ALLERGEN INFORMATION

PROTEINS	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
COUNTRY-STYLE FRIED CHICKEN	X	X		X			X			
CHIPOTLE BBQ CHICKEN					X					
CHICKEN KATSU	X			X			X			
SALT & PEPPER CHICKEN										
GRILLED SALMON w/ lemon & herb oil					X					
GRILLED SALMON w/ blackening spices					X					
GRILLED SHRIMP w/ garlic & herb oil					X	X				
GRILLED SHRIMP w/ blackening spices					X	X				
GRILLED SEA BASS w/ lemon & herb oil					X					
GRILLED SEA BASS w/ blackening spices					X					
SEARED TUNA					X					
GRILLED STEAK										
FALAFEL										
SHORT RIB	X	X								
BURGER PATTY										

GREENS & SIDES (includes dressing & toppings)	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
BABY ARUGULA		X								
BABY GREENS										
BABY SPINACH		X	X							
ROMAINE HEARTS	X	X		X	X		X			
MASHED POTATOES		X								
SWEET POTATO MASH		X								
ROASTED POTATOES										
SEASONED FRIES *fried in same oil as gluten items										
SEASONAL VEGETABLES spring										X
SEASONAL VEGETABLES summer										
SEASONAL VEGETABLES winter										X
CILANTRO LIME BROWN RICE										
SUSHI RICE										
FARRO SALAD	X		X				X			
MAC & CHEESE	X	X					X			
BRAISED BEANS (spring/summer)										
BRAISED BEANS (fall/winter)										X
ROASTED BEETS		X			X					X
CARROT HUMMUS										X
GREEN GARBANZO HUMMUS										X
CROSTINI	X						X			

HANDHELDS	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
MEDITERRANEAN FALAFEL WRAP	X	X					X			
MEDITERRANEAN STEAK WRAP	X	X					X			X
FRIED CHICKEN	X	X		X	X		X	X		X
TENDER BURGER	X	X		X			X			X
CHIPOTLE BBQ CHICKEN	X	X		X	X		X			
CHICKEN PESTO	X	X		X			X			
AVOCADO BLT	X	X					X			X
TOMATO MOZZARELLA	X	X		X			X			
AVOCADO TOAST	X	X					X			
GARDEN TOAST	X	X					X			X
CARROT HUMMUS TOAST	X	X					X			X

BOWLS	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
CALIFORNIA: CHIPOTLE BBQ CHICKEN (winter/spring)		X			X					
CALIFORNIA: CHIPOTLE BBQ CHICKEN (summer)		X			X					
CALIFORNIA: GRILLED SALMON (winter/spring)		X			X					
CALIFORNIA: GRILLED SALMON (summer)		X			X					
PACIFIC: KATSU CHICKEN	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
HAPPIER VEGAN (spring/summer)	X		X				X			X
HAPPIER VEGAN (winter)	X		X				X			X
LONGEVITY: BRAISED BEANS (winter/spring)	X	X					X			X
LONGEVITY: BRAISED BEANS (summer)	X	X					X			X
LONGEVITY: GRILLED SEA BASS (winter/spring)	X	X			X		X			X
LONGEVITY: GRILLED SEA BASS (summer)	X	X			X		X			X
BOLOGNESE PASTA	X	X					X			
NONNA'S PASTA (vegetarian)	X	X					X			
CHICKEN PESTO PASTA	X	X					X			
PESTO PASTA	X	X					X			

SALADS	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
CHIPOTLE BBQ CHICKEN		X			X					
GRILLED CHICKEN COBB		X		X						
HARVEST CHICKEN (summer)		X	X							
HARVEST CHICKEN (spring)		X	X							
HARVEST CHICKEN (winter)		X								
TUNA NICOISE				X	X					
MEDITERRANEAN STEAK		X								
GRILLED SALMON				X	X			X		X

SEASONAL	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
SHORT RIB PLATE w/ sweet potato mash	X	X					X	X		
SHORT RIB PLATE w/ reg. mashed potatoes	X	X					X	X		
TENDER BURGER PLATE w/ seasoned fries	X	X		X	X		X			X

