

INSALATA'S

Restaurant and Takeout

dinner

tapas, mezze, and piccolo

house baked focaccia

whipped feta, za'atar 7

hummus

"green goo," sumac, pine nuts, warm pita 9
add calabrian chili 2

goat cheese labneh

whipped goat cheese, yogurt, caramelized onions,
dates, walnuts, meyer lemon, dill 10

mezze plate

falafel with tahini, hummus, smokey chickpeas, olives,
cucumber, fennel and quinoa salad, sumac onions,
za'atar pita 21

gravlax toast

house cured gravlax, pickled beet hummus, grilled
rustic sourdough, fresh horseradish, salmon roe,
meyer lemon, herbs 14

mussels

smokey paprika broth, saffron, orange gremolata,
cilantro, olive oil aioli, toasted focaccia 15

baharat spiced winter vegetables

roasted rutabaga, brussels sprouts, baharat,
horseradish yogurt, herbs, makrut lime 12

eggplant fries

crispy eggplant, mint cilantro chutney 10

moroccan lamb kefta

lamb meatballs, spicy tomato shakshuka,
manouri cheese, pickled chilies, grilled flatbread* 15

marinated olives 6

anchovy stuffed spanish olives 5

greens and things

syrian fattoush salad

romaine lettuce, toasted pita, feta cheese, onions,
cherry tomatoes, olives, cucumber, cilantro, mint,
lemon vinaigrette 16

prawn louie

gulf prawns, little gem wedge, avocado, pickled
fennel, radish, cucumber, crispy shallots, louie
dressing, chives, dill 16

roasted beet salad

chiogga and yellow beets, avocado, mandarin orange,
manouri cheese, pistachios, zoug lentils, tahini, za'atar,
mint, cilantro 14

today's seasonally inspired soup 11

pasta and grains

papparadelle

hand cut pasta, braised beef sugo, beech mushrooms,
pancetta, black garlic, breadcrumbs, orange,
parmesan 26

smokey mozzarella agnolotti

ricotta and goat cheese, parmesan, grilled broccolini,
roasted vegetable brodo, preserved meyer lemon, pea
shoots 25

middle eastern inspired vegetarian platter

lemony lentils, curried spinach, delicata squash,
tomato-pistachio relish, turkish yogurt, couscous 23

meat and poultry

yogurt marinated grilled chicken

butternut squash, baby kale, cilantro, dill, preserved
lemon, tahini yogurt, sesame zhoug 27

turkish spiced lamb chops

grilled bone in lamb chops, romanesco cauliflower,
almond harissa puree, pear amba, turkish winter spoon
relish, herbs 36

snake river farms bavette steak

grilled american wagyu, truffled melted leeks, crispy
steak potatoes, maitake mushrooms, pearl onions,
salsa verde, sauce robert* 34

merguez lamb burger

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

seafood

roasted flounder

coconut mushroom miso broth, bay scallops, shiitake
mushrooms, fennel, preserved lemon, fried garlic,
green onions, cilantro* 35

salmon

pan roasted and horseradish crusted salmon,
sunchoke puree, basmati rice, chickpea and quinoa
pilaf, pine nuts, kumquat and caper relish, dill* 34

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

- velvet sunshine vodka, clementine shrub, lavender, lemon, soda 14
- italian greyhound vodka, cocchi rosa aperitivo, grapefruit 14
- lucky penny suyo pisco, pineapple rum, oloroso sherry, lime 14
- the smoking jacket scotch, cognac, cappelletti, bordega rosso vermouth, cardamom bitters 14
- chai spiced hot toddy chai spice infused rum, demerara sugar, lemon 13
- mela d'oro bourbon, amaro, apple, rosso vermouth 14
- dusk till dawn no. 2 mezcal, ancho chili, campari, spanish vermouth, orange bitters 14
- negroni classico st. george botanivore gin, gran classico, punt e mes vermouth 14
- treasure chest ghia aperitivo, passion fruit, almond orgeat, lime 9 non-alcoholic
- garden party seedlip garden, fever tree yuzu lime soda, mint, lemon 8 non-alcoholic

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 jacquère vin de savoie, domaine labbé, abymes, savoie, france 11
- 2021 albariño 'vinho branco' márcio lopes, vinho verde, portugal 11
- 2020 kerner niklas, süditrol doc, alto adige, italy 15
- 2021 chenin blanc 'massa vineyard' margins, carmel valley, california 16
- 2021 sauvignon blanc land of saints, santa barbara, california 15
- 2021 chardonnay adelaida, paso robles, california 16

pink & skin contact white wine

- 2021 rosé of pinot noir private property, monterey, california 15
- 2021 gewürztraminer union sacré, los ositos vineyard, arroyo seco, california 12

red

- NV gamay 'cuvée spciale' château de grand pré, fleurie, burgundy, france 18
- 2019 pinot noir 'two messengers' maison l'envoye, willamette valley, oregon 16
- 2020 pinot noir anthill farms, anderson valley, california 20
- 2020 frappato gurrieri, sicily, italy 15
- 2021 cabernet franc lieu dit, santa ynez valley, california 17
- 2019 zinfandel macauley. napa valley, california 18
- 2020 tempranillo 'diego magaña' anza, rioja, spain 17
- NV bordeaux blend cain 'nv 12 cuvée' napa valley, california 18

beer

- cans 16 oz.
- happy hour helles style lager almanac beer co. alameda, ca 8
- lady hefeweizen nost brewing, fort monroe, va 7
- fruity blueberry & passionfruit sour gose temescal, oakland california 9
- local shred red american red ale alvarado street, monterey, california 9
- love curts pale ale cooperage, santa rosa, california 9
- moment of truth west coast ipa cooperage, santa rosa, california 9
- metal peacock hazy ipa cooperage, santa rosa, california 9
- cans 12 oz.
- jungle boogie pale wheat ale with rooibos tea marz community brewing, chicago, il 8
- land & sea extra pale ale alvarado street brewery, monterey, ca 6

non alcoholic pilsner einbecker, germany 6

cider

- 12 oz. bottle cider le père jules, normandie, france 6
- 350 ml. bottle cider newtown pippin hard cider, scar of the sea 'bear valley ranch' aptos, ca 20

house soda

- grapefruit-thyme 6
- ginger-cardamom 6