

Handhelds



MEDITERRANEAN WRAP

sumac red onion, pickled cucumber, tzatziki, harissa sauce, spinach and herb mix, lemon, olive oil, grilled lavash wrap

FRIED FALAFEL NF 1328cal

GRILLED STEAK NF 1229cal

FRIED CHICKEN SANDWICH NF

country-style fried chicken breast, cabbage slaw, pickles, spicy maple glaze, miso mayo, sesame bun

992cal

CHIPOTLE BBQ CHICKEN SANDWICH NF

chipotle bbq chicken breast, spicy aioli, queso fresco, avocado, grilled Larder Baking Co. sourdough

926cal

CHICKEN PESTO SANDWICH NF

chicken breast, provolone, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Baking Co. sourdough

1096cal

TOMATO MOZZARELLA SANDWICH NF

mozzarella, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Baking Co. sourdough

1361cal

CARROT HUMMUS TOAST NF

carrot hummus, whipped feta cheese, shaved carrots, dill, parsley, mint, zaatar, golden balsamic vinaigrette, grilled Larder Baking Co. sourdough

857cal

AVOCADO TOAST NF

avocado, lemon ricotta, queso fresco, pickled fresno chili's & onions, cilantro, grilled Larder Baking Co. sourdough

956cal

TENDER BURGER NF

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

806cal

SOUPS

GREEN POZOLE GF DF NF

shredded chicken, hominy, tomatillos, onions, cabbage, radish, cilantro, lime

159/195cal

RUSTIC CHICKEN GF DF NF

potato, carrot, celery, onion, thyme

111/148cal

ROASTED TOMATO DF NF V

sourdough croutons & basil oil

277/281cal

SWEETS

SEASONAL DESSERT

COWBOY COOKIE

chocolate, coconut, oats and pecans

360cal

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

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 OR BOTTLE

ROSE

APOTHIC

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

BLONDE ALE

EAST BROTHERS

SCULPIN IPA

BALLAST POINT

PURPLE HAZE

RASPBERRY LAGER

ABITA

SCRIMSHAW

NORTH COAST

Just for Kids!

LITTLE PLATE

with fruit and mashed potatoes, juice box or water

255-809cal

PICK ONE:

Salt & Pepper Chicken GF DF NF

Chicken Tenders DF NF

Grilled Cheese NF

Steak GF DF NF

LITTLE BOWL

with fruit and bread, juice box or water

464-694cal

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.

PLATES

CHOOSE ONE PROTEIN AND TWO SIDES

PROTEINS

SALT & PEPPER CHICKEN GF DF NF garlic & herb marinade	334cal
CHIPOTLE BBQ CHICKEN GF DF NF	280cal
COUNTRY-STYLE FRIED CHICKEN NF spiced buttermilk marinade	495cal
FALAFEL DF NF V with harissa	208cal
GRILLED SEA BASS GF DF NF lemon & herb oil or blackening spices	177cal
GRILLED SALMON GF DF NF lemon & herb oil or blackening spices	347cal
GRILLED SHRIMP GF DF NF garlic & herb oil or blackening spices	313cal
SEARED TUNA GF DF NF sea salt & herb oil	333cal
GRILLED STEAK GF DF NF garlic & herb marinade; medium rare	313cal

TENDER TRIO

your choice of three sides



SIDES

MASHED POTATOES GF NF	315cal
SEASONAL VEGETABLES GF DF NF V cauliflower, mushrooms, winter squash, carrots*	225cal
SEASONED FRIES DF NF V	283cal
ROASTED POTATOES GF DF NF V	215cal
CILANTRO LIME BROWN RICE GF DF NF V	182cal
SUSHI RICE GF DF NF V	251cal
BABY GREENS GF DF NF V sherry vinaigrette	162cal
BABY SPINACH GF Laura Chenel goat cheese, toasted almonds, cabernet vinaigrette	260cal
ROMAINE HEARTS NF parmesan, sourdough croutons, caesar dressing	643cal
BABY ARUGULA GF NF parmesan, shaved fennel, lemon vinaigrette	206cal
FARRO SALAD DF V dried cranberries, toasted almonds, arugula, golden balsamic vinegar	480cal
MAC & CHEESE NF baked with cheddar cheese and bread crumbs	785cal
BRAISED ROMANO BEANS GF DF NF V sunflower seed pesto, italian parsley	330cal
ROASTED BEETS GF NF roasted golden beets, feta cheese, salsa verde, sherry vinaigrette, chives	417cal



SHORT RIB NF

1224cal

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

SALADS



CHIPOTLE BBQ CHICKEN NF	952cal
avocado, queso fresco, radish, green onions, crispy tortilla, cilantro, romaine, lime dressing	
TUNA NICOISE GF DF NF	855cal
cherry tomatoes, roasted fingerling potatoes, capers, french green beans, egg, black olives, baby greens, sherry vinaigrette	
GRILLED CHICKEN COBB GF NF	1108cal
blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing	
GRILLED SALMON GF DF NF	1001cal
miso mayo, pickled cucumber and onion, cherry tomatoes, avocado, papaya, cilantro, sesame seeds, gem lettuces, ginger dressing	
HARVEST CHICKEN GF NF	977cal
roasted winter squash, bosc pears, grapes, pepitas, Laura Chenel goat cheese, caramelized onions, baby lettuces, golden balsamic vinaigrette	
MEDITERRANEAN STEAK GF NF	768cal
feta, cherry tomatoes, pickled cucumbers, sweet peppers, green olives, herbs, red gem lettuces, arugula, lemon vinaigrette	

Bowls



CALIFORNIA	
roasted butternut squash salsa, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema	
CHIPOTLE BBQ CHICKEN GF NF	1395cal
GRILLED SALMON GF NF	1413cal
LONGEVITY	
panzanella salad with caramelized apples, seasonal squash, golden balsamic vinaigrette, and roasted Tokyo turnips, mushrooms, fingerling potatoes, olive oil labneh	
BRAISED ROMANO BEANS NF	1428cal
GRILLED SEA BASS NF	1285cal
HAPPIER VEGAN DF V	1543cal
falafel, harissa sauce, farro wheat, carrot hummus with evoo, 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	1272cal
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	

KEY: GF GLUTEN FRIENDLY DF DAIRY FREE NF NUT FREE V VEGAN 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.

SCAN FOR
FULL NUTRITION
& ALLERGEN
INFORMATION

