

# 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

carrot almond muhammara  
sesame shatta, chili urfa, cilantro, warm pita 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

smoked chicken salad  
fall greens, fennel, fuyu persimmons, pt. reyes blue  
cheese, spiced pecans, sherry pomegranate  
vinaigrette 22

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

mezzemaniche  
lamb shoulder ragout, caramelized escarole, tomato,  
calabrian chili, breadcrumbs, mint,  
pecorino romano 25

agnolotti  
goat, ricotta, and telleggio cheeses, chanterelle  
mushrooms, pumpkin, pine nuts, lemon, brown  
butter, sage 24

middle eastern inspired vegetarian platter  
lemony lentils, curried spinach, roasted acorn squash,  
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

## cocktails

guava bellini pink guava puree, prosecco 13

mimosa fresh squeezed orange juice, prosecco 12

blood orange spritz mommenpop blood orange vermouth, prosecco, soda 13

gin & tonic hapusa himalayan dry gin, fever tree tonic, juniper berries, grapefruit, thyme 13

spicy bloody mary vodka, tomato, horseradish, worcestershire, lemon, aleppo salt 12

## wine by the glass

### sparkling

2019 brut prosecco millesimato, ardenghi, italy 12

2019 rosé of pinot noir lucien albrecht, alsace, france 14

2013 chenin blanc brut nature, la fontainerie, vouvray, france 18

### white

2019 albariño hendry napa valley, california 12

2019 dry riesling union sacré, santa barbara, california 10

2018 sauvignon blanc lieu dit, santa ynez valley, santa barbara, california 14

2019 sauvignon blanc domaine des vieux pruniers, sancerre, france 16

2020 roditis drop by drop, kontozisis, karditsa, greece 13

2019 chenin blanc le rocher des violettes, montlouis, loire, france 16

2020 vinho branco joão pato, bairrada, portugal 13

2019 viognier kendric, petaluma gap, california 17

2019 chardonnay hartford court, russian river valley, california 15

### pink & orange

2020 rosé of tinta cao/vinhão bojo do luar, luar rosa, marco de canavese, portugal 13

2020 skin contact sauvignon blanc/grüner veltiner brioche, rose & son, santa ynez valley, california 15

### red

2021 schiava maddie, furlani, santa maddalena, alto-aldige, italy 13

2019 pinot noir two messengers, maison l'envoye willamette, oregon 15

2018 pinot noir handley, anderson valley, mendocino, california 18

2019 carignan/sangiovese vinca minor, old vine blend, mendocino, california 15

2018 gsm sans liege, offering paso robles, california 16

2018 zinfandel greenwood ridge reserve, anderson valley, ca 18

2019 tempranillo anza, rioja, spain 17

2018 mourvedre preston, dry creek valley, sonoma, california 16

2018 cabernet sauvignon enkidu, sonoma county, california 14

NV bordeaux blend nv16 cain cuvée, napa valley, california 18

### beer

cans 16 oz

temescal especial mexican style lager temescal, oakland, california 7

best life extraordinary everyday beer henhouse, sonoma, california 6

work-life balance saison henhouse, sonoma, california 8

manifesto witbier belgian-style witbier eagle rock brewery, los angeles, california 7

henhouse ipa sonoma, california 8

anything could happen west coast double ipa temescal, oakland, california 9

orange creamsicle milkshake ipa great notion, portland, oregon 9

non alcoholic ipa bravus brewing company, anaheim, california 5

non alcoholic blonde ale bravus brewing company, anaheim, california 5

cider le père jules, normandie, france 6

### house soda

grapefruit-thyme 6

ginger-cardamom 6

