



Tender Greens

Menu Prices — October 24, 2026

Tender Greens menu with prices in United States, updated April 2025: 132 items across 13 categories, prices from \$2.25 to \$83.95.

Restaurant & Food Industry Reports



Competitor Price Intelligence →

Tender Greens Menu with Prices (United States)

Tender Greens menu with prices in United States, updated April 2025: 132 items across 13 categories, prices from \$2.25 to \$83.95. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/tender-greens

Menu categories: specials · plates · bowls · salads · sandwiches · soups · kid plates · sides · side salads · desserts · drinks · chips · family meals

specials

ITEM	PRICE
carrot hummus toast carrot hummus, whipped feta cheese, shaved carrots, dill, parsley, mint, zaatar, golden balsamic vinaigrette, grilled La...	\$11.55
beet and burrata salad roasted red and golden beets, burrata, parsnip puree, salsa verde, fingerling potato crisps, gem lettuce, raddish, toast...	\$19.45

plates

ITEM	PRICE
short rib (plates) braised beef short rib, mashed potatoes, red wine shallot sauce, citrus gremolata, french green beans	\$21.75
grilled steak plate garlic & herb marinade. medium rare. + your choice of two sides and grilled herb crostini	\$21.95
grilled salmon plate grilled medium with sea salt & herb oil + your choice of two sides and grilled herb crostini	\$20.85
grilled chipotle barbeque chicken plate grilled with chipotle bbq + your choice of two sides and grilled herb crostini	\$18.95
grilled salt and pepper chicken plate garlic & herb marinade + your choice of two sides and grilled herb crostini	\$18.95
country-style fried chicken spiced buttermilk marinade; deep fried + your choice of two sides and grilled herb crostini	\$18.95
seared tuna plate grilled with sea salt & herb oil + your choice of two sides and grilled herb crostini	\$20.85
grilled shrimp plate garlic & herb marinade + your choice of two sides and grilled herb crostini	\$21.25
falafel baked + grilled chickpea fritters + your choice of two sides and grilled herb crostini with harissa	\$16.25
tender burger plate grilled 6oz beef patty (blend of chuck brisket and hanger), monterrey jack cheese, bistro sauce, lettuce, pickles on ses...	\$16.45
seasonal vegetable plate seasonal vegetables* (cauliflower, mushrooms, winter squash, carrots) + your choice of two sides	\$15.85
great northern braised bean plate braised beans (herbs, tomato sauce and sunflower seed pesto) + your choice of two sides and grilled herb crostini	\$15.85

bowls

ITEM	PRICE
pacific bowl with grilled salmon sushi rice, miso mayo, pickled cucumber, carrots, mizuna, sesame, ginger dressing	\$20.85
thai bowl with grilled steak sushi rice, toasted coconut, green papaya, cabbage, tomatoes, carrots, cucumbers, thai basil, cilantro, pickled fresno p...	\$21.95

ITEM	PRICE
pacific bowl with katsu chicken sushi rice, miso mayo, pickled cucumber, carrots, mizuna, sesame, ginger dressing	\$19.25
california bowl with grilled salmon roasted butternut squash salsa, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema	\$20.85
thai bowl with grilled shrimp sushi rice, toasted coconut, green papaya, cabbage, tomatoes, carrots, cucumbers, thai basil, cilantro, pickled fresno p...	\$21.25
california bowl with chipotle bbq chicken roasted butternut squash, cilantro lime brown rice, cabbage slaw, queso fresco, pepitas, lime crema	\$18.95
happier vegan with falafel falafel, harissa sauce, farro wheat, carrot hummus with evoo, heirloom cherry tomatoes, pickled cucumbers, onions, roast...	\$16.95
chicken pesto pasta sunflower seed pesto, grilled chicken breast, casarecce pasta, green beans, potatoes, Divina tomatoes, basil and grated...	\$16.85
pesto pasta (vegetarian) sunflower seed pesto, casarecce pasta, green beans, potatoes, Divina tomatoes, basil and grated pecorino parmesan	\$14.25
bolognese pasta slow cooked heritage pork bolognese, fusilli pasta, grated pecorino cheese	\$15.95
nonna's pasta (vegetarian) slow cooked tomato sauce, fusilli pasta, grated pecorino cheese	\$13.85
salads	
ITEM	PRICE
harvest chicken roasted delicata squash, bosc pears, grapes, pepitas, Laura Chenel goat cheese, caramelized onions, baby lettuces, golde...	\$19.65
grilled chipotle bbq chicken salad avocado, queso fresco, radish, green onions, crispy tortilla, cilantro, romaine, lime dressing	\$18.55
grilled mediterranean steak salad feta, cherry tomatoes, pickled cucumbers, sweet peppers, olives, red gem lettuces, arugula, lemon vinaigrette	\$21.85
italian chop salami, mortadella, provolone, pecorino cheese, cherry tomatoes, sweet peppers, onions, basil, pepperoncini, radicchio,...	\$18.95
grilled chicken cobb salad Shaft's blue cheese, bacon, egg, avocado, cherry tomatoes, romaine, tarragon dressing	\$18.75
seared tuna nicoise salad cherry tomatoes, roasted fingerling potatoes, capers, french green beans, egg, olives, Babe Farms baby greens, sherry vi...	\$20.75
beet and burrata salad (salads) roasted red and golden beets, burrata, parsnip puree, salsa verde, fingerling potato crisps, gem lettuce, raddish, toast...	\$19.45
salmon salad miso mayo, pickled cucumber and onion, cherry tomatoes, avocado, papaya, cilantro, sesame seeds, gem lettuces, ginger dr...	\$20.65
sandwiches	
ITEM	PRICE
chicken pesto sandwich chicken breast, provolone, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough	\$13.95
fried chicken sandwich country-style fried chicken breast, cabbage slaw, pickles, spicy maple glaze, miso mayo, sesame bun	\$14.25
tomato mozzarella sandwich diStefano mozzarella, preserved tomatoes, arugula, sunflower seed pesto, aioli, grilled Larder Bakery sourdough	\$13.75

