

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

kale and citrus salmon salad
lacinato kale, castelfranco radicchio, fennel, cara cara
orange, kumquats, pickled onions, sunflower seeds,
pumpkin seeds, zaatar dill ranch, sherry pomegranate
vinaigrette 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

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 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

crispy flounder sandwich
battered flounder fillet, vadouvan remoulade, cabbage
slaw, dill pickles, kumquats, herbs, french fries 24

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

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 viognier 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

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

