

# 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)
country-style fried chicken	318	73	8	2	0	155	1389	23	0	2	37
chipotle bbq chicken	183	57	6	1	0	89	365	3	0	1	27
chicken katsu	323	73	8	2	0	155	1389	23	0	2	37
grilled salmon	291	193	21	4	0	71	444	1	0	0	24
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
grilled steak	229	116	13	4	0	50	219	0	0	0	26
baked falafel	208	45	5	0	0	0	560	31	12	5	9
grilled sea bass	161	77	9	1	0	46	684	0	0	0	21
short rib	562	441	49	22	0	92	1179	6	0	1	23
burger patty	318	187	21	8	0	106	857	1	0	0	30

## GREENS & SIDES

(includes dressing & toppings)

baby arugula	206	160	18	3	0	8	221	5	3	1	5
baby greens	162	146	16	1	0	0	382	3	1	0	1
baby spinach	260	221	25	3	0	7	183	4	2	1	5
romaine hearts	643	545	61	6	0	54	563	16	2	1	7
mashed potatoes	315	120	13	9	0	47	638	42	4	3	5
mashed potatoes w/gravy	374	148	16	11	0	58	910	47	4	4	5
roasted potatoes	215	69	8	1	0	0	226	34	3	1	3
seasoned fries	283	60	7	0	0	0	2076	47	0	15	3
seasonal vegetables	151	101	41	3	0	6	279	10	3	4	2
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
farro salad	480	239	27	3	0	0	582	50	5	18	10
mac & cheese	785	452	50	31	0	181	423	54	3	2	23
crostini	55	23	3	0	0	0	76	7	0	0	1
braised beans	643	321	36	5	0	0	1335	67	22	5	22
roasted beets	417	327	36	5	0	8	983	17	5	0	5
bolognese sauce	574	358	40	14	0	110	724	24	10	10	27

## BOWLS

california: chipotle bbq chicken	1038	534	59	14	0	141	1454	71	9	10	44
california: grilled salmon	1146	670	74	17	0	23	1533	68	9	9	41
pacific: katsu chicken	1172	548	61	6	0	212	2299	104	5	25	47
pacific: grilled salmon	1050	624	69	7	0	142	2033	73	4	24	30
thai: grilled shrimp	754	279	31	72	0	172	3007	88	3	40	30
thai: grilled steak	851	360	40	11	0	50	3044	87	3	40	34
happier vegan	1537	936	105	11	0	0	2862	121	25	34	28
longevity: braised beans	1115	500	56	7	0	5	3471	123	29	20	31
longevity: grilled sea bass	692	346	39	5	0	51	1858	57	7	17	30
bolognese pasta	1156	450	50	14	0	117	1056	127	16	11	46
chicken pesto pasta	1150	544	60	7	0	71	836	104	9	9	42

## 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 bbq chicken	968	598	66	22	0	109	1463	47	11	11	42
grilled chicken cobb	1054	762	85	16	0	248	1624	21	7	5	46
harvest chicken	734	533	59	10	0	41	450	34	8	21	17
tuna nicoise	985	657	73	9	0	154	1497	40	7	4	42
mediterranean steak	796	534	59	11	0	61	1427	29	6	8	35
italian chop	843	667	74	22	0	130	3581	24	6	13	21
grilled salmon	832	571	63	7	0	104	1112	35	9	19	28

## SANDWICHES

tender burger	806	433	48	16	0	147	1857	43	3	15	46
chipotle bbq chicken	926	435	48	8	0	104	1605	79	6	3	39
chicken pesto	1096	574	64	11	0	130	1775	79	6	3	46
salami & provolone	1486	993	110	32	0	195	3336	77	4	1	41
tomato mozzarella	1361	826	92	29	0	140	1613	78	4	3	43
fried chicken	992	426	47	5	0	202	2750	87	4	35	53
avocado toast	956	489	54	16	0	88	2473	87	10	5	32

