

# INSALATA'S

Restaurant, Takeout and Catering

## Lunch

### tapas, mezze & piccoli

trio of mediterranean dips  
hummus, haydari & zaalouk  
with warm pita 13  
served individually 6

crispy herb falafel  
tahini yogurt, tomato sumac relish 8

marinated olives  
with thyme and orange 5

anchovy stuffed spanish olives 5

crispy eggplant fries  
cilantro-mint chutney 8

### greens & things

mediterranean mezze plate  
market vegetable salad, marinated feta  
cheese, olives, falafels, grain salad,  
choice of dip, warm flatbread 18

grilled salmon salad  
haricot verts, cherry tomatoes, fennel,  
olives, basil, sumac yogurt, almond  
dukkah, chili lime vinaigrette\* 22

mista salad  
organic greens, prosciutto, pickled red onions,  
pine nuts, grana padano cheese,  
balsamic vinaigrette 10  
add grilled fillet of salmon\* 22

today's soup  
seasonally inspired 8

syrian chicken fattoush salad  
romaine, toasted pita, feta cheese, onions, cherry  
tomatoes, olives, cucumber, cilantro, mint,  
lemon vinaigrette 16

split fattoush additional 3

substitute grilled fillet of salmon\* 22

### panini+soup+salad

combination plate - any two together 16  
panini of the day (*while available*)  
chicken fattoush  
soup of the day

### pasta and grains

saffron chitarra  
calamari, pine-nut putanesca, roasted sungold  
tomatoes, basil, aleppo chili 19

casareccia  
lamb bolognese, english peas, tomato, chili, mint,  
lemon ricotta 19

middle eastern inspired vegetarian platter  
lemony lentils, japanese eggplant, curried  
spinach, turkish yogurt, tomato-pistachio  
relish, couscous 18

### sandwiches and flatbread

insalata's burger  
ground chuck, sharp white cheddar cheese, zhoug  
pickles, harissa aioli, red onion, housemade bun,  
shoestring potatoes\* 14

grilled lamb on grilled flatbread  
za'atar, lemony greens, tomatoes, cucumbers,  
sumac onions, cumin yogurt\* 17

hobbs bacon and fresh mozzarella  
cucumber, avocado, little gem, watercress, pickled  
red onion, green goddess, ciabatta bun.  
served with house made sour cream n' onion  
potato chips 16

### seafood

steamed prince edward island mussels  
sweet herbs, shallots, white wine, cream,  
shoestring potatoes 16

bread and water served on request

\*consuming raw or undercooked meats, poultry, seafood, shellfish  
or eggs may increase your risk of foodborne illness