	183cal
Country-Style Fried Chicken • spiced buttermilk marinade	318cal
<i>New!</i> Falafel ••• with harissa	208cal
Grilled Sea Bass sea salt & herb oil	161cal
Grilled Salmon sea salt & herb oil	291cal
Grilled Shrimp garlic & herb marinade	146cal
Seared Tuna • grilled with sea salt & herb oil	179cal
Grilled Steak garlic & herb marinade; medium rare	229cal

SEASONAL VEGETABLE PLATE

seasonal vegetables* (cauliflower, mushrooms, winter squash, carrots*) + your choice of two sides

GREAT NORTHERN BRAISED BEANS PLATE

braised beans (herbs, tomato sauce and sunflower seed pesto) + your choice of two sides

SIDES (AVAILABLE A LA CARTE)

Mashed Potatoes	181cal
<i>New!</i> Seasonal Vegetables • cauliflower, mushrooms, winter squash, carrots*	113cal
Seasoned Fries	283cal
Roasted Potatoes •	179cal
Cilantro Lime Brown Rice •	182cal
Sushi Rice •	251cal
Baby Greens • sherry vinaigrette	162cal
Baby Spinach • Laura Chenel goat cheese, toasted almonds, cabernet vinaigrette	260cal
Romaine Hearts • parmesan, sourdough croutons, caesar dressing	643cal
Baby Arugula parmesan, shaved fennel, lemon vinaigrette	206cal
Farro Salad ••• dried cranberries, toasted almonds, arugula, golden balsamic vinegar	480cal
Mac & Cheese • baked with cheddar cheese and bread crumbs	785cal
Braised Beans • herbs, tomato sauce and sunflower seed pesto	643cal



SHORT RIB •

1224cal
braised beef short rib, mashed potatoes, red wine shallot sauce, citrus gremolata, french green beans

ALLERGEN KEY: ● GLUTEN ● NUTS ● RAW ● VEGAN *New!* **SEASONAL OFFERING**
*subject to availability

DISPOSABLE CUP: 25¢ charge on all disposable cups (applies to Berkeley location only).
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.
PLATES AND SALADS INCLUDE GRILLED LARDER BAKERY SOURDOUGH



SALADS

CHIPOTLE BBQ CHICKEN avocado, queso fresco, radish, green onions, crispy tortilla, cilantro, romaine, lime dressing	968cal
TUNA NICOISE • cherry tomatoes, roasted fingerling potatoes, capers, french green beans, egg, black olives, baby greens, sherry vinaigrette	985cal
GRILLED CHICKEN COBB • blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing	1054cal
GRILLED SALMON miso mayo, pickled cucumber and onion, cherry tomatoes, avocado, papaya, cilantro, sesame seeds, gem lettuces, ginger dressing	832cal

<i>New!</i> HARVEST CHICKEN • roasted winter squash, bosc pears, grapes, pepitas, Laura Chenel goat cheese, caramelized onions, baby lettuces, golden balsamic vinaigrette	734cal
---	--------

MEDITERRANEAN STEAK feta, cherry tomatoes, pickled cucumbers, sweet peppers, green olives, red gem lettuces, arugula, lemon vinaigrette	796cal
--	--------

BOWLS



<i>New!</i> LONGEVITY • panzanella salad with caramelized apples, winter squash, roasted tomato vinaigrette, and roasted Tokyo turnips, mushrooms, fingerling potatoes, olive oil labneh	
GREAT NORTHERN BRAISED BEANS GRILLED SEA BASS	1115cal 785cal
PACIFIC sushi rice, miso mayo, pickled cucumber, carrots, mizuna, sesame, ginger dressing	
KATSU CHICKEN • GRILLED SALMON	1172cal 1050cal
<i>New!</i> HAPPIER VEGAN ••• falafel, harissa sauce, farro wheat, carrot hummus with evoo, heirloom cherry tomatoes, pickled cucumbers, onions, roasted peppers, baby lettuces, sherry vinaigrette	1410cal
<i>New!</i> CALIFORNIA roasted butternut squash salsa, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema	
CHIPOTLE BBQ CHICKEN GRILLED SALMON	1038cal 1146cal
THAI sushi rice, toasted coconut, green papaya, cabbage, cherry tomatoes, carrots, cucumbers, thai basil, cilantro, pickled fresno chili's, spicy thai chili vinaigrette	
GRILLED SHRIMP GRILLED STEAK	754cal 851cal
CHICKEN PESTO PASTA • sunflower seed pesto, casarecce pasta, green beans, roasted potatoes, Divina tomatoes, basil and parmesan cheese	1150cal
BOLOGNESE PASTA • slow cooked heritage pork bolognese, fusilli pasta, grated pecorino cheese	1156cal