SOUPS	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
ROASTED TOMATO	X						X			
RUSTIC CHICKEN										
GREEN POZOLE										

JUST FOR KIDS (entrées - not including sides)	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
PLATE: SALT & PEPPER CHICKEN										
PLATE: CHICKEN TENDERS	X						X			
PLATE: GRILLED STEAK										
PLATE: GRILLED CHEESE	X	X		X			X			
BOWL: BOLOGNESE PASTA	X	X					X			
BOWL: NONNA'S PASTA	X	X					X			
BOWL: MAC & CHEESE	X	X					X			

DESSERTS	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
CHOCOLATE CHUNK COOKIE	X	X		X			X	X		
SALTED CARAMEL COOKIE	X	X	X	X			X	X		
CARROT CUPCAKE	X	X	X	X			X			
OLIVE OIL CAKE	X	X		X			X			
MOSTESS CHOCOLATE CUPCAKE		X		X				X		
COWBOY COOKIE	X	X	X	X			X			
PUMPKIN CUPCAKE (seasonal)	X	X		X			X			
STRAWBERRY SHORTCAKE (seasonal)	X	X		X			X			

DRESSINGS & SAUCES	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
GRAVY		X						X		
SHERRY VINAIGRETTE										
LEMON VINAIGRETTE										
TARRAGON DRESSING				X						
CAESAR DRESSING				X	X	X				
CABERNET VINAIGRETTE										
CILANTRO LIME DRESSING										
GOLDEN BALSAMIC VINAIGRETTE										
LIME CREMA		X								
GINGER DRESSING										X
SPICY AIOLI				X				X		
GARLIC AIOLI				X						
BOLOGNESE SAUCE		X								
MISO MAYO				X	X			X		X

HOUSEMADE DRINKS	gluten	milk	tree nuts	egg	fish	shellfish	wheat	soy	peanuts	sesame
AGUA FRESCA: PINEAPPLE BASIL										
AGUA FRESCA: WATERMELON										
AGUA FRESCA: POMEGRANATE GINGER										
THE GREENS										
MINT LEMONADE										
HIBISCUS TEA										

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.

tender greens

NUTRITIONAL INFORMATION

PROTEINS

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugar (g)	protein (g)
COUNTRY-STYLE FRIED CHICKEN	495	253	30	3	0	155	1049	12	0	1	44
CHIPOTLE BBQ CHICKEN	280	130	15	4	0	128	215	5	0	2	30
CHICKEN KATSU	392	189	22	2	0	124	252	16	1	1	32
SALT & PEPPER CHICKEN	334	180	20	5	0	152	1485	1	0	0	35
GRILLED SALMON w/ lemon & herb oil	347	97	26	5	0	74	70	0	0	0	26
GRILLED SALMON w/ blackening spices	347	97	26	5	0	74	70	0	0	0	26
GRILLED SHRIMP w/ garlic & herb oil	313	225	25	3	0	174	2467	2	0	0	19
GRILLED SHRIMP w/ blackening spices	313	225	25	3	0	174	2467	2	0	0	19
GRILLED SEA BASS w/ lemon & herb oil	177	85	10	2	0	77	80	0	0	0	21
GRILLED SEA BASS w/ blackening spices	177	85	10	2	0	77	80	0	0	0	21
SEARED TUNA	333	134	22	3	0	46	673	1	0	0	34
GRILLED STEAK	313	156	17	6	0	117	93	0	0	0	37
FALAFEL	208	45	5	0	0	0	560	31	12	5	9
SHORT RIB	428	159	18	7	0	139	1132	14	2	4	48
BURGER PATTY	306	0	20	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
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 spring	151	101	41	3	0	6	279	10	3	4	2
SEASONAL VEGETABLES summer	232	169	19	4	0	9	430	12	4	4	3
SEASONAL VEGETABLES winter	225	171	20	2	0	0	919	9	2	5	3
CILANTRO LIME 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
BRAISED BEANS (spring/summer)	643	321	36	5	0	0	1335	67	22	55	22
BRAISED BEANS (fall/winter)	330	284	32	4	0	0	2928	11	2	3	2
ROASTED BEETS	417	327	36	5	0	8	983	17	5	9	5
CARROT HUMMUS	339	245	27	3	0	0	343	19	5	5	6
GREEN GARBANZO HUMMUS	467	320	36	4	0	0	490	29	4	3	8
CROSTINI	55	23	3	0	0	0	76	7	0	0	1

