

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 2

kremedesalata

smoked caramelized onions, greek yogurt, roasted garlic, miso, crispy shallots, chives 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 salmon and asparagus salad

quinoa tabouleh, shaved fennel, cucumber, radish, avocado, kumquats, sunflower seeds, mint, dill, green goddess dressing 27

crostata of the day

warm seasonal savory galette, mixed green salad 20

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 21
salmon fattoush * 27
split fattoush additional 3

today's seasonally inspired soup 9

soup - salad

combination plate 20

soup of the day with chicken fattoush substitute salmon* 27

pasta and grains

fettucine

egg yolk fettucine, braised rabbit ragout, pancetta, artichokes, snap peas, fines herbs, mint, pecorino 26

ricotta gnocchi

house made pork sausage, beech mushrooms, asparagus, roasted garlic, preserved lemon, basil, parmesan 24

middle eastern inspired vegetarian platter

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

sandwiches and flatbread

insalata's burger

ground chuck, sharp white cheddar cheese, zhoug pickles, harissa aioli, red onion, house made brioche bun, shoestring potatoes * 18

merguez lamb burger

house made lamb merguez patty, manchego cheese, dill pickles, sumac onions, tzatziki, soft herb salad, zhoug spiced french fries * 23

grilled lamb on grilled flatbread

za'atar, lemony greens, tomatoes, cucumbers, sumac onions, cumin yogurt * 20

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

peach bellini white peach puree, prosecco 13

grapefruit spritz mommenpop ruby grapefruit aperitif, sparkling wine 12

mimosa fresh squeezed orange juice, prosecco 12

apple highball neversink apple aperitif, fever tree yuzu lime soda, orange bitters 11

gin & tonic condessa gin, fever tree tonic, juniper berries, grapefruit, thyme 13

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

spirit free spritz ghia aperitif, soda, grapefruit, orange, thyme non-alcoholic 8

wine by the glass

sparkling

2018 reserva brut mestres, 1312, cava, spain 12

MV rosé of pinot noir poe 'ultraviolet' napa, california 14

2017 chenin blanc brut nature, la fontainerie, vouvray, france 18

white

2020 melon lieu dit, santa maria valley, santa barbara, california 14

2019 albariño marimar estate 'don miguel vineyard' russian river valley, california 14

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

2020 riesling/sauvignon blanc steirischer spiegel, polz, südsteiermark, austria 12

2021 sauvignon blanc duckhorn, napa valley, california 14

2020 sauvignon blanc domaine des vieux pruniers, sancerre, france 16

2018 pinot auxerrois / sylvaner les vins pirouettes, alsace, france 15

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

2018 chardonnay dutton estate, russian river, sonoma county, california 15

pink

2021 rosé of pinot noir scribe 'the empress' sonoma valley, california 15

red

2020 poulsard domaine courbet, cotes du jura, france 19

2020 pinot noir anthill farms, anderson valley, california 20

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

2018 gsm preston, dry creek valley, sonoma, california 15

2018 zinfandel macauley, napa valley, california 18

2016 malbec siesta, tahuantinsuyu, mendoza, argentina 19

2019 cabernet sauvignon maître de chai, massa vineyard, carmel valley, california 19

beer

cans 16 oz.

denim tux pilsner bow & arrow, albuquerque, new mexico 7

saïson henhouse, sonoma, california 7

stoked! pale ale henhouse, sonoma, california 7

so far, so bueno hazy ipa bow & arrow, albuquerque, new mexico 8

high ena cherry & lime sour ale tripping animals, doral, florida 9

non alcoholic beer 12 oz. bravus brewing company, anaheim, california 5

cider le père jules, normandie, france 6

house soda

grapefruit-thyme 6

lavender-lemon 6