ITEM	PRICE
avocado toast	\$11.55
avocado, lemon ricotta, queso fresco, pickled fresno peppers & onions, cilantro, grilled Larder Bakery sourdough	
salami and provolone sandwich	\$14.75
salami, mortadella, provolone, sunflower seed pesto, giardiniera, aioli, grilled Larder Bakery sourdough	
tender burger	\$13.55
grilled 6oz beef patty (blend of chuck brisket and hanger), monterey jack cheese, bistro sauce, lettuce, pickles on sesa...	
carrot hummus toast (sandwiches)	\$11.55
carrot hummus, whipped feta cheese, shaved carrots, dill, parsley, mint, zaatar, golden balsamic vinaigrette, grilled La...	
chipotle chicken sandwich	\$13.95
chipotle bbq chicken breast, spicy aioli, queso fresco, avocado, grilled Larder Bakery sourdough	
soups	

ITEM	PRICE
cup - rustic chicken	\$6.65
potato, carrot, celery, leek, thyme	
cup - roasted tomato	\$6.65
sourdough croutons & basil oil	
bowl - rustic chicken	\$11.55
potato, carrot, celery, leek, thyme	
cup - green pozole	\$6.65
shredded chicken, hominy, tomatillos, onions, cabbage, radish, cilantro	
bowl - green pozole	\$11.55
shredded chicken, hominy, tomatillos, onions, cabbage, radish, cilantro	
bowl - roasted tomato	\$11.55
sourdough croutons & basil oil	

kid plates	
ITEM	PRICE
kids steak	\$9.45
grilled steak served with fruit and mashed potatoes, water and/or juice box.	
kids salt and pepper chicken	\$9.45
salt & pepper chicken served with fruit and mashed potatoes, water and/or juice box.	
kids grilled cheese	\$9.45
grilled cheese served with fruit and mashed potatoes, water and/or juice box.	
kids chicken tenders	\$9.45
2 chicken tenders served with fruit and mashed potatoes, water and/or juice box.	
kids baked cheddar macaroni	\$8.85
baked cheddar macaroni with italian breadcrumbs. served with fruit and bread, water and/or juice box.	
kids bolognese	\$8.85
slow cooked heritage pork bolognese, fusilli pasta, grated pecorino cheese. served with fruit and bread, water and/or ju...	
kids nonna's pasta	\$8.85
slow cooked tomato sauce, fusilli pasta and grated pecroino cheese. served with fruit and bread, water and/or juice box.	

sides	
ITEM	PRICE

mashed potatoes (sides) side of scratch-made creamy mashed potatoes	\$5.35
seasonal vegetables (sides) cauliflower, mushrooms, winter squash, carrots* *subject to availability	\$5.35
grilled steak garlic & herb marinade; cooked medium rare	\$13.35
grilled salmon (sides) grilled medium with sea salt & herb oil	\$12.45
grilled salt and pepper chicken (sides) garlic & herb marinade	\$9.95
grilled chipotle bbq chicken (sides) side of grilled free-range chicken in our chipotle bbq sauce	\$9.95
farro salad (sides) dried cranberries, toasted almonds, arugula, golden balsamic vinegar	\$5.35
grilled shrimp chili flakes, garlic & herb marinade	\$12.45
brown rice organic brown rice seasoned with lime, scallions & cilantro	\$5.35
seared tuna grilled rare with sea salt & herb oil	\$12.45
falafel (sides) grilled chickpea fritters with harissa	\$8.65
country-style fried chicken (sides) spiced buttermilk marinade; deep fried	\$10.45
roasted beets roasted golden beets, salsa verde, sherry vinaigrette, chives	\$5.35
mac and cheese (sides) baked with breadcrumbs	\$5.35
bolognese sauce 12oz side of slow cooked pork bolognese (sauce only)	\$11.65
sushi rice	\$5.35
roasted potatoes	\$5.35
seasoned fries (sides)	\$5.25
braised beans (sides) great northern white beans braised in herbs, tomato sauce and sunflower seed pesto	\$5.35
burger patty	\$6.85
short rib one braised beef short rib	\$18.45
4 count sourdough	\$2.25
8 count sourdough	\$4.25
side salads	
ITEM	PRICE
romaine hearts salad parmesan, sourdough croutons, caesar dressing	\$5.35

