



Silver Diner's Co-Founder & Executive Chef

YPE VON HENGST

- 2013 Menu Masters' Healthful Innovations Winner
- 2014 HALO Winner: Adults & Kids' Menus that promote Healthy Active Lifestyles
- 2015 Produce in Excellence Winner: Casual Dining

Est. 1989

Rockville, MD



2016

Waldorf, MD





2010

Launch of Fresh & Local Menu





2012

Launch of Healthier Kids' Menu



2013

Launch of Flexitarian Menu



SPRING & SUMMER 2016 **FLEXITARIAN™** Menu

Chef Ype's Fresh & Local Seasonal Selections
Crafted by Chef Ype, these dishes use the highest-quality, locally-sourced ingredients currently in season. Whether you choose vegetarian, vegan, gluten-free, or meals with less than 600 calories, Silver Diner offers the choices for how you live and a healthy dose of what you crave.

♥ Lower In Fat & Cholesterol @ Vegetarian ○ Vegan ☺ Gluten-Free *these products do not have labels but are prepared in a kitchen that is not dairy free*

Appetizer



News! **FRIED GREEN TOMATOES**
Tzatziki, sunflower seeds, arugula, cranberries, apricots, champagne vinaigrette. 8.99

News! **EDAMAME HUMMUS**
Organic non-GMO edamames, crispy multigrain tortillas, tomato, cucumber, kalamata olives, sunflower seeds, basil oil. 7.99



News! **LOCAL KALE & BLEU CHEESE SALAD**
Farro, carrots, cranberries, citrus champagne vinaigrette, apple slices. 6.99

Sandwich & Salad



News! **TOMAYTO TOMAYTO BURGER***
Choice of beef or @black bean veggie burger with fried green tomato, cherry pepper ranch, banana peppers, pepper jack, salsa roja, rocket greens, crispy fries, cherry pepper honey on the side. 13.99
- Pairs well with Heavy Seas - Loose Cannon American IPA Maryland



News! **CHOPPED CHICKEN, BACON, & LOCAL BLEU CHEESE SALAD**
Local kale, apple, farro, carrots, cranberries, citrus champagne vinaigrette. 13.99
- Substitute salmon or cinnamon chipotle strip for chicken - add 2.49
- Pairs well with Pinot Grigio - Santa Julia Argentina