HANDHELDS

MEDITERRANEAN FALAFEL WRAP	1328	828	103	17	0	0	2803	96	13	16	29
MEDITERRANEAN STEAK WRAP	1229	770	94	18	0	117	2190	52	5	13	46
FRIED CHICKEN	992	426	47	5	0	202	2750	87	4	35	53
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
AVOCADO BLT	845	436	54	16	0	85	1863	62	5	5	25
TOMATO MOZZARELLA	1361	826	92	29	0	140	1613	78	4	3	43
AVOCADO TOAST	956	489	54	16	0	88	2473	87	10	5	32
GARDEN TOAST	1068	621	69	17	0	87	2057	80	7	6	35
CARROT HUMMUS TOAST	857	477	58	16	0	61	1489	63	11	10	24

BOWLS

CALIFORNIA: CHIPOTLE BBQ CHICKEN (winter/spring)	1395	576	89	17	1	160	1845	116	18	13	50
CALIFORNIA: CHIPOTLE BBQ CHICKEN (summer)	1038	534	59	14	0	141	1454	71	9	10	44
CALIFORNIA: GRILLED SALMON (winter/spring)	1413	480	93	18	1	118	1720	112	18	11	49
CALIFORNIA: GRILLED SALMON (summer)	1146	670	74	17	0	23	1335	68	9	9	41
PACIFIC: KATSU CHICKEN	1272	580	66	7	0	193	2927	117	8	29	52
PACIFIC: GRILLED SALMON	1050	624	69	7	0	142	2033	73	4	24	30
THAI: GRILLED SHRIMP	754	279	031	7	0	172	3007	88	3	40	30
THAI: GRILLED STEAK	851	360	40	11	0	50	3044	87	3	40	34
HAPPIER VEGAN (spring/summer)	1410	862	96	10	0	0	2715	111	26	36	26
HAPPIER VEGAN (winter)	1543	793	120	17	0	0	6583	109	20	33	23
LONGEVITY: BRAISED BEANS (winter/spring)	1438	654	92	15	0	6	4051	27	32	25	34
LONGEVITY: BRAISED BEANS (summer)	1290	654	73	11	0	027	3481	121	31	13	34
LONGEVITY: GRILLED SEA BASS (winter/spring)	1285	650	92	15	0	92	5114	81	18	21	42
LONGEVITY: GRILLED SEA BASS (summer)	990	582	65	10	0	79	2640	62	10	8	36
BOLOGNESE PASTA	1156	450	50	14	0	117	1056	127	16	11	46
NONNA'S PASTA (vegetarian)	677	127	19	3	1	8	5726	107	9	13	23
CHICKEN PESTO PASTA	1150	554	60	7	0	71	836	104	9	9	42
PESTO PASTA (vegetarian)	1336	579	81	9	0	10	9422	126	8	14	26

SALADS

	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugar (g)	protein (g)
CHIPOTLE BBQ CHICKEN	952	203	70	12	0	165	1158	32	13	11	54
GRILLED CHICKEN COBB	1108	497	91	18	0	281	1234	19	10	5	57
HARVEST CHICKEN (summer)	880	266	62	9	0	147	956	32	9	17	50
HARVEST CHICKEN (spring)	936	277	63	8	0	152	2210	43	12	12	52
HARVEST CHICKEN (winter)	977	319	68	9	0	143	1445	46	8	25	50
TUNA NICOISE	855	168	64	8	0	138	4117	31	6	6	41
MEDITERRANEAN STEAK	768	247	55	12	0	135	1199	24	5	14	44
GRILLED SALMON	1001	564	80	11	0	89	1394	42	11	22	33

