

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 dip & dates

goat cheese, caramelized onions, miso, medjool dates,
walnuts, dill, warm pita 10

mezze plate

falafel with tahini, hummus, smokey chickpeas, olives,
cucumber, fennel and quinoa 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

linguine

gulf prawns, roasted cherry tomatoes, capers, saffron,
meyer lemon, basil, breadcrumbs, vadouvan curry 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

grapefruit spritz mommenpop ruby grapefruit aperitif, elderflower, sparkling wine 13

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 9

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

2021 aligoté david troussele, côte de beaune, burgundy, france 16

2022 falanghina la sibilla, campi flegrei, campania, italy 14

2023 sauvignon blanc stolpman, santa barbara, california 16

2022 chardonnay jax y3, napa valley, 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

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

2021 dolcetto d'alba fratelli serio & battista borgogno, piedmonte, italy 14

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.

temescal pilsner temescal brewing, oakland, ca 9

flow west coast pale ale almanac, alameda, california 9

s'mosaic west coast ipa parliament, rohnert park, california 9

nice one bruva hazy ipa original pattern, oakland, california 9

strawberry kiwi smash sour ale alvarado street brewery, monterey, 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