

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

moutabal

roasted eggplant, labneh, cherry tomatoes, cilantro,
preserved lemon, chili urfa, warm pita 10

mezze plate

falafel with tahini, eggplant walnut muhammara,
smokey chickpeas, olives, cucumber, fennel and
quinoa corn salad, sumac onions,
za'atar grilled flatbread 22

eggplant fries

crispy eggplant, mint cilantro chutney 10

marinated olives 6

anchovy stuffed spanish olives 5

greens and things

tombo tuna "nicoise"

zaatar crusted and seared tomba tuna, heirloom
tomato, haricot verts, gem lettuces, quinoa, green
olives, persian cucumbers, pickled onions, soft boiled
egg, crispy shallots, caper mustard vinaigrette 28

summersalata

organic mixed greens, baby kale, persian cucumber,
sliced fennel, corn, snap peas, radish, tomato, avocado,
fried lentils, sunflower seeds, dill, manouri cheese,
croutons, harissa honey vinaigrette 24

mista salad

organic lettuces, prosciutto, pickled red onions, grana
padano cheese, pine nuts, radish, balsamic
dressing 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

casareccia

italian sausage, jimmy nardello peppers, broccolini,
red pepper sauce, calabrian chilies, pecorino cheese,
marjoram breadcrumbs 25

middle eastern inspired vegetarian platter

lemony lentils, curried spinach, japanese eggplant,
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,
seeded buttermilk 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

harissa dusted fish sandwich

beer battered rock fish, crème fraiche tartar sauce,
iceberg lettuce, pickles, tomato, dill, cilantro, seeded
buttermilk bun, french fries 23

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

peach bellini white peach puree, prosecco 13

strawberry dream strawberry solstice aperitif, aperol, grapefruit, cava 13

paloma spritz mommenpop ruby grapefruit & makrut limepop aperitif, grapefruit juice, soda 12

mimosa fresh squeezed orange juice, sparkling wine 12

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

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 brut cava reserva roger goulart, penedes, spain 13

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

2022 chenin blanc maître de chai, wilson's vineyard, clarksburg, california 18

white

2021 kerner niklas, süditrol, alto adige, italy 15

2022 verdicchio di matelica bisci, marche, italy 14

2022 sauvignon blanc blue quail, potter valley, mendocino, california 12

2021 falanghina la sibilla, campi flegrei, campania, italy 14

2022 vermentino/marsanne 'post flirtation' martha stoumen, sonoma, california 20

2021 chardonnay jax y3, napa valley, california 16

pink & chilled red

2022 rosé of nebbiolo/barbera g.d. vajra, barolo, piedmont, Italy 14

2022 carbonic carignan 'wiley' two shepherds, trimble vineyard, mendocino county, california 16

red

2020 schiava franz gojer, süditrol, alto adige, italy 18

nv pinot noir anthill farms, north coast, california 20

2020 valdiguié/petite syrah cruse wine co, north coast, california 18

2020 cabernet sauvignon/merlot 'taureau' jax y3, north coast, california 18

beer

cans 16 oz.

chill'd out fuzzy navel imperial sour with peach & orange alvarado street, monterey, california 10

capiche? italian style pilsner paperback, glendale, california 8

mellow sunshine apricot wheat ale cooperage, santa rosa, california 7

moment of truth west coast ipa cooperage, santa rosa, california 9

neo tropic visions pale ale cooperage, santa rosa, california 8

diamond puddles hazy ipa cooperage, santa rosa, california 9

12 oz.

cider le père jules, normandie, france 8

non alcoholic pilsner einbecker, germany 6

house soda

plum-yuzu shrub 7

strawberry-coriander shrub 7

grapefruit-thyme 6

ginger-cardamom 6