

# TRUE FOOD KITCHEN

Spring 2019

## REFRESHERS & TEAS

- 🌿 Honeydew Cooler *honeydew, lime, bubbly water (100 cal)...*5
- Original Ginger "O.G." *lime, honey, bubbly water (120 cal)...*5
- Sparkling Antioxidant Tea *organic iced green tea, pomegranate, lemon (80 cal)...*5
- Honey Lemonade (70 cal)...4 *matcha (adds 45 cal) +1*
- Pomegranate Chia Limeade (90 cal)...5
- Hangover Rx *pineapple, orange, honey, coconut water (70 cal)...*5
- Medicine Man *heavy brewed green tea, black cherry, pomegranate, honey, sea buckthorn (110 cal)...*6
- Kale Aid *kale, ginger, apple, celery, cucumber, lemon (100 cal)...*7
- Health-Ade Kombucha (70 cal)...7.5

## STARTERS

- Daily Market Soup (150-380 cal)...7
- 🌿 Green Asparagus *lemon almond ricotta, pickled strawberry, arugula, radish (200 cal)...*10 **V GF**
- Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio (410 cal)...*10 **V GF**
- Farmers Market Crudités *chilled raw vegetables, tzatziki & black olive dip (750 cal)...*15 **VEG GF**
- 🌿 Seared Chicken Satay *achiote, pumpkin seed salsa, cucumber, cilantro (370 cal)...*10 **GF**
- Kale Guacamole *grapefruit, cilantro, roasted poblano, sunflower seed & pita chips (580 cal)...*11 **V**
- Herb Hummus *cucumber, tomato, onion, olive, feta, lemon oregano vinaigrette & grilled pita (710 cal)...*10.5 **VEG**
- Edamame Dumplings *dashi, white truffle oil, asian herbs (270 cal)...*11 **VEG**
- For the Table *kale guacamole, herb hummus, black olive dip, heirloom carrot, cucumber & pita (1210 cal)...*16 **VEG**

## SALADS

- tofu (adds 230 cal) +4 / chicken (adds 180 cal) +5 / grass-fed steak\* (adds 240 cal) +7 / shrimp\* (adds 140 cal) +7 / salmon\* (adds 260 cal) +10
- 🌿 Good Earth Kale Cobb *avocado, tomato, asparagus, watermelon radish, garbanzo bean, dried sweet corn, gorgonzola, cashew poblano ranch (470 cal)...*15 **VEG GF**
- Chopped Salad *medjool date, dried cranberry, jicama, apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal)...*13 **VEG**
- Organic Tuscan Kale *lemon, garlic, grana padano, breadcrumb (350 cal)...*10.5 **VEG**
- Mediterranean Quinoa *persian cucumber, olive, peppadew, cherry tomato, pole bean, feta, almond, oregano vinaigrette (580 cal)...*13 **VEG GF**

## PIZZAS

- Margherita *crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal)...*12.5 **VEG**
- 🌿 Spinach & Mushroom *garlic, organic spinach, roasted mushroom, caramelized onion, lemon almond ricotta, aleppo chili (970 cal)...*16 **V**
- Chicken Sausage *crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)...*14
- Tomato & Arugula *crushed organic DiNapoli tomato, olive oil, lemon (620 cal)...*12.5 **V**

## BOWLS

- tofu (adds 230-250 cal) +4 / chicken (adds 160-180 cal) +5 / grass-fed steak\* (adds 240-260 cal) +7 / shrimp\* (adds 140-160 cal) +7 / salmon\* (adds 260 cal) +10
- Ancient Grains *miso sesame glazed sweet potato, turmeric, charred onion, snow pea, grilled portobello, avocado, hemp seed (690 cal)...*15 **V**
- 🌿 Cauliflower Polenta *asparagus, snow pea, edamame, snap pea, yellow squash, watermelon radish, chili thread (350 cal)...*13 **V GF**
- 🌿 Korean Noodle *sweet potato glass noodle, pickled shiitake, spinach, heirloom carrot, bean sprout, toasted sesame (550 cal)...*13 **V GF**
- Teriyaki Quinoa *broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame (540 cal)...*15 **V GF**
- Spicy Panang Curry *sweet potato, pole bean, bok choy, carrot, thai basil, coconut shrimp broth (710 cal)...*15 **GF**

## BURGERS & SANDWICHES

- served with choice of cucumber salad (adds 110 cal), kale salad (adds 120 cal) or sweet potato hash (adds 200 cal)*
- Inside Out Quinoa Burger *hummus, tzatziki, tomato, butter lettuce, cucumber, red onion, avocado, feta (630 cal)...*14 **VEG GF**
- Turkey Burger *smashed avocado, tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (690 cal)...*15
- Grass-fed Burger\* *umami, mushroom, caramelized onion, arugula, parmesan, mayonnaise, flaxseed bun (860 cal)...*17
- T.L.T. *smoked tempeh, butter lettuce, tomato, avocado, vegan mayonnaise, seeded grain bread (730 cal)...*13 **V**
- 🌿 Grilled Chicken Wrap *achiote, pumpkin seed salsa, smoked gouda, red onion, arugula (630 cal)...*15

