

INSALATA'S

Restaurant, Takeout and Catering

Lunch

tapas, mezze and piccolo

house baked focaccia
whipped feta, zaatar 6

hummus
"green goo," sumac, pine nuts, warm pita 9
add calabrian chiles 2

taramasalata
carp roe, smokey paprika, dill 9

eggplant fries
crispy eggplant, mint cilantro chutney 10

marinated olives 5
anchovy stuffed spanish olives 5

greens and things

avocado toast
smashed avocado, grilled honey oat caraway
bread, poached egg, tahini yogurt, zoug, herbs
14

mezze plate
falafel with tahini, hummus, smokey chickpeas,
olives, cucumber, fennel and quinoa salad, sumac
onions, zaatar pita 20

grilled prawn salad
chermoula prawns, heirloom tomatoes, persian
cucumbers, pickled jimmy nardello peppers, corn,
avocado, cilantro, green olive pesto* 27

mista salad
organic greens, prosciutto, pickled red onions,
pine nuts, parmigiano reggiano, balsamic
vinaigrette 11

syrian chicken fattoush salad
romaine lettuce, toasted pita, feta cheese, onions,
cherry tomatoes, olives, cucumber, cilantro, mint,
lemon vinaigrette 20
salmon fattoush * 27
split fattoush additional 3

today's soup
seasonally inspired 9

soup-salad

combination plate 19
soup of the day with chicken fattoush

pasta and grains

turkish "manti"
smokey ricotta, goat cheese, chanterelle
mushrooms, sweet corn, preserved lemons, yogurt,
pine nuts, brown butter, sumac, cilantro 23

linguine puttanesca
monterey squid, roasted cherry tomatoes,
castelvetro olives, capers, lemon, calabrian
chilies, basil 22

middle eastern inspired vegetarian platter
lemony lentils, curried spinach, japanese eggplant,
tomato-pistachio relish, turkish yogurt,
couscous 20

sandwiches and flatbread

insalata's burger
ground chuck, sharp white cheddar cheese,
zhoug pickles, harissa aioli, red onion,
house made brioche bun, shoestring potatoes * 17

merguez lamb burger
house made lamb merguez patty, manchego
cheese, dill pickles, sumac onions, tzatziki,
soft herb salad, zhoug spiced french fries * 22

grilled lamb on grilled flatbread
za'atar, lemony greens, tomatoes, cucumbers,
sumac onions, cumin yogurt * 20

fried green tomato blt
fried green tomatoes, smokey bacon,
fresh mozzarella, crisp romaine, calabrian chili
remoulade, basil, french fries 19

seafood

steamed prince edward island mussels
sweet herbs, shallots, white wine, cream,
shoestring potatoes 18

water served on request

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