

# INSALATA'S

Restaurant and Takeout

## 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

#### moutabal

burnt eggplant, yogurt, roasted tomatoes, preserved  
lemon, chili urfa, cilantro, warm pita 10

#### mezze plate

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

#### 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

#### grilled salmon heirloom tomato salad

heirloom tomatoes, quinoa tabbouleh, cucumber,  
fennel, corn, radish, avocado, tzatziki, five seed pepita  
crunch 28

#### 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

#### combination plate 20

soup of the day with chicken fattoush  
substitute salmon\* 27

#### today's seasonally inspired soup 9

### pasta and grains

#### fettuccine arrabiata

n'duja sausage, roasted heirloom tomato sauce, cherry  
tomato, peppers, lemon, garlic breadcrumbs, ricotta  
cheese, calabrian chiles, basil 26

#### roasted squash agnolotti

butternut squash, goat cheese, roasted garlic,  
chanterelle mushrooms, fennel, yellow tomato, basil  
pesto, pine nuts, almonds, pecorino 26

#### middle eastern inspired vegetarian platter

lemony lentils, curried spinach, japanese eggplant,  
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 \* 24

### seafood

#### steamed prince edward island mussels

sweet herbs, shallots, white wine, cream,  
shoestring potatoes 18

water served on request

our corkage policy is \$25 per 750 ml bottle. we allow a  
maximum of 2 bottles per reservation.

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

## cocktails

strawberry fizz strawberry infused aperol, sparkling wine, lemon 12

mimosa fresh squeezed orange juice, prosecco 12

gin & tonic 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

nv cava cuvee brut nature anne marie, catalonia, spain 13

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

2018 riesling/pinot noir extra brut domaine christophe mittnacht, crémant d'alsace, france 15

### white

2021 melon lieu dit, santa maria valley, santa barbara, california 14

2020 vernaccia di san gimignano 'tradizionale' san gimignano, tuscan, italy 16

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

2020 sauvignon blanc lieu dit, santa ynez, california 14

2020 sauvignon blanc domaine sylvain bailly, sancerre, france 17

2018 pinot auxerrois / sylvaner les vins pirouettes, alsace, france 17

2018 chardonnay 'tous ensemble' copain, sonoma coast, california 16

2020 chardonnay 'les chenes' manciat-poncet, mâcon-charnay, france 17

### pink & chilled red

2021 touriga nacional/gamay noir arnot roberts, california 15

2021 carignan/pinot blanc vinca minor, mendocino, california 16

### red

2019 pinot noir two messengers, maison l'envoye, willamette valley, oregon 16

2020 pinot noir siduri, sta. rita hills, california 20

2019 vespolina francesco brigatti 'maria' colline novaresi, piémont, italy 15

2018 zinfandel macauley. napa valley, california 18

2020 tempranillo 'diego magaña' anza, rioja, spain 17

2016 malbec siesta, tahuantinsuyu, mendoza, argentina 19

2021 cabernet sauvignon luuma. napa valley, california 17

NV bordeaux blend cain 'nv 17 cuvée' napa valley, california 18

### beer

cans 16 oz.

water way czech style pilsner drowned lands, warwick, new york 8

daisy cutter pale ale half acre, chicago, illinois 7

classic rewind west coast ipa grimm, brooklyn, new york 9

perpetual love ipa common space, hawthorne, california 9

stress dissolver mango lemonade sour ale common space, hawthorne, california 8

bottle 12 oz.

cider le père jules, normandie, france 6

non alcoholic hazy ipa brewdog, ellon, scotland 6

### house soda

plum-yuzu shrub 7

grapefruit-thyme 6

ginger-cardamom 6