SEASONAL

SHORT RIB PLATE w/ sweet potato mash	1111	704	78	33	0	134	2261	66	7	8	32
SHORT RIB PLATE w/ reg. mashed potatoes	1224	847	94	43	0	181	2035	59	8	11	31
TENDER BURGER PLATE w/ seasoned fries	1021	493	56	16	0	147	3266	77	2	19	48

SOUPS

CUP: ROASTED TOMATO	227	106	12	2	0	0	1124	25	2	14	5
BOWL: ROASTED TOMATO	281	122	14	2	0	0	1388	33	3	17	7
CUP: RUSTIC CHICKEN	111	19	2	0	0	20	686	13	2	3	9
BOWL: RUSTIC CHICKEN	148	26	3	1	0	27	915	17	3	5	13
CUP: GREEN POZOLE	159	62	7	1	0	0	1903	21	6	8	3
BOWL: GREEN POZOLE	195	77	9	1	0	0	2375	25	7	10	4

JUST FOR KIDS

(entrées - not including sides)

PLATE: SALT & PEPPER CHICKEN	255	63	7	3	0	62	302	30	2	16	17
PLATE: CHICKEN TENDERS	393	135	15	4	0	53	870	42	3	18	22
PLATE: GRILLED STEAK	290	98	11	5	0	41	308	30	2	16	16
PLATE: GRILLED CHEESE	809	250	28	16	0	94	1511	102	4	16	33
BOWL: BOLOGNESE PASTA	694	233	26	7	0	59	553	89	9	21	25
BOWL: NONNA'S PASTA	464	66	7	1	0	3	629	87	5	23	13
BOWL: MAC & CHEESE	566	123	14	7	0	36	488	92	5	18	20

DESSERTS

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 CUPCAKE	390	189	21	7	0	55	330	48	2	31	4
COWBOY COOKIE	360	162	18	9	0	45	115	46	2	31	4
PUMPKIN CUPCAKE (seasonal)	460	189	21	12	0	90	260	64	2	46	6
COWBOY COOKIE (seasonal)	302	2	18	12	0	74	1	34	2	8	1

DRESSINGS & SAUCES

GRAVY 2oz	57	16	3	1	0	6	270	6	0	1	2
SHERRY VINAIGRETTE 3oz	444	438	48	3	0	0	627	0	0	0	0
LEMON VINAIGRETTE 3oz	400	385	43	3	0	0	375	2	0	0	0
TARRAGON DRESSING 3oz	344	334	37	3	0	14	394	2	0	1	1
CAESAR DRESSING 3oz	505	489	54	4	0	47	317	2	0	0	1
CABERNET VINAIGRETTE 3oz	441	438	48	3	0	0	360	0	0	0	0
CILANTRO LIME DRESSING 3oz	420	385	43	4	0	8	416	6	0	6	1
GOLDEN BALSAMIC VINAIGRETTE 3oz	576	567	63	4	0	0	157	6	0	6	0
LIME CREMA 1.5oz	115	96	11	5	0	22	135	3	0	1	1
GINGER DRESSING 3oz	279	214	24	3	0	0	700	15	0	12	3
SPICY MAYO 2oz	344	323	36	3	0	75	466	3	0	2	2
GARLIC AOILI 1.5oz	312	308	34	3	0	29	127	1	0	0	1
BOLOGNESE SAUCE	574	358	40	14	0	110	724	24	10	10	27
MISO MAYO	368	350	40	3	0	32	621	3	0	1	2

HOUSEMADE DRINKS

AGUA FRESCA: PINEAPPLE BASIL	95	0	0	0	0	0	5	24	0	22	0
AGUA FRESCA: WATERMELON	171	3	0	0	0	0	3	42	1	37	1
AGUA FRESCA: POMEGRANATE GINGER	76	0	0	0	0	0	8	19	0	17	0
THE GREENS	62	2	0	0	0	0	34	14	1	12	1
MINT LEMONADE	109	0	0	0	0	0	5	27	0	23	0
HIBISCUS TEA	82	0	0	0	0	0	6	20	0	20	0

ADULT DISCLOSURE: A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary.
KIDS DISCLOSURE: 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children 9 to 13 years, but calorie needs vary.

tender greens