

Sandwiches



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

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

CHICKEN PESTO (NF) 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 (NF) 1361cal
mozzarella, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough

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

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



Ready & Tender

SOUPS

GREEN POZOLE (GF) (DF) (NF) 159/195cal
shredded chicken, hominy, tomatillos, onions, cabbage, radish, cilantro, lime

RUSTIC CHICKEN (GF) (DF) (NF) 111/148cal
potato, carrot, celery, onion, thyme

ROASTED TOMATO (DF) (NF) (V) 227/281cal
sourdough croutons & basil oil

SWEETS

COWBOY COOKIE 360cal
Our 20th anniversary throwback cookie featuring chocolate, coconut, oats and pecans



CHOCOLATE CHUNK COOKIE (NF) 420cal

SALTED CARAMEL COOKIE 420cal

OLIVE OIL CAKE (NF) 270cal

CARROT CUPCAKE 500cal



MOSTESS CHOCOLATE CUPCAKE (GF) (NF) 390cal

FAMILY MEALS

CHOOSE ONE PROTEIN & TWO SIDES (SERVES 4)

SALT & PEPPER CHICKEN

STEAK

CHIPOTLE BBQ CHICKEN

SHORT RIB

FRIED CHICKEN

TUNA

SALMON

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

Steak

Chipotle BBQ Chicken

Short Rib

Fried Chicken

Tuna

Salmon

Sea Bass

SIDES (SERVES 4)

Mashed Potatoes

Romaine Hearts

Gravy

Baby Spinach

Farro Salad

Baby Arugula

Mac & Cheese

6ct Cookies

Braised Beans



BEVERAGES

WINE GLASS/BOTTLE

ROSE
APOTHIC

PINOT NOIR
OLD SOUL

CHARDONNAY
SALMON CREEK

CABERNET SAUVIGNON SALMON CREEK

CHARDONNAY
KALI HART

CABERNET SAUVIGNON FRANCISCAN ESTATE

SELTZER

BLACK CHERRY
WHITE CLAW

RUBY GRAPEFRUIT
WHITE CLAW

BEER

HAZY NOSH IPA
UINTA

BLONDE ALE
HEALDSBURG

SCULPIN IPA
BALLAST POINT

PURPLE HAZE RASPBERRY LAGER
ABITA

SCRIMSHAW
NORTH COAST

Just for Kids!

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

PICK ONE:

Salt & Pepper Chicken (GF) (DF) (NF)

Chicken Tenders (DF) (NF)

Grilled Cheese (NF)

Steak (GF) (DF) (NF)

LITTLE BOWL 332-800cal
with fruit and bread, juice box or water

PICK ONE:

Bolognese Pasta (NF)

Nonna's Pasta (NF)

Mac & Cheese (NF)



PLEASE NOTE: A 4% FEE IS APPLIED TO ALL ITEMS TO COMPLY WITH THE HEALTHY SF SURCHARGE; DTSF LOCATION ONLY.
DISPOSABLE CUP: 25¢ charge on all disposable cups (applies to Berkeley location only). PLATES AND SALADS INCLUDE GRILLED LARDER BAKERY SOURDOUGH.
ADULT DISCLOSURE: A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary.

WEB_SUMMER26

PLATES

CHOOSE ONE PROTEIN AND TWO SIDES

PROTEINS

SALT & PEPPER CHICKEN (GF) (DF) (NF)	186cal
garlic & herb marinade	
CHIPOTLE BBQ CHICKEN (GF) (DF) (NF)	183cal
COUNTRY-STYLE FRIED CHICKEN (NF)	318cal
spiced buttermilk marinade	
FALAFEL (GF) (DF) (NF) (V)	208cal
with harissa	
GRILLED SEA BASS (GF) (DF) (NF)	161cal
lemon & herb oil or blackening spices	
GRILLED SALMON (GF) (DF) (NF)	291cal
lemon & herb oil or blackening spices	
GRILLED SHRIMP (GF) (DF) (NF)	146cal
garlic & herb oil or blackening spices	
SEARED TUNA (GF) (DF) (NF)	179cal
sea salt & herb oil	
GRILLED STEAK (GF) (DF) (NF)	229cal
garlic & herb marinade; medium rare	

SEASONAL VEGETABLE PLATE (GF) (DF) (NF) (V)
 seasonal vegetables* (baby sweet peppers, french green beans, summer squash, green zucchini, mushrooms*)
 + your choice of two sides

GREAT NORTHERN BRAISED BEANS PLATE (GF) (DF) (NF) (V)
 braised beans (herbs, tomato sauce and sunflower seed pesto) + your choice of two sides