## ENTRÉES

- Lasagna Bolognese *fennel chicken sausage, mushroom, spinach, lemon ricotta, herbs (450 cal)...*16 **GF**
- Spaghetti Squash Casserole *crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal)...*14 **VEG GF**
- 🌿 Pan-seared Chicken Breast *crushed organic DiNapoli tomato, olive, caper, broccolini, edamame, spinach (630 cal)...*21 **GF**
- 🌿 Mauritius Island Redfish\* *kale tabbouleh, fonio, salsa verde, roasted organic potato (570 cal)...*26 **GF**
- Poke Bowl\* *wild caught albacore, avocado, quinoa rice, mushroom, snow pea, cucumber, cashew, ginger, turmeric ponzu (560 cal)...*22
- 🌿 Grilled Salmon\* *caramelized onion farro, quinoa, arugula, roasted beet, cilantro pumpkin seed pesto (720 cal)...*24
- Grilled Fish Tacos\* *Mauritius Island redfish, tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime yogurt, anasazi bean (570 cal)...*20 **GF**
- Grass-fed Steak Tacos\* *tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime yogurt, anasazi bean (680 cal)...*18 **GF**

## 🌿 Seasonal Highlight

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

**V** Vegan **VEG** Vegetarian **GF** Gluten Friendly / While we offer items prepared gluten free, other items containing gluten are prepared in our kitchen. Some ingredients may not be included in the menu description; please notify your server of any food allergies.

\* 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.

## Craft Cocktails

- Citrus Colada (260 cal)...12  
*lime-infused rum, orange, pineapple, coconut, lemongrass*
- 🌿 Basil Cucumber Collins (200 cal)...12  
*lemon-infused vodka, cucumber, muddled basil*
- Juniper Rose (170 cal)...12  
*rose-infused gin, lime, grapefruit, thyme*
- Yuzu Martini (230 cal)...13  
*organic vodka, yuzu sake, lemon*
- 🌿 Cherry Bourbon Sour (200 cal)...12  
*bourbon, apricot brandy, cherry bitters, lemon*
- Citrus Skinny Margarita (170 cal)...12  
*organic blanco tequila, muddled citrus, cucumber, mint*
- 🌿 Strawberry Rhubarb Margarita (190 cal)...13  
*organic reposado tequila, rhubarb, lime, mint*
- 🌿 Farmers Market Sangria (280 cal)...11  
*organic white wine, spiced brandy, pineapple, lime*



# TRUE FOOD KITCHEN

## Spring 2019

### Wine Glass 150 cal / Carafe 220 cal / Bottle 620 cal

The only thing we love more than wine is wine that's held to the same standards we hold our food to: clean & good for the Earth. We only partner with wine producers that utilize organic, sustainable or bio-dynamic practices.

#### SPARKLING

|  | 6oz. / | 9oz. / | Bottle |
|--|--------|--------|--------|
| Cava Mercat (Penedès, Spain) s                   | 10     | -      | 38     |
| Sparkling Rosé ROSE d'OR (Bordeaux, France) s    | 14     | -      | 54     |
| Blanc de Blancs Ruinart (Reims, France) 375 ml s | -      | -      | 75     |

#### WHITE Light, Bright & Crisp

|  |    |    |    |
|--|----|----|----|
| Pinot Grigio Tangent (Edna Valley, CA) Proprietary Label s | 9  | 13 | 34 |
| Sauvignon Blanc Manifesto (North Coast, CA) s              | 8  | 12 | 30 |
| Sauvignon Blanc Crossings (Marlborough, New Zealand) s     | 10 | 15 | 38 |
| Sauvignon Blanc La Perrière (Sancerre, France) s           | -  | -  | 62 |
| Grüner Veltliner Weingut Loimer (Kamptal, Austria) o       | -  | -  | 44 |

#### WHITE Opulent & Smooth

|   |    |    |    |
|---|----|----|----|
| Chardonnay Imagery (Sonoma County, CA) s          | 11 | 16 | 42 |
| Chardonnay Haras (Maipo Valley, Chile) o          | 8  | 12 | 30 |
| Chardonnay Frog's Leap (Napa Valley, CA) o        | 14 | 21 | 54 |
| Chardonnay Rombauer (Los Carneros, CA) s          | -  | -  | 75 |
| Albariño Ramón Bilbao (Rias Baixas, Spain) s      | -  | -  | 44 |
| Riesling Snoqualmie "ECO" (Columbia Valley, WA) o | -  | -  | 32 |

