

INSALATA'S

Restaurant and Takeout

lunch

tapas, mezze, and piccolo

house baked focaccia

whipped feta, za'atar 7

hummus

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

eggplant fries

crispy eggplant, mint cilantro chutney 10

marinated olives 6

anchovy stuffed spanish olives 5

greens and things

avocado toast

smashed avocado, grilled honey oat caraway
bread, poached egg, tahini yogurt, zoug, herbs 14

kale and beet salad

lacinato kale, shaved brussels sprouts, fennel,
cara cara orange, roasted beets, radish, pumpkin
seeds, grilled chicken, blue cheese vinaigrette 23

mista salad

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 24
salmon fattoush * 30
split fattoush additional 4

combination plate 22

soup of the day with chicken fattoush
substitute salmon* 29

today's seasonally inspired soup 11

pasta and grains

orecchiette

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

middle eastern inspired vegetarian platter

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

sandwiches and flatbread

insalata's burger

ground chuck, sharp white cheddar cheese,
zhoug pickles, harissa aioli, red onion,
house made brioche bun, shoestring potatoes * 19

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

fried fish sandwich

ginger beer battered rock cod, cabbage slaw, dill
pickles, calabrian chili aioli, cilantro, dill, shoestring
potatoes 22

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

kumquat spritz mommenpop kumquat aperitif, spiced pear liqueur, velvet falernum, cardamom, sparkling wine, soda 14

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 jacquère vin de savoie, domaine labbé, abymes, savoie, france 11

2020 albariño marimar estate, don miguel vineyard, russian river valley, california 14

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 17 cuvée' napa valley, california 18

beer

cans 16 oz.

ledge bier pilsner great notion, portland, or 8

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

flower record ipa grimm, brooklyn, ny 9

diamond puddles 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