plates
Your choice of protein, green and side

1. pick one protein
salt & pepper chicken $13
Free range, white and dark meat, garlic, oregano, thyme
chipsotle barbecue chicken $13
Free range, white and dark meat, chipotle barbecue sauce
fried chicken $13.5
Free range, white meat, buttermilk fried, rosemary salt
backyard marinated steak $14
No hormones or antibiotics ever, grilled medium rare
herb brushed tuna $14
MSC certified, grilled rare, sea salt, lemon, extra virgin olive oil
falafel $12.5
Cumin and coriander spiced chickpea fritters with tzatziki

2. pick one green
tender greens* salad
Gotham Greens® baby lettuces, sherry vinaigrette
baby arugula
Baby arugula, parmesan, fennel, lemon vinaigrette
butter lettuce
Gotham Greens® butter lettuce, tarragon dressing
romaine hearts
Baby red and hearts of romaine, parmesan, croutons, caesar dressing
ekale
Baby lacinato kale, parmesan, roasted garlic vinaigrette

3. pick one side
mashed potatoes
seasonal veggies
California sprouted rice
Substitute soup for green or side $1.5

chef’s specials $M.P.
something new from your chef twice a day.
Start with thoughtfully sourced seasonal ingredients, mix in the passion and skill of our chefs and you’ll find amazing dishes from this kitchen every day.

what’s in season?
Follow us @tendergreens on Instagram to see what’s coming to our restaurants

salads

lobster $16
Luke’s Maine Lobster® tail, baby gem, watercress, celery and apple slaw, radishes, citrus herb breadcrumbs, tarragon dressing
backyard steak $14
Gotham Greens® butter lettuce, wild arugula, radishes, roasted beets, horseradish vinaigrette
chipotle barbecue chicken $13.5
Romaine hearts, avocado, aged cotija cheese, crispy blue corn tortilla strips, green onion, radishes, cilantro lime dressing
green market chicken $13.5
Local baby lettuces, Hudson River Farm apples, grapes, Beecher’s flagship reserve cheese, toasted walnuts, champagne vinaigrette
salami $12.5
P. Ballstriber salami, lacinato kale, parmesan, roasted fennel, marinated garbanzo beans, croutons, pickled onions, roasted garlic vinaigrette
happy vegan $13
Farro wheat with cranberry and hazelnuts, quinoa with cucumber and beets, green hummus, tabbouleh, baby greens, lemon vinaigrette
serrano grilled shrimp bowl $14.5
California sprouted rice, roasted butternut squash, poblano chile, crema, cilantro, cabbage, shaved brussels, aged cotija cheese

sandwiches

the original
Roasted red peppers, alioli, toasted ciabatta bread with romaine hearts salad
choose one:
backyard marinated steak $14
salt & pepper chicken $13
chipotle barbecue chicken $13
fried chicken $14
Buttermilk white meat fried chicken, cabbage slaw, sweet and spicy pickles, chili alioli, toasted bun with butter lettuce salad
falafel $12.5
Cumin and coriander spiced chickpea fritters, tzatziki, harissa, pickles, lavash with tender greens* salad

greens

tender greens* salad $6.5
baby arugula $6.5
butter lettuce $6.5
romaine hearts $6.5
kale $6.5
Add falafel $6
salt & pepper or chipotle chicken $6.5
steak, tuna or fried chicken $7.5

sides

mashed potatoes $4
seasonal veggies $6
california sprouted rice $3

soups

roasted tomato soup $5
Basil oil and ciabatta croutons
rustic chicken soup $5
Yukon gold potatoes, carrots, celery, leeks, thyme
daily special soup $5

desserts

fresh baked cookie $2.5
seasonal house-made selections
Check out our display to see all of our current dessert offerings
items and prices may vary by location

voted by location

contains gluten
contains raw egg

raw food warning: caesar, tarragon, and alioli dressings contain raw foods, consumption of raw foods may increase your risk of food-borne illness.

allergy warning: although efforts are made to avoid cross contact of allergens, we cannot guarantee that food items will not inadvertently come in contact with one another during preparation. nutrition info available upon request & online at tendergreens.com
**our philosophy**

we are always mindful of the bigger picture
our food, our environment, our social responsibility
That means thinking about our food’s production, transportation, and social impact before giving anything our thumbs up. All of our farmers and partners meet our high standards—here are just a few:

- **Gotham Greens®**
  - Grow NYC
  - Windfall Farms
  - Eckerton Hill Farm

- **Greenmarket Regional Grains Project**
  - Lundberg Family Farms
  - Maine Grains
  - Falksalt

- **Luke's Lobster®**
  - Joyce Farms Poultry
  - Beecher’s Cheese
  - Stony Mountain Ranch

**quick catering**

ideal for meetings, casual events and celebrations

**plates**

your choice of 2 proteins* and 2 greens or sides
$13.5 pp
10 person minimum

**salads**
serves up to 10

happy vegan
$65 ea

chipotle barbecue chicken
$67.5 ea

green market chicken salami
$67.5 ea

tuna nicoise
$70 ea

**greens**
serves up to 10

choose from any of our 5 greens
$30 ea

**sandwiches**
served a la carte
falafel $10 ea
salt & pepper or chipotle chicken $10.5 ea
steak or fried chicken $11.5 ea

sides served separately

**soup**
serves up to 5

roasted tomato or rustic chicken $16 qt

**housemade drinks**

by the half gallon $12.5

does not include green monster

**a la carte & add-ons**

mashed potatoes
serves 10
$36 ea

seasonal veggies
serves 5–7
$30 ea

california sprouted rice
serves 10
$30 ea

falafel $6 pp

salt & pepper or chipotle chicken $6.5 pp

steak, tuna or fried chicken $7.5 pp

cookies $12 dozen

**in a hurry?**
we’ve got you covered!

ask us about today’s craft brews and wines

order online at tendergreens.com
or through the Tender Greens app—we’ll have it ready for you to pick up