#### ROSÉ

|  |    |    |    |
|--|----|----|----|
| Rosé of Grenache M. Chapoutier "Belleruche" (Rhône Valley, France) B | 11 | 16 | 42 |
| Rosé of Pinot Noir Baileyana (Edna Valley, CA) s                     | -  | -  | 56 |

#### RED Delicate & Elegant

|   |    |    |    |
|---|----|----|----|
| Pinot Noir Parducci (Mendocino, CA) s                                   | 8  | 12 | 30 |
| Pinot Noir Montinore (Willamette Valley, OR) B                          | 12 | 18 | 46 |
| Pinot Noir Robert Sinskey (Los Carneros, CA) o B                        | -  | -  | 66 |
| Pinot Noir Lioco "Fox Block XIII" (North Coast, CA) Proprietary Label s | 15 | 22 | 58 |
| Malbec Alamos (Mendoza, Argentina) s                                    | 8  | 12 | 30 |

#### RED Old World

|  |    |    |    |
|--|----|----|----|
| Cannonau Alta Vita (Sardinia, Italy) Proprietary Label s       | 10 | 15 | 38 |
| Rhône Blend Perrin "Nature" (Rhône Valley, France) s           | 9  | 13 | 34 |
| Red Blend Gaja Ca' Marcanda "Promis" (Tuscany, Italy) s        | -  | -  | 75 |
| Sangiovese Borgo Scopeto "Chianti Classico" (Chianti, Italy) s | 11 | 16 | 42 |
| Tempranillo Blend Marques de Caceres (Rioja, Spain) o          | -  | -  | 48 |

#### RED Bold & Structured

|  |    |    |    |
|--|----|----|----|
| Cabernet Sauvignon Terrazas de los Andes (Mendoza, Argentina) s      | 9  | 13 | 34 |
| Cabernet Sauvignon Long Meadow Ranch "Farmstead" (Napa Valley, CA) o | 13 | 19 | 50 |
| Cabernet Sauvignon Fable (California) s                              | -  | -  | 42 |
| Cabernet Sauvignon Hunt & Harvest (Napa Valley, CA) o                | -  | -  | 68 |
| Syrah Truchard (Los Carneros, CA) s                                  | -  | -  | 58 |
| Petite Sirah Eos (Paso Robles, CA) s                                 | -  | -  | 32 |

#### BEER & CIDER

|  |  |  |  |
|--|--|--|--|
| Local Rotating Seasonal...7                                      |  |  |  |
| Local Rotating IPA...7   |  |  |  |
| Stella Artois (Leuven, Belgium) (140 cal)...6                    |  |  |  |
| Samuel Adams "Sam '76" (Boston, MA) (130 cal)...6                |  |  |  |
| Michelob Ultra (St. Louis, MO) (95 cal)...6                      |  |  |  |
| Sierra Nevada "Pale Ale" (Chico, CA) (180 cal)...6               |  |  |  |
| Crispin Rosé Cider (Colfax, CA) (160 cal)...6 <b>GLUTEN FREE</b> |  |  |  |

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s Sustainable B Bio-dynamic o Organic

We proudly feature the following spirits in our craft cocktails: Prairie Organic Vodka, New Amsterdam Vodka & Gin, IXA Organic Tequila, Dulce Vida Organic Tequila, Old Forester Bourbon, Matusalem Rum and E&J Brandy.







# DESSERTS

## ☞ Key Lime Mousse

*organic strawberry, avocado, coconut, almond crumble (410 cal)...9 V GF*

## Flourless Chocolate Cake

*caramel, almond, vanilla ice cream, cacao nib (500 cal)...7 VEG GF*

## Chia Seed Pudding

*banana, toasted coconut (330 cal)...7 V GF*

## Vanilla Ice Cream (220 cal)...5 V GF

## TEAS & COCKTAILS

### Adaptogenic Tulsi Tea

*ginger honey, lemon (60 cal)...5*

### Matcha Horchata

*oat milk, cinnamon, matcha, vanilla (200 cal)...6.5*

### Warm Spiked Apple Cider

*mulled spiced brandy, cinnamon, lemon, cayenne (230 cal)...12*

## LOOSE LEAF TEAS (5 cal)

### White Peony "Bai Mudan"...5

### Jasmine Pearl Green Tea...6

### Genmaicha Green Tea...4

### Wood Dragon Oolong...6

### Darjeeling...5

### Classic Chai...5

### Peppermint *herbal*...4

### Chamomile *herbal*...5

## ORGANIC FAIR TRADE COFFEE

### Espresso (5 cal)...3

### Cappuccino (35-80 cal)...4.5

### Latte (35-80 cal)...4.5

### Cinnamon Vanilla Latte (120-160 cal)...6

## ☞ Cascara Cold Brew

*cascara, coconut milk (90 cal)...6*

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