

# 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

#### tombo tuna beet nicoise

chermoula rubbed tuna, beets, little gem lettuces,  
snap peas, haricot verts, radish, cucumber, olives,  
croutons, green goddess dressing, soft boiled egg\* 28

#### springsalata

spiced salmon skewer, asparagus, fennel, baby kale,  
tangelo, shaved cucumber, carrot ribbons, radish, tiny  
croutons, manouri cheese, mint, five seed crunch,  
cumin caper vinaigrette 27

#### 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

#### chicken pesto sandwich

grilled chicken breast, hobbs bacon, fresh mozzarella,  
basil pesto, kumquat, pickled red onions, sliced fennel,  
basil, house made aioli, french fries 22

#### 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

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 melon de bourgogne domaine de la geraudrie, muscadet, loire, france 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

2021 chardonnay bonterra, mendocino, california 16

### pink & orange

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

2022 riesling/gewurztraminer 'eros de david' les vins pirouettes, alsace, france 17

### red

2020 schiava franz gojer, süditrol, alto adige, italy 17

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 9

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

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

escape from here hazy ipa alvarado street brewing, monterey, california 9

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

a love supreme farmhouse ale with bing cherries cellador, torrance, california 10

12 oz.

cider le père jules, normandie, france 8

non alcoholic pilsner einbecker, germany 6

### house soda

grapefruit-thyme 6

ginger-cardamom 6