

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

haydari

yogurt, grated beet, dill, five seed crunch,
ras el hanout, warm pita 10

mezze plate

falafel with tahini, hummus, 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

grilled tombo tuna salad

chermoula rubbed tuna, baby kale, cabbage, carrots,
mandarin orange, cucumber, radish, cilantro, dill, miso
honey dressing, soft boiled egg, five seed crunch* 28

wintersalata

organic mixed greens, gem lettuces, roasted beets,
sliced fennel, endive, kumquat, croutons, pepitas,
sunflower seeds, avocado, manouri cheese, sherry
vinaigrette, ranch dressing 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

mezzemaniche

winter tomato sauce, lamb sausage, broccoli rabe,
beech mushrooms, preserved lemon, ricotta cheese,
rosemary 27

moroccan seven vegetable tagine

tomato chickpea stew, spinach cous cous pilaf, turkish
yogurt, preserved lemon, pistachios, golden raisins 24

sandwiches and flatbread

insalata's burger

ground chuck, sharp white cheddar cheese,
zhoug pickles, harissa aioli, red onion,
seeded buttermilk bun, french fries* 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,
french fries 18

harissa dusted fish and chips

beer battered rock fish, crème fraiche tartar sauce,
cilantro vinegar, herbed cabbage slaw, french fries 24

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

mimosa fresh squeezed orange juice, sparkling wine 12

the perfect match mommenpop blood orange aperitif, st. george spiced pear liqueur, lemon, sparkling wine, angostura bitters 13

campfire tales mezcal, cold brew coffee liqueur, amaro, crème de cacao, habanero, cinnamon, cream 14

gin & tonic botanist 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 maître de chai, wilson's vineyard, clarksburg, california 18

white

2022 pinot grigio domini del leone, venice, italy 13

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

2021 sylvaner abazzia di novacella, alto adige, italy 15

2022 vermentino chateau de roquefort 'les genets' cotes de provence, france 19

2023 sauvignon blanc stolpman, santa barbara, california 16

2022 sauvignon blanc/chardonnay 'dragon' luigi baudana, langhe, piedmonte, italy 16

2021 chardonnay bonterra, mendocino, california 16

pink

2022 rosé of pinot noir private property, monterey, california 15

red

2022 pinot noir 'two messengers' maison l'envoye, willamette, oregon 18

2022 garnacha/cariñena 'seré' joseph maria vendreel montsant, catalunya, spain 12

2020 sangiovese poggiosecco, chianti, tuscan, italy 15

2021 syrah p.s. piedrasassi, santa barbara, california 18

2017 malbec siesta, tahuantinsuyu, mendoza, argentina 19

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

beer

cans 16 oz.

tipopils italian pilsner birraificio italiano, lurago marinone, italy 8

dreams of jupiter red ale parliament, rohnert park, california 7

curt reynolds pale ale cooperage brewing co. santa rosa, california 8

dreams in the witch house west coast ipa almanac x ghost town brewing, oakland, california 9

nectar of simcoe ipa original pattern x cellarmaker, oakland, california 9

forgotten opportunity hazy ipa original pattern, oakland, california 8

12 oz.

cider le père jules, normandie, france 8

non alcoholic pilsner einbecker, germany 6

house soda

grapefruit-thyme 6

ginger-cardamom 6