

Insalata's

Celebrating 25 years

lunch

tapas, mezze, and piccolo

house baked focaccia

whipped feta, za'atar 6

hummus

"green goo," sumac, pine nuts, warm pita 8
add calabrian chiles

baba ganoush

smokey eggplant, tahini, grated tomato, chili urfa, cilantro 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, za'atar pita 20

grilled prawn salad

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

mista

organic lettuces, prosciutto, pickled red onions, grana padano cheese, pine nuts, radish, balsamic vinaigrette 12
add grilled fillet of salmon * 27

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 seasonally inspired soup 9

soup - salad

combination plate 19

soup of the day with chicken fattoush

pasta and grains

casareccia

yellow tomato sauce, chanterelle mushrooms, rendered pancetta, summer corn, fresh basil, parmesano reggiano 23

pappardelle

red pepper tomato sauce, duck leg confit, jimmy nardello peppers, broccolini, marjoram, calabrian chilies, pecorino 24

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

heirloom tomato blt

heirloom 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