

# DINNER

## 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, Honeydew Melon & 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

\*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** 10 *v*  
Ginger, Cashew & Toasted Garlic

**Thai Shrimp Dumplings** 12  
Basil, Mint & Jalapeno

**Edamame Dumplings** 10 *veg*  
Daikon Radish & White Truffle Oil

**Monterey Bay Sardines** 10 *gf*  
Salsa Verde & Grilled Lemons

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

**Grilled Shrimp Spring Roll** 9  
Green Papaya, Soba & Cashew

**Albacore Sashimi\*** 11  
Miso Emulsion, Radish & Snow Pea

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

## Salads

**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, Corn, Manchego & Champagne Vinaigrette

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

**Mediterranean Chopped** 11 *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

**Heirloom Tomato & Watermelon** 12 *veg*  
Goat Cheese, Basil, Cashew & Olive Oil

## 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 & Corn** 11 *veg*  
Poblano, Goat Cheese & Kale Pesto

## Sandwiches

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

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

**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

**Red Chili Shrimp\*** 18  
Sesame Noodles, Gai Lan, Spinach & Shiitake Mushroom

**Panang Curry** *gf*  
Brown Rice, Potato, Broccoli, Ginger, Carrot, Mushroom & Coconut Shellfish Broth

*choice of:* Tofu 15 • Chicken 16 • Shrimp\* 17

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

**Pan Seared Sea Bass\*** 24 *gf*  
Snap Pea, Asparagus, Purple Potato, Mushroom & Umami

**Turkey Bolognese** 14 *gf*  
Brown Rice Penne & Parmesan

**Ricotta Cheese Ravioli** 15 *veg*  
Spinach, Oven Dried Tomato & Roasted Corn Broth

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

**Roasted Chicken** 19 *gf*  
Cilantro Basmati, English Pea & Indian Spices

**Grilled Steelhead Salmon\*** 24 *gf*  
Quinoa, Local Beet & Preserved Lemon Salad

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

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

*v: Vegan veg: Vegetarian gf: Gluten free*

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