SIDES

MASHED POTATOES (GF) (NF)	181cal
SEASONAL VEGETABLES (GF) (DF) (NF) (V)	232cal
baby sweet peppers, french green beans, summer squash, green zucchini, mushrooms*	
SEASONED FRIES (GF) (DF) (NF) (V)	283cal
ROASTED POTATOES (GF) (DF) (NF) (V)	179cal
CILANTRO LIME BROWN RICE (GF) (DF) (NF) (V)	182cal
SUSHI RICE (GF) (DF) (NF) (V)	251cal
BABY GREENS (GF) (DF) (NF) (V)	162cal
sherry vinaigrette	
BABY SPINACH (GF)	260cal
Laura Chenel goat cheese, toasted almonds, cabernet vinaigrette	
ROMAINE HEARTS (NF)	643cal
parmesan, sourdough croutons, caesar dressing	
BABY ARUGULA (GF) (NF)	206cal
parmesan, shaved fennel, lemon vinaigrette	
FARRO SALAD (DF) (V)	480cal
dried cranberries, toasted almonds, arugula, golden balsamic vinegar	
MAC & CHEESE (NF)	785cal
baked with cheddar cheese and bread crumbs	
BRAISED BEANS (GF) (DF) (NF) (V)	643cal
herbs, tomato sauce and sunflower seed pesto	
ROASTED BEETS (GF) (NF)	417cal
roasted golden beets, feta cheese, salsa verde, sherry vinaigrette, chives	



SHORT RIB (NF)
 1224cal
 braised beef short rib, mashed potatoes, red wine shallot sauce, citrus gremolata, french green beans

SALADS

CHIPOTLE BBQ CHICKEN (GF) (NF)	968cal
avocado, queso fresco, radish, green onions, crispy tortilla, cilantro, romaine, lime dressing	
TUNA NICOISE (GF) (DF) (NF)	985cal
cherry tomatoes, roasted fingerling potatoes, capers, french green beans, egg, black olives, baby greens, sherry vinaigrette	
ITALIAN CHOP (GF)	843cal
salami, mortadella, provolone, pecorino cheese, cherry tomatoes, sweet peppers, onions, herbs, pepperoncini, radicchio, red gem lettuce, roasted tomato vinaigrette	
GRILLED CHICKEN COBB (GF) (NF)	1054cal
blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing	
GRILLED SALMON (GF) (DF) (NF)	832cal
miso mayo, pickled cucumber and onion, cherry tomatoes, avocado, papaya, cilantro, sesame seeds, gem lettuces, ginger dressing	
HARVEST CHICKEN (GF)	667cal
stone fruit, blackberries, pistachios, goat cheese, caramelized onions, baby lettuces, golden balsamic vinaigrette	
MEDITERRANEAN STEAK (GF) (NF)	796cal
feta, cherry tomatoes, pickled cucumbers, sweet peppers, green olives, herbs, red gem lettuces, arugula, lemon vinaigrette	

Bowls



LONGEVITY	
panzanella salad with heirloom tomato, parmesan cheese, radicchio, arugula, tomato vinaigrette, and persian charred eggplant labneh, roasted fennel, fingerling potatoes	
GREAT NORTHERN BRAISED BEANS (NF)	1290cal
GRILLED SEA BASS (NF)	990cal
HAPPIER VEGAN (DF) (V)	692cal
falafel, harissa sauce, farro wheat, green garbanzo hummus, heirloom cherry tomatoes, pickled cucumbers, onions, roasted peppers, baby lettuces, sherry vinaigrette	
PACIFIC	
sushi rice, miso mayo, pickled cucumber, carrots, mizuna, cabbage, sesame, ginger dressing	
KATSU CHICKEN (DF) (NF)	1172cal
GRILLED SALMON (GF) (DF) (NF)	1050cal
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 (GF) (DF) (NF)	754cal
GRILLED STEAK (GF) (DF) (NF)	851cal
CHICKEN PESTO PASTA (NF)	1150cal
sunflower seed pesto, casarecce pasta, green beans, roasted potatoes, Divina tomatoes, basil and parmesan cheese	
BOLOGNESE PASTA (NF)	1156cal
slow cooked heritage pork bolognese, fusilli pasta, basil, grated pecorino cheese	
CALIFORNIA	
roasted corn salsa, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema	
CHIPOTLE BBQ CHICKEN (GF) (NF)	1025cal
GRILLED SALMON (GF) (NF)	1133cal

KEY: (GF) GLUTEN FRIENDLY (DF) DAIRY FREE (NF) NUT FREE (V) VEGAN (Sun icon) SEASONAL OFFERING *subject to availability

WARNING: while we take precautions to minimize cross-contact, we cannot guarantee that any menu item is completely free of allergens. Food may come into contact with shared preparation areas, utensils, equipment, and frying oil during cooking and service. Please inform your order taker of any food allergies before placing your order. RAW FOOD WARNING: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Additional nutrition and allergen information available upon request and online at tendergreens.com.

