

# TRUE FOOD KITCHEN

## FOOD - STARTERS

|                          | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|--------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Roasted Brussels Sprouts | 280             | 200                      | 23      | 2.5               | 0                    | 0                | 1030        | 18                | 5                       | 7                | 6           | Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.  |
| Charred Cauliflower      | 410             | 250                      | 28      | 3.5               | 0                    | 0                | 1010        | 36                | 8                       | 24               | 11          | Allergen Statement: Contains Tree Nuts (Pistachios). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.             |
| Edamame Guacamole        | 650             | 340                      | 38      | 5                 | 0                    | 0                | 1560        | 66                | 11                      | 4                | 17          | Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.  |
| Herb Hummus              | 710             | 410                      | 46      | 7                 | 0                    | 5                | 1160        | 62                | 8                       | 8                | 15          | Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.   |
| Gluten Free Pita         | 360             | 25                       | 3       | 0                 | 0                    | 0                | 390         | 78                | 0                       | 9                | 3           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Edamame Dumplings        | 270             | 90                       | 11      | 4                 | 0                    | 15               | 740         | 32                | 3                       | 3                | 10          | Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.   |
| Jackfruit Lettuce Wraps  | 250             | 60                       | 7       | 1                 | 0                    | 0                | 1860        | 37                | 17                      | 12               | 10          | Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.   |
| Butternut Squash Soup    | 170             | 60                       | 7       | 6                 | 0                    | 0                | 570         | 24                | 3                       | 14               | 1           | Allergen Statement: Contains Soy, Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.                 |

## FOOD - SALADS

|   | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes   |
|---|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Seasonal Ingredient Salad               | 610             | 320                      | 36      | 4.5               | 0                    | 0                | 1260        | 60                | 8                       | 19               | 13          | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat, Gluten.   |
| Seasonal Ingredient Salad (No Dressing) | 510             | 230                      | 26      | 3                 | 0                    | 0                | 1030        | 59                | 17                      | 18               | 13          | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat, Gluten.   |
| Chopped Salad                           | 570             | 310                      | 35      | 6                 | 0                    | 15               | 560         | 58                | 10                      | 33               | 11          | Allergen Statement: Contains Egg, Milk, Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.   |
| Chopped Salad (No Dressing)             | 360             | 120                      | 14      | 4.5               | 0                    | 15               | 230         | 52                | 10                      | 27               | 11          | Allergen Statement: Contains Egg, Milk, Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.   |
| Organic Tuscan Kale Salad               | 350             | 290                      | 33      | 5                 | 0                    | 5                | 600         | 12                | 4                       | 3                | 5           | Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.  |
| Add On: Organic Tofu                    | 230             | 170                      | 19      | 2.5               | 0                    | 0                | 115         | 6                 | 0                       | 0                | 12          | Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.  |
| Add On: Chicken                         | 180             | 80                       | 9       | 1.5               | 0                    | 60               | 750         | 1                 | 0                       | 0                | 22          | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat, Gluten.   |
| Add On: Grass-fed Steak*                | 240             | 200                      | 22      | 5                 | 0                    | 75               | 170         | 0                 | 0                       | 0                | 18          | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Add On: Shrimp*                         | 140             | 50                       | 6       | 1                 | 0                    | 180              | 230         | 1                 | 0                       | 0                | 20          | Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.                  |
| Add On: Salmon*                         | 260             | 140                      | 16      | 3.5               | 0                    | 70               | 450         | 2                 | 0                       | 0                | 29          | Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.                       |

# TRUE FOOD KITCHEN

## FOOD - BOWLS

|                               | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|-------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Teriyaki Quinoa               | 540             | 210                      | 24      | 3                 | 0                    | 0                | 930         | 75                | 12                      | 19               | 11          | Analysis and allergens do not include choice of protein. Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts. |
| Ancient Grains                | 690             | 330                      | 37      | 4.5               | 0                    | 0                | 1190        | 80                | 13                      | 15               | 15          | Analysis and allergens do not include choice of protein. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.                           |
| Korean Noodle                 | 550             | 15                       | 1.5     | 0                 | 0                    | 0                | 1950        | 125               | 5                       | 14               | 8           | Analysis and allergens do not include choice of protein. Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts. |
| Add On: Organic Tofu, Wok     | 250             | 170                      | 19      | 2.5               | 0                    | 0                | 360         | 9                 | 0                       | 2                | 13          | Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.   |
| Add On: Chicken, Wok          | 180             | 70                       | 8       | 1                 | 0                    | 65               | 400         | 3                 | 0                       | 2                | 23          | Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.   |
| Add On: Grass-fed Steak*, Wok | 260             | 200                      | 23      | 5                 | 0                    | 75               | 410         | 3                 | 0                       | 2                | 19          | Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.   |
| Add On: Shrimp*, Wok          | 160             | 60                       | 6       | 1                 | 0                    | 180              | 480         | 4                 | 0                       | 2                | 20          | Allergen Statement: Contains Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.            |
| Add On: Salmon*               | 260             | 140                      | 16      | 3.5               | 0                    | 70               | 450         | 2                 | 0                       | 0                | 29          | Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.                      |

