

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

chipotle 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

Our grilled chicken is served with skin, it can be removed upon request

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

kale

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.

check out the board to see our current special offerings

—or find them online at tendergreens.com

winter

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

tuna nicoise \$14

MSC certified, grilled rare, baby lettuces, oven-dried tomato, fingerling potatoes, capers, green beans, quail egg, olives, sherry vinaigrette

green market chicken \$13.5

Local baby lettuces, Hudson River Farm apples, grapes, Beecher's flagship reserve cheese, toasted walnuts, champagne vinaigrette

salami \$13.5

P. Balistreri 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, aioli, 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 aioli, 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

- vegan
- contains gluten
- contains raw egg

raw food warning: caesar, tarragon, and aioli 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

housemade drinks

mint lemonade*
agua fresca*
hibiscus tea*
green monster
black or green
iced tea*

*refills available
on these drinks

coffee & more

cold brew coffee
hot coffee
hot tea
GT's synergy
kombucha

items vary by location.
check the drink board
for additional options

beer & wine

local craft brews
red and white wine
Domaine de Cala
rosé

ask us about
today's craft brews
and wines

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:

our
produce

Gotham Greens®
Grow NYC
Windfall Farms
Eckerton Hill Farm

our
pantry

Greenmarket Regional Grains Project
Lundberg Family Farms
Maine Grains
Falksalt

our
proteins
& dairy

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
green market chicken
salami

\$67.5 ea

tuna nicoise
backyard steak
serrano grilled shrimp bowl

\$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

soups

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!

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



tendergreens