

LUNCH

Natural Refreshments

TFK Seasonal Soda 4

Medicine Man (Antioxidant Blast) 6
Sea Buckthorn, Pomegranate, Cranberry, Black Tea & Soda Water

Andy's Elixir 5
Sea Buckthorn, Agave Nectar & Soda

The Natural 4
Fresh Ginger, Agave & Soda

Cucumber Refresher 5
Cucumber & Honey Lemonade

Red Moon 5
Blood Orange, Yuzu, Agave & Soda

Green Arnie 5
Matcha Green Tea & Honey Lemonade

Hangover Rx 5
Coconut Water, Orange Juice & Pineapple

Honey Lemonade 4
House Lemonade Blend & Local Honey

Oogave Natural Sodas 4
Cola, Root Beer, Mandarin Key Lime

Apple Carrot Ginger Tonic 5
Apple, Carrot & House-Made Ginger Agave Syrup

Kale Aid 6
Kale, Apple, Cucumber, Celery, Lemon & Ginger

True Food

kitchen

GLOBALLY INSPIRED CUISINE

*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Starters

Daily Market Soup 7

Miso Soup 6 *v*
Wild Mushroom & Scallion

Spicy Miso Edamame 5 *gf,v*

Shiitake & Tofu Lettuce Cups 9 *v*
Ginger, Cashew & Toasted Garlic

Thai Shrimp Dumplings 12
Basil, Mint & Jalapeno

Edamame Dumplings 9 *veg*
Daikon Radish & White Truffle Oil

Caramelized Onion Tart 10 *veg*
Smoked Garlic, Black Fig & Gorgonzola

Local Vegetable Crudités 13 *veg*
Two Dips: Tzatziki & Black Olive

Grilled Shrimp Spring Roll 9
Green Papaya, Soba & Cashew

White Tuna Crudo* 11
Miso Emulsion, Radish & Snow Pea

Herb Hummus 10 *veg*
Pita Bread, Tomato, Onion & Feta

Salads *Add: Grilled Chicken \$5 • Grilled Salmon \$10*

Tuscan Kale 8 *veg*
Lemon, Parmesan & Bread Crumb

Sashimi Tuna* 15
Avocado, Cucumber, Edamame & Ginger

Farmer's Market 12 *gf, veg*
Pea, Asparagus, Artichoke, Avocado, Mint, Manchego & Champagne Vinaigrette

Strawberry Chopped 10 *gf, veg*
Snap Pea, Fennel, Goat Cheese, Walnut & Balsamic Vinaigrette

Mediterranean Chopped 10 *gf, veg*
Cucumber, Olive, Cherry Tomato, Quinoa, Feta, Marcona Almond & Lemon Oregano Vinaigrette

Chicken Chopped 12
Cranberry, Local Date, Jicama, Manchego, Farro, Marcona Almond & Champagne Vinaigrette

Pizza *Gluten Free Crust Available \$1.50*

Organic Tomato & Roasted Kale 12 *v*
Caramelized Onion & Garlic

Chicken Sausage 13
Tomato, Fennel & Fontina

Asparagus & Artichoke 12 *veg*
Smoked Mozzarella, Sweet Onion & Oregano

Wild Mushroom 13 *veg*
Roasted Garlic & Tallegio

Sundried Tomato & Olive 11 *veg*
Kale Pesto & Fresh Mozzarella

Sandwiches

Shaved Turkey 12
Provolone, Tomato, Onion, Grape, Yogurt Dressing & Pita

"Banh Mi" Wrap 10 *v*
Spicy Barbeque Tofu, Avocado & Sesame Vinaigrette

Open Faced Moroccan Chicken Salad 12
Jicama, Grape, Cashew & Greek Yogurt

Turkey Burger 12
Provolone, Lettuce, Tomato, Avocado, Mayo & Flax Seed Bun

Grass Fed Bison Burger* 16
Umami, Mushroom, Onion, Mayo & Parmesan on Flax Bun

Andy's Favorite "TLT" 12 *v*
Tempeh, Lettuce, Tomato, Avocado, Vegenaïse & Whole Grain Bread

Entrées

Spaghetti Squash Casserole 13 *gf, veg*
Fresh Mozzarella, Organic Tomato & Zucchini

Red Chili Shrimp* 16
Sesame Noodles, Gai Lan, Spinach & Shiitake Mushroom

Panang Curry *gf*
Brown Rice, Potato, Broccoli, Ginger, Carrot, Mushroom & Coconut Shellfish Broth
choice of: Tofu 14 • Chicken 16 • Shrimp* 17

Fish Tacos* 16 *gf*
Avocado, Cotija Cheese, Tomatillo Salsa, Sour Cream & Pickled Onion

Shirataki Noodles 13 *gf*
Green Curry, Snap Pea, Asparagus, Oyster Mushroom & Cashew

Turkey Bolognese 14 *gf*
Brown Rice Penne & Parmesan

Ricotta Cheese Ravioli 15 *veg*
Smoked Garlic, English Pea & Parmesan Mushroom Broth

Teriyaki Brown Rice Bowl *v*
Asian Vegetable, Sesame & Avocado
choice of: Tofu 14 • Chicken 15 • Steak* 16

All Natural Steak Tacos* 16 *gf*
Avocado, Cotija Cheese, Tomatillo Salsa, Sour Cream & Anasazi Bean

Steelhead Salmon* 19 *gf*
Quinoa, Local Beet & Preserved Lemon Salad

v: Vegan veg: Vegetarian gf: Gluten free

While we offer gluten free items, our kitchen is not completely gluten free.