## FOOD - PIZZAS

|                   | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|-------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Butternut Squash  | 940             | 390                      | 44      | 4.5               | 0                    | 0                | 1290        | 122               | 12                      | 11               | 21          | Analysis for 1 pizza. Allergen Statement: Contains Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts.                                    |
| Margherita        | 850             | 310                      | 35      | 16                | 0                    | 95               | 1010        | 100               | 6                       | 6                | 35          | Analysis for 1 pizza. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.   |
| Chicken Sausage   | 860             | 290                      | 32      | 12                | 0                    | 90               | 1610        | 105               | 7                       | 8                | 38          | Analysis for 1 pizza. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.   |
| Gluten Free Crust | 360             | 25                       | 3       | 0                 | 0                    | 0                | 390         | 78                | 0                       | 9                | 3           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |

# TRUE FOOD KITCHEN

## FOOD - ENTRÉES

|                              | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Grilled Sustainable Salmon*  | 730             | 480                      | 53      | 9                 | 0                    | 70               | 2140        | 27                | 9                       | 6                | 41          | Allergen Statement: Contains Fish (Salmon), Soy, Tree Nuts (Cashew). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.               |
| Lasagna Bolognese            | 450             | 250                      | 28      | 11                | 0.5                  | 120              | 1530        | 31                | 5                       | 8                | 22          | Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.  |
| Spaghetti Squash Casserole   | 410             | 200                      | 22      | 10                | 0                    | 60               | 1360        | 39                | 8                       | 16               | 19          | Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.   |
| Grass-fed Burger*            | 860             | 410                      | 46      | 13                | 1                    | 120              | 1570        | 62                | 6                       | 15               | 51          | Analysis and allergens do not include choice of side. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.                               |
| Turkey Burger                | 690             | 250                      | 28      | 7                 | 0                    | 110              | 1270        | 56                | 5                       | 14               | 52          | Analysis and allergens do not include choice of side. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.                               |
| Gluten Free Bun              | 190             | 45                       | 5       | 0                 | 0                    | 0                | 360         | 32                | 4                       | 5                | 5           | Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.                                      |
| Grilled Chicken Avocado Wrap | 830             | 440                      | 49      | 9                 | 0                    | 100              | 1510        | 55                | 4                       | 8                | 43          | Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.   |
| Shrimp Tacos*                | 470             | 160                      | 18      | 2.5               | 0                    | 180              | 890         | 49                | 11                      | 1                | 30          | Allergen Statement: Contains Shellfish(Shrimp). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.                         |
| Grass-fed Steak Tacos*       | 680             | 390                      | 43      | 9                 | 0                    | 105              | 980         | 48                | 11                      | 1                | 36          | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |

## FOOD - SIDES

|                   | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|-------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Kale Salad        | 120             | 100                      | 11      | 1.5               | 0                    | 0                | 200         | 4                 | 1                       | 1                | 2           | Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.   |
| Sweet Potato Hash | 200             | 130                      | 14      | 1.5               | 0                    | 0                | 860         | 18                | 3                       | 6                | 2           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |

# TRUE FOOD KITCHEN

## FOOD - BREAKFAST

|                                 | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|---------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Smashed Avocado Toast*          | 560             | 370                      | 42      | 10                | 0                    | 391              | 1406        | 27                | 7                       | 2                | 22          | Allergen Statement: Contains Egg, Dairy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts.   |
| Banana Pancakes                 | 550             | 140                      | 16      | 3.5               | 0                    | 90               | 1040        | 94                | 4                       | 45               | 11          | Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.  |
| Garden Scramble*                | 510             | 300                      | 33      | 10                | 0                    | 660              | 1490        | 23                | 5                       | 9                | 31          | Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.  |
| Add On: Chicken Sausage         | 110             | 45                       | 5       | 1.5               | 0                    | 45               | 610         | 3                 | 0                       | 1                | 12          | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Sunrise Bowl*                   | 640             | 370                      | 42      | 7                 | 0                    | 370              | 1730        | 48                | 9                       | 9                | 21          | Allergen Statement: Contains Egg, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts.   |
| Egg & Chicken Sausage Sandwich* | 660             | 280                      | 31      | 10                | 0                    | 255              | 1310        | 57                | 5                       | 13               | 37          | Analysis and allergens do not include choice of side. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.                               |