## SOUPS

roasted tomato: cup	277	106	12	2	0	0	1124	25	2	14	5
roasted tomato: bowl	281	122	14	2	0	0	1388	33	3	17	7
rustic chicken: cup	111	19	2	0	0	20	686	13	2	3	9
rustic chicken: bowl	148	26	3	1	0	27	915	17	3	5	13
green pozole cup	159	62	7	1	0	0	1903	21	6	8	3
green pozole bowl	195	77	9	1	0	0	2375	25	7	10	4

## JUST FOR KIDS

kids: salt & pepper chicken	255	63	7	3	0	62	302	30	2	16	17
kids: chicken tenders	393	135	15	4	0	53	870	42	3	18	22
kids: steak	290	98	11	5	0	41	308	30	2	16	16
grilled cheese	809	250	28	16	0	94	1511	102	4	16	33
kids: bolognese	694	233	26	7	0	59	553	89	9	21	25
kids: nonna's pasta	464	66	7	1	0	3	629	87	5	23	13
kids: mac & cheese	566	123	14	7	0	36	488	92	5	18	20

## SPECIALS

short rib	1224	847	94	43	0	181	2035	59	8	11	31
tender burger plate	1021	493	56	16	0	147	3266	77	2	19	48

# NUTRITIONAL FACTS

## BEVERAGES

	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	82	0	0	0	0	0	6	20	0	20	0
pineapple basil agua fresca	95	0	0	0	0	0	5	24	0	22	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

## 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 chunk cookie	420	184	20	13	0	72	209	63	2	36	6
salted caramel cookie	420	162	18	11	0	55	660	60	1	33	5
carrot cupcake	500	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
mostess chocolate cake	390	189	21	7	0	55	330	48	2	31	4

# ALLERGEN INFORMATION

## PROTEINS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
country-style fried chicken			x	x	x	x			x				
chipotle bbq chicken												x	
chicken katsu				x	x	x			x				x
grilled salmon							x						
grilled shrimp								x					
salt & pepper chicken													
seared tuna							x						
grilled steak													
baked falafel						x			x				
grilled sea bass			x		x	x	x					x	
short rib			x						x			x	
burger patty													

## GREENS & SIDES

(includes dressing & toppings)

	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				
seasoned fries									x				
seasonal vegetables									x				
brown rice									x				
sushi rice									x				
farro salad		x			x	x			x			x	
mac & cheese			x		x	x						x	
braised beans									x				
roasted beets		x	x									x	
bolognese sauce				x		x						x	
crostini		x	x		x	x						x	

## SANDWICHES

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
fried chicken			x	x	x	x	x		x			x	x
tender burger			x	x	x								
chipotle bbq chicken			x	x	x	x						x	
chicken pesto			x	x	x	x						x	
salami & provolone		x	x	x	x	x						x	
tomato mozzarella			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 bbq chicken			x									x	
california: grilled salmon			x				x					x	
pacific: katsu chicken				x	x	x			x			x	x
pacific: grilled salmon				x	x	x	x		x			x	x
thai: grilled shrimp							x					x	x
thai: grilled steak							x					x	x
happier vegan		x				x			x			x	x
longevity: braised beans			x		x	x						x	x
longevity: grilled sea bass			x		x	x	x					x	x
bolognese pasta			x		x	x						x	
chicken pesto pasta			x		x	x						x	

## SPECIALS

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

## SALADS

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

## SOUPS

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

## JUST FOR KIDS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
kids: salt & pepper chicken													
kids: chicken tenders			x		x	x			x				
kids: steak													
grilled cheese			x		x	x							
kids: bolognese			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 chunk cookie			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							
mostess chocolate cake			x	x					x				

## DRESSINGS

	peanuts	nuts	dairy	eggs	wheat	gluten	fish	shellfish	soy	vegan	msg	sulfites	sesame
gravy			x						x				
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.

tender greens