

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
heirloom tomatoes, avocado, pickled onion, tzatziki,
crispy shallots, sunflower seeds, dill* 22

summer chopped salad
poached chicken breast, kale, corn, quinoa, sungold
cherry tomatoes, radish, cilantro, pistachio, manouri
cheese 16

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 file 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
golden tomato sauce, chanterelles, pancetta, corn,
basil, grana padano cheese 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

heirloom tomato B.L.T.
J&K Smith farms tomatoes, hobbs smoked bacon,
fresh mozzarella, romaine, pesto, calabrian chili
aioli, 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