## FOOD - DESSERTS

|                          | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes   |
|--------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Squash Pie               | 480             | 170                      | 19      | 17                | 0                    | 0                | 420         | 73                | 6                       | 40               | 3           | Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.  |
| Chia Seed Pudding        | 330             | 170                      | 19      | 16                | 0                    | 0                | 105         | 38                | 6                       | 26               | 3           | Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.  |
| Flourless Chocolate Cake | 500             | 270                      | 31      | 19                | 0                    | 125              | 230         | 51                | 2                       | 46               | 6           | Allergen Statement: Contains Egg, Milk, Soy, Tree Nuts (Almonds, Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.   |
| Vanilla Ice Cream        | 220             | 110                      | 12      | 10                | 0                    | 0                | 20          | 28                | 0                       | 25               | 0           | Analysis includes blueberry & raspberry as typical seasonal fruit. Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten. |

## FOOD - KIDS

|                                   | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|-----------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Grass-fed Burger*                 | 750             | 310                      | 35      | 13                | 1                    | 120              | 1110        | 60                | 6                       | 15               | 48          | Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.                           |
| Mozzarella & Organic Tomato Pizza | 740             | 230                      | 26      | 11                | 0                    | 50               | 920         | 99                | 6                       | 6                | 28          | Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.                           |
| Chicken Teriyaki Bowl             | 320             | 35                       | 4       | 1                 | 0                    | 65               | 960         | 42                | 4                       | 15               | 29          | Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts. |

# TRUE FOOD KITCHEN

## BEVERAGE - REFRESHERS & TEA

|                                 | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|---------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Apple Lemonade                  | 90              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 25                | 1                       | 23               | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Cranberry Limeade               | 100             | 0                        | 0       | 0                 | 0                    | 0                | 0           | 27                | 0                       | 24               | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Sparkling Prickly Pear Tisane   | 70              | 0                        | 0       | 0                 | 0                    | 0                | 5           | 18                | 0                       | 16               | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Sparkling Peach Tea             | 70              | 0                        | 0       | 0                 | 0                    | 0                | 5           | 18                | 0                       | 16               | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Kale Aid                        | 100             | 5                        | 0.5     | 0                 | 0                    | 0                | 80          | 25                | 2                       | 15               | 2           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Sparkling Yerba Matte           | 70              | 0                        | 0       | 0                 | 0                    | 0                | 10          | 19                | 1                       | 15               | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Tea, Generic (with Lemon Wedge) | 5               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 1                 | 0                       | 0                | 1           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |

## BEVERAGE - ORGANIC FAIR TRADE COFFEE

|                                | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|--------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Matcha Horchata                | 200             | 15                       | 1.5     | 0                 | 0                    | 0                | 130         | 25                | 2                       | 30               | 4           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten. |
| Espresso                       | 5               | 0                        | 0       | 0                 | 0                    | 0                | 10          | 1                 | 0                       | 0                | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.       |
| Cappuccino or Latte (Oat Milk) | 60              | 10                       | 1       | 0                 | 0                    | 0                | 70          | 1                 | 1                       | 3                | 2           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.       |
| Drip Coffee                    | 2               | 0                        | 0       | 0                 | 0                    | 0                | 0           | 0                 | 0                       | 0                | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.       |

# TRUE FOOD KITCHEN

## BEVERAGE - CRAFT COCKTAILS

|                         | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|-------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| The Cape                | 220             | 0                        | 0       | 0                 | 0                    | 0                | 0           | 28                | 0                       | 26               | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Citrus Skinny Margarita | 170             | 0                        | 0       | 0                 | 0                    | 0                | 18          | 0                 | 16                      | 0                | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| La Paloma               | 200             | 5                        | 0       | 0                 | 0                    | 0                | 20          | 27                | 0                       | 21               | 1           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| The Herbalist           | 170             | 0                        | 0       | 0                 | 0                    | 0                | 0           | 20                | 0                       | 18               | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Common Bond             | 110             | 0                        | 0       | 0                 | 0                    | 0                | 0           | 16                | 0                       | 15               | 0           | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.   |
| Classic Mimosa          | 150             | 0                        | 0       | 0                 | 0                    | 0                | 0           | 8                 | 0                       | 7                | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| A is for Apples         | 130             | 0                        | 0       | 0                 | 0                    | 0                | 0           | 15                | 0                       | 14               | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Prairie Mary            | 150             | 5                        | 0       | 0                 | 0                    | 0                | 630         | 5                 | 0                       | 3                | 0           | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.   |

## BEVERAGE - SPARKLING, WHITE & RED WINE

|                       | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|-----------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Wine, 6 fl oz         | 150             | 0                        | 0       | 0                 | 0                    | 0                | 10          | 5                 | 0                       | 1                | 0           | USDA average values for table wine; analysis for 6 fl oz.        |
| Wine, 9 fl oz         | 220             | 0                        | 0       | 0                 | 0                    | 0                | 15          | 7                 | 0                       | 2                | 0           | USDA average values for table wine; analysis for 9 fl oz.        |
| Wine, Bottle (750 mL) | 620             | 0                        | 0       | 0                 | 0                    | 0                | 40          | 20                | 0                       | 6                | 1           | USDA average values for table wine; analysis for Bottle (750 mL) |

## BEVERAGE - BEER & SELTZER

|