

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

carrot almond muhammara

sesame shatta, toasted almonds, chili urfa, dill,
pomegranate, warm pita 10

eggplant fries

crispy eggplant, mint cilantro chutney 10

marinated olives 6

anchovy stuffed spanish olives 5

greens and things

grilled tomo tuna salad

lacinato kale, cabbage, carrots, cashews, cucumber,
radish, avocado, asian pear, cilantro, basil, sesame
ginger vinaigrette, five seed crunch* 28

fallsalata

organic mixed greens, baby kale, sliced fennel, treviso,
grapes, fuyu persimmons, roasted delicata squash,
croutons, manouri cheese, pepitas, sunflower seeds,
pecorino cheese, pomegranate 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

rock shrimp, fresh squid, n'duja sausage, leeks, meyer
lemon, black pepper breadcrumbs, mint 27

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

2021 brut prosecco millesimato, ardenghi, italy 13

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

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

white

2022 albariño 'vinho branco' márcio lopes, vinho verde, portugal 13

2021 kerner niklas, süditrol, alto adige, italy 15

2019 pinot gris etude, carneros, napa valley, california 14

2021 sauvignon blanc lieu dit, santa ynez valley, santa barbara, california 15

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

2021 viognier kendric, petaluma gap, marin county, california 17

2021 chardonnay 'cobble and sand' j brix, riverbench vineyard, santa maria valley, california 16

pink & chilled red

2021 rosé of pinot noir private property, monterey, california 15

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

red

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

2021 gamay bonnet cotton, beaujolais, france 19

nv pinot noir anthill farms, north coast, california 20

2022 greneche gris/mourvèdre 'juste le rouge' la baronne, languedoc, france 13

2022 sangiovese 'il rosso' paterna, tuscan, italy 17

2020 syrah domaine des entrefaux, crozes-hermitage, rhone valley, france 19

2021 zinfandel/petite syrah 'three valleys' ridge, sonoma, california 19

nv cabernet sauvignon/merlot 'nv12 cuvée', cain, napa valley, california 18

beer

cans 16 oz.

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

notion lite american lager great notion, portland, oregon 7

true kolsch german kolsch-style ale almanac beer co. alameda, california 8

western addition pale ale otherwise brewing, san francisco, california gluten free 8

cryo cantina west coast ipa alvarado street, monterey, california 9

strata squish fresh hop ipa original pattern, oakland, california 9

spooky puppy hazy ipa temescal, oakland, california 9

12 oz.

cider le père jules, normandie, france 8

non alcoholic pilsner einbecker, germany 6

house soda

plum-yuzu shrub 7

grapefruit-thyme 6

ginger-cardamom 6