ITEM	PRICE
baby spinach salad Laura Chenel goat cheese, roasted almonds, cabernet vinaigrette	\$5.35
baby greens salad localy sourced baby lettuces with our sherry vinaigrette	\$5.35
desserts	
chocolate chip cookie freshly baked chocolate chip cookie	\$3.35
olive oil cake olive oil cake dusted with powdered sugar	\$4.65
carrot cake carrot cupcake with a cream cheese frosting	\$4.65
flourless chocolate cake	\$4.55
drinks	
mint lemonade drink freshly squeezed lemonade with chopped mint	\$4.55
the greens drink our house-made green juice with spinach, kale, cucumber, green apple, ginger, & celery	\$5.95
pomegranate ginger agua fresca	\$4.55
hibiscus tea drink freshly brewed & lightly sweetened hibiscus flower iced tea	\$4.55
black iced tea drink	\$3.25
Proud Source Sparkling Water	\$3.35
green iced tea drink	\$3.25
Proud Source Still Water	\$3.35
Verve Flash Brew	\$4.65
diet coke 12 oz Diet Coke Can	\$3.55
olipop lemon lime	\$4.45
olipop orange	\$4.45
olipop grape	\$4.45
chips	
sea salt chips Uglies premium kettle cooked sea salt potato chips 2 oz	\$3.35
barbecue Uglies premium kettle cooked barbeque potato chips 2 oz	\$3.35

ITEM	PRICE
salt and vinegar Uglies premium kettle cooked salt & vinegar potato chips 2 oz	\$3.35
family meals	
ITEM	PRICE
6 pack cookies 6 mini freshly baked chocolate chip cookies	\$6.75
quart of rustic chicken soup quart of rustic chicken soup with free-range chicken & locally sourced vegetables	\$15.95
grilled flank steak 26 oz, sliced	\$56.00
mashed potatoes serves 4	\$18.70
grilled steak holiday meal The meal includes: holiday steak roast for 4, red wine demi glaze, sourdough bread, and choice of TWO sides (quarter pan...	\$83.95
grilled salt and pepper chicken 26 oz, sliced	\$42.00
quart of roasted tomato soup quart of roasted tomato soup topped with house-made croutons & fresh herb olive oil	\$15.95
gravy 6 oz	\$11.65
grilled salt and pepper chicken holiday meal The meal includes: grilled salt & pepper chicken for 4, sourdough bread, and choice of TWO sides (quarter pan or 80oz)....	\$67.80
grilled salmon holiday meal The meal includes: 4 pieces of grilled salmon, sourdough bread, and choice of TWO sides (quarter pan or 80oz). Gravy inc...	\$79.95
grilled chipotle bbq chicken family meal serves 4; white and dark meat (sliced), with your choice of one salad and one side	\$72.30
grilled chipotle bbq chicken 26 oz, sliced	\$42.00
holiday proteins	\$42.00
holiday sides	\$14.95
chicken pesto family meal serves 4; sunflower seed pesto, grilled chicken breast, casarecce pasta, green beans, potatoes, Divina tomatoes, basil a...	\$68.80
bolognese family meal serves 4; slow cooked heritage pork bolognese, fusilli pasta, grated pecorino cheese with sourdough bread+ your choice o...	\$68.80
fried chx family meal serves 4; country-style fried chicken, with your choice of one salad and one side	\$74.45
tuna family meal serves 4; grilled tuna with sea salt & herbs, with your choice of one salad and one side	\$79.95
fried chx serves 4; country-style fried chicken	\$44.00
grilled salmon 4pcs, cooked medium rare	\$51.00
tuna serves 4; grilled tuna with sea salt & herbs	\$51.00

ITEM	PRICE
braised short rib 4pcs, braised	\$54.00
halfpan chicken pesto sunflower seed pesto, grilled chicken breast, casarecce pasta, green beans, potatoes, Divina tomatoes, basil and grated...	\$63.20
halfpan bolognese slow cooked heritage pork bolognese, fusilli pasta, grated pecorino cheese (serves 5-7)	\$57.45
romaine hearts serves 4; parmesan, sourdough croutons, caesar dressing	\$22.00
baby spinach serves 4; Laura Chenel goat cheese, roasted almonds, cabernet vinaigrette	\$22.00
mac and cheese serves 4; baked with breadcrumbs	\$22.00
seasonal vegetables serves 4; baby sweet peppers, french green beans, summer squash, green zucchini, mushrooms* (*subject to availabilit...	\$14.95
seasoned fries serves 4	\$18.00
quart of green pozole soup	\$15.95
farro salad serves 4	\$22.00
braised beans serves 4; great northern white beans braised in herbs, tomato sauce and sunflower seed pesto	\$19.50