

Tender Greens Menu & Prices

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Prices updated July 2026, Torrance, CA location. Prices vary by location.

Offers

Item	Price
avocado toast	\$11.85
garden toast	\$11.85
chipotle chicken sandwich	\$12.00

specials

Item	Price
harvest chicken	\$20.25
short rib	\$21.75
avocado blt sandwich	\$14.75
cowboy cookie	\$3.65
strawberry shortcake	\$7.30
roasted beets	\$5.35
mostess cupcake	\$5.85
happier vegan with falafel	\$17.35
watermelon agua fresca	\$4.75

family meals

Item	Price
6 pack cookies	\$8.25
quart of rustic chicken soup	\$17.45
grilled steak family meal	\$87.95
mashed potatoes	\$18.70
grilled flank steak	\$60.00
grilled salt & pepper chicken family meal	\$71.55
quart of roasted tomato soup	\$17.45
grilled salt & pepper chicken	\$45.00
gravy	\$12.00
grilled chipotle bbq chicken	\$45.00
grilled salmon family meal	\$83.95
grilled chipotle bbq chicken family meal	\$72.30
chicken pesto family meal	\$72.95
bolognese family meal	\$72.95

family meals

Item	Price
fried chx family meal	\$77.45
tuna family meal	\$83.95
grilled sea bass family meal	\$83.95
fried chx	\$47.00
grilled salmon	\$55.00
tuna	\$55.00
grilled sea bass	\$55.00
braised short rib	\$58.00
halfpan chicken pesto	\$63.20
halfpan bolognese	\$57.45
romaine hearts	\$23.00
baby arugula	\$23.00
baby spinach	\$23.00
mac & cheese	\$23.00
seasonal vegetables	\$14.95
seasoned fries	\$18.00
quart of green pozole soup	\$17.45
farro salad	\$24.00
braised beans	\$20.50

plates

Item	Price
grilled steak plate	\$21.95
grilled salmon plate	\$21.25
grilled chipotle barbeque chicken plate	\$19.35
grilled salt & pepper chicken plate	\$19.35
country-style fried chicken	\$19.45
sea bass plate	\$21.25
seared tuna plate	\$21.25
grilled shrimp plate	\$21.55
falafel	\$16.55
tender burger plate	\$16.95
seasonal vegetable plate	\$16.63
great northern braised bean plate	\$16.35

bowls

Item	Price
pacific bowl with grilled salmon	\$21.35
pacific bowl with katsu chicken	\$19.65
california bowl with grilled salmon	\$21.25
thai bowl with grilled steak	\$22.25
california bowl with chipotle bbq chicken	\$19.45
thai bowl with grilled shrimp	\$21.65
chicken pesto pasta	\$16.95
pesto pasta (vegetarian)	\$14.65
longevity bowl with grilled sea bass	\$21.35
longevity bowl with braised beans	\$16.85
bolognese pasta	\$16.25
nonna's pasta (vegetarian)	\$14.35

salads

Item	Price
grilled mediterranean steak salad	\$21.95
grilled chipotle bbq chicken salad	\$18.85
grilled chicken cobb salad	\$18.85
italian chop	\$18.95
seared tuna nicoise salad	\$20.95
salmon salad	\$21.15
harvest chicken	\$19.65

sandwiches

Item	Price
chicken pesto sandwich	\$14.35
fried chicken sandwich	\$14.65
tomato mozzarella sandwich	\$13.95
salami & provolone sandwich	\$14.95
tender burger	\$13.85

kid plates

Item	Price
kids chicken tenders	\$9.95
kids steak	\$9.95
kids salt & pepper chicken	\$9.65

kid plates

Item	Price
kids grilled cheese	\$9.95
kids baked cheddar macaroni	\$8.85
kids bolognese	\$8.85
kids nonna's pasta	\$8.85

soups

Item	Price
cup - rustic chicken	\$6.85
cup - green pozole	\$6.85
cup - roasted tomato	\$6.85
bowl - rustic chicken	\$11.75
bowl - green pozole	\$11.75
bowl - roasted tomato	\$11.75

sides

Item	Price
mashed potatoes	\$5.35
grilled steak	\$13.55
grilled salmon	\$12.65
country-style fried chicken	\$10.85
farro salad	\$5.45
grilled salt & pepper chicken	\$10.35
seared tuna	\$12.65
falafel	\$8.85
grilled chipotle bbq chicken	\$10.35
grilled shrimp	\$12.65
cilantro lime brown rice	\$5.45
mac & cheese	\$5.45
bolognese sauce	\$11.65
sushi rice	\$5.45
seasonal vegetables	\$5.45
roasted potatoes	\$5.45
seasoned fries	\$5.25
braised beans	\$5.45
grilled sea bass	\$12.65
burger patty	\$6.85

sides

Item	Price
Short Rib	\$18.65
4 count sourdough	\$2.25
8 count sourdough	\$4.25

side salads

Item	Price
romaine hearts salad	\$5.45
baby arugula salad	\$5.45
baby spinach salad	\$5.45
baby greens salad	\$5.45

desserts

Item	Price
chocolate chip cookie	\$3.65
olive oil cake	\$4.65
carrot cake	\$4.65

drinks

Item	Price
the greens drink	\$5.95
mint lemonade drink	\$4.55
hibiscus tea drink	\$4.55
Proud Source Still Water	\$3.35
green iced tea drink	\$3.55
Proud Source Sparkling Water	\$3.35
black iced tea drink	\$3.55
Verve Flash Brew	\$5.25
diet coke	\$3.55
olipop lemon lime	\$4.55
olipop orange	\$4.55
olipop grape	\$4.55
olipop shirley temple	\$4.55

chips

Item	Price
sea salt chips	\$3.35

chips

Item	Price
barbecue	\$3.35
salt and vinegar	\$3.35
hot honey chips	\$3.35