

Insalata's

Celebrating 25 years

dinner

tapas, mezze, and piccolo

house baked focaccia
whipped feta, za'atar 6

hummus

"green goo," sumac, pine nuts, warm pita 8
add calabrian chiles 2

carrot almond muhammara

sesame shatta, chili urfa, cilantro, warm pita 9

mezze plate

falafel with tahini, hummus, smokey chickpeas, olives,
cucumber, fennel and quinoa salad, sumac onions,
za'atar pita 20

shrimp cocktail

wild gulf prawns, lemon ginger vinaigrette, fennel,
radish, harissa cocktail sauce, herbs 18

mussels acqua pazza

mediterranean mussels, vadouvan curry, caramelized
fennel, herb lime salsa verde, saffron, white wine,
herbs, toasted focaccia 15

bok choy

farmers market bok choy, roasted sunchokes,
ginger bagna cauda, saffron aioli, almond dukkah,
lime, cilantro 12

eggplant fries

crispy eggplant, mint cilantro chutney 10

moroccan lamb kefta

lamb meatballs in spicy tomato shakshuka,
manouri cheese, pickled chilies, grilled flatbread 13

marinated olives 5

anchovy stuffed spanish olives 5

greens and things

beet salad

roasted beets, winter citrus, avocado, pistachio, tahini,
fried lentils, manouri cheese, dill, mint 14

syrian fattoush salad

romaine lettuce, toasted pita, feta cheese, onions,
cherry tomatoes, olives, cucumber, cilantro, mint,
lemon vinaigrette 14

mista

organic lettuces, prosciutto, pickled red onions,
grana padano cheese, pine nuts, radish, balsamic
vinaigrette 12

today's seasonally inspired soup 9

pasta and grains

mezzemaniche

house made fennel sausage, cannellini beans,
broccolini, kale pistou, calabrian chilies,
breadcrumbs, preserved lemon 24

papparadelle

lamb shoulder ragout, escarole, tomato, lemon ricotta,
mint, pecorino romano 26

middle eastern inspired vegetarian platter

lemony lentils, curried spinach, roasted acorn squash,
tomato-pistachio relish, turkish yogurt, couscous 22

meat and poultry

ginger glazed duck breast

bulgar and basmati rice pilaf, golden raisins, poached
pear, pistachio skordalia, pomegranate jus* 30

yogurt marinated and grilled chicken

roasted delicata squash, baby kale, cilantro, dill,
preserved lemon, tahini yogurt, sesame zhoug 26

grilled wagyu bavette steak

truffled cauliflower puree, romanesco cauliflower,
maitake mushrooms, crispy yukon gold potatoes,
red wine jus* 32

merguez lamb burger

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

seafood

grilled salmon

sunchoke chowder, root vegetables, smokey mussel
escabeche, roasted beech mushrooms, lemon, capers,
crispy sunchokes, herbs * 34

black cod tagine

seared california black cod, brussels sprouts, winter
squash, leeks, preserved lemon, castelvetro olives,
pumpkin seeds, lemon yogurt, herbs 30

water served on request

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

cocktails

- cinder cider reposado, calvados, apple, lemon, firewater tincture 13
gin & tonic hayman's london dry gin, fever tree tonic, juniper berries, grapefruit, thyme 13
bourbon smash bourbon, lemon, orange, ginger, angostura bitters 13
negroni classico st. george botanivore gin, gran classico, punt e mes 14
paloma italiano tequila, grapefruit, cocchi rosa, soda 13
t.c. manhattan templeton rye, carpano antica vermouth, orange bitters 13
dusk till dawn tequila, cappelletti, ancho chili, lime 13
smoke & mirrors mezcal, tequila, pineapple, lime 14
the perfect match mommenpop blood orange aperitif, st. george spiced pear liqueur, lemon, sparkling wine, angostura bitters 13

wine by the glass

sparkling

- 2019 brut prosecco millesimato, ardenghi, italy 12
MV rosé of pinot noir ultraviolet, poe wines, napa, california 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 sylvain bailly, sancerre, loire, 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 vognier kendric, petaluma gap, california 17
2019 chardonnay acero, marimar estate, russian river valley, california 14
2019 chardonnay hartford court, russian river valley, california 15

pink & orange

- 2020 rosé of moschofilero thunder, troupis, arcadia, greece 11
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 brooks, willamette valley, oregon 15
2018 pinot noir handley, anderson valley, mendocino, california 18
2019 carignan/sangiovese vinca minor, old vine blend, mendocino, california 15
2018 zinfandel bambino, bucklin, old hill ranch, sonoma valley, california 13
2019 tempranillo anza, rioja, spain 17
2018 gsm sans liege, offering paso robles, california 16
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.
best life extraordinary everyday beer henhouse, sonoma, california 6
manifesto witbier belgian-style witbier eagle rock brewery, los angeles, california 7
good karma passionfruit & peach sour ale tripping animals, miami, florida 9
the next ipa henhouse, sonoma, california 8
sophie's world triple ipa tripping animals, miami, florida 10
non alcoholic beer 12 oz. bravus brewing company, anaheim, california 5

- cider le père jules, normandie, france 6

house soda

- grapefruit-thyme 6
ginger-cardamom 6

