

INSALATA'S

Restaurant, Takeout and Catering

Dinner

tapas, mezze and piccoli

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

spanakopita "cigars"
sunchoke, pinenuts, spinach, lemon, feta cheese,
dill yogurt 9

roasted delicata squash
pumpkin seeds, feta cheese, za'atar,
preserved lemon 9

crispy herb falafel
tahini yogurt, tomato sumac relish 8

cataplana
manila clams, chili jam, tomato, chorizo, grilled
bread, rouille 14

trio of mediterranean dips
hummus, red lentil ful, and turkish carrot
with warm pita 13

served individually 6

moroccan lamb kefta
lamb meatballs in spicy tomato shakshuka, manouri
cheese, pickled chilies, grilled flatbread 11

marinated olives
preserved lemon, chili marash 5

anchovy stuffed spanish olives 5

greens and things

autumn salad
fennel, grapes, red endive, kale, point Reyes bay
blue cheese, candied walnuts, pomegranate 11

beet salad
avocado, pickled onion, olives, spiced yogurt,
almonds, sesame, cilantro 13

syrian fattoush salad
romaine, toasted pita, feta cheese, onions, cherry
tomatoes, olives, cucumber, cilantro, mint, lemon
vinaigrette 10

mista
organic greens, prosciutto, pickled red onions,
parmigiano reggiano cheese, pine nuts,
balsamic vinaigrette 10

today's soup 8

pasta and grains

black pepper pappardelle
braised duck ragout, delicata squash, kale, sage,
lemon, parmigiano reggiano cheese 19

casareccia
broccoli raab, housemade fennel sausage, lemon,
pine nut, calabrian chili, pecorino cheese 19

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

meat and poultry

pomegranate braised lamb shank
butternut squash puree, toasted farro,
roasted fennel, baharat, mint, cilantro 27

yogurt marinated and grilled chicken
roasted red onion and lemons, baby kale, red kuri
squash, tahini yogurt, sesame zhough 21

honey pomegranate glazed duck breast
camargue red rice, glazed baby carrots, pear-
cashew puree, persimmons, kumquats and
pistachios * 25

grilled wagyu bavette steak
black garlic soubise, smashed fried potatoes,
roasted cippolini onions, maitake mushrooms,
preserved lemon salsa verde* 28

seafood

grilled salmon
roasted cauliflower, black lentil & quinoa pilaf,
chanterelle mushrooms, almond raisin lemon relish,
chives* 26

roasted blue nose bass
spiced tomato tagine with yukon potatoes, leeks,
preserved lemon, green olives, aioli, cilantro* 27

bread and water served on request

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