



allergen information

plates	peanuts	tree nuts	dairy	eggs	wheat	gluten	fish	shellfish	sesame	soy	vegan
salt & pepper chicken											
chipotle barbecue chicken											
fried chicken			•		•	•					
backyard marinated steak											
grilled salmon							•				
herb brushed tuna							•				
falafel*			•								

*our falafel, while wheat and gluten-free, is produced on shared equipment that processes wheat

greens

tender greens® salad											•
baby spinach		•	•								
baby arugula			•								
butter lettuce				•							
romaine hearts			•	•	•	•	•				
kale			•								

salads

chipotle barbecue chicken			•								
chinese chicken	•				•	•			•	•	
grilled chicken cobb			•	•							
tuna nicoise				•			•				
chopped salad			•				•				
backyard steak			•								
happy vegan		•			•	•					•
serrano grilled shrimp bowl			•					•			

sandwiches

the original			•	•	•	•	•				
fried chicken			•	•	•	•					
falafel			•		•	•					

soups & sides

roasted tomato soup					•	•					•
rustic chicken soup											
mashed potatoes			•								
seasonal veggies**											•
california sprouted rice											•
crostini					•	•					•

**our seasonal veggies vary based on availability—ask our chefs for more information

dressings

cabernet vinaigrette											•
caesar dressing				•			•				
tarragon dressing				•							
red wine garlic vinaigrette							•				
roasted garlic vinaigrette											•
horseradish vinaigrette			•								
lemon vinaigrette											•
cilantro lime dressing			•								
sesame peanut dressing	•				•	•			•	•	•
sherry vinaigrette											•

for the allergen sensitive

the following dressings are free of the above mentioned allergens

sherry vinaigrette

roasted garlic vinaigrette

lemon vinaigrette

cabernet vinaigrette

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.



nutritional facts

plates*	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)
salt & pepper chicken	410	260	29	7	0	155	310	0.5	0	0	35
chipotle barbecue chicken	420	260	29	7	0	155	350	3	0	2	36
fried chicken	480	270	30	6	0	120	390	20	<1	1	30
backyard marinated steak	260	120	13	4	0	105	270	0	0	0	33
grilled salmon	300	190	21	4	0	70	140	0	0	0	25
herb brushed albacore	210	80	9	1	0	50	390	0	0	0	31
falafel	360	160	18	1.5	0	0	700	41	11	7	13
baked falafel**	240	35	4	0	0	0	700	41	11	7	13
+ crostini	140	90	10	1	0	0	480	10	<1	0	2
+ mashed potatoes	330	190	22	14	0	70	600	32	4	3	4
+ seasonal veggies (avg)	250	185	21	2	0	0	175	14	5	5	4
+ california sprouted rice	170	30	3.5	0.5	0	0	290	32	3	.5	4

*plates are served with a side of greens—for nutritional info, divide the values below in half

greens (includes dressing)

tender greens® salad	310	300	34	3	0	0	300	4	2	1	1
baby spinach	410	350	39	5	0	10	380	9	5	2	11
baby arugula	340	270	30	6	0	20	550	7	2	3	11
butter lettuce	400	380	43	3	0	10	340	3	1	2	2
romaine hearts	480	350	38	7	0	40	930	22	4	2	14
kale	530	450	50	7	0	20	560	13	3	3	13
+ crostini	140	90	10	1	0	0	480	10	<1	0	2

salads (includes dressing)

chipotle barbecue chicken	940	650	72	15	0	180	920	30	10	8	46
chinese chicken	590	330	36	4	0	125	860	24	6	7	42
grilled chicken cobb	1030	790	88	16	1.5	265	1130	14	8	5	47
tuna nicoise	700	470	52	5	0	125	1040	24	6	4	37
chopped salad	760	520	57	15	0	70	2790	28	8	7	28
backyard steak	470	270	30	6	0	105	470	14	4	9	37
happy vegan	605	335	37	3	0	0	490	57	13	3	12
serrano grilled shrimp bowl	810	460	53	13	0	195	1950	58	9	8	34
+ crostini	140	90	10	1	0	0	480	10	<1	0	2

sandwiches

salt & pepper chicken	1110	665	73	12.5	0	190	1385	61.5	4	4	52
chipotle barbecue chicken	1120	665	73	12.5	0	190	1425	64	4	6	53
backyard marinated steak	960	525	57	9.5	0	140	1345	61	4	4	50
fried chicken	940	370	41	6	3	215	1440	81	3	25	56
falafel	855	390	44	5	0	5	1410	93	18	10.5	23.5
baked falafel**	735	265	30	3.5	0	5	1410	93	18	10.5	23.5

soups & kids

roasted tomato soup	170	80	9	1	0	0	1590	21	4	8	4
rustic chicken soup	120	45	5	1	0	35	680	8	1	2	11
kids protein plate (avg)	490	275	31	10	0	86	588	34	4.5	13.5	21
kids grilled cheese (avg)	810	428	48.5	25	0	105	1002	71	6.5	15	22

dressings

cabernet vinaigrette	150	150	17	1	0	0	85	0	0	0	0
caesar dressing	210	210	23	2	0	20	170	<1	0	0	1
tarragon dressing	390	380	43	3	0	10	230	1	0	<1	0
red wine garlic vinaigrette	140	130	15	1	0	0	240	<1	0	0	0
roasted garlic vinaigrette	390	380	42	3	0	0	70	5	0	0	1
horseradish vinaigrette	140	130	14	1.5	0	<5	45	2	0	2	0
lemon vinaigrette	210	210	23	2.5	0	0	55	1	0	0	0
cilantro lime dressing	240	230	26	2.5	0	<5	85	2	0	<1	0
peanut sesame dressing	160	150	16	1.5	0	0	480	4	0	3	1
sherry vinaigrette	300	300	33	3	0	0	170	0	0	0	0

**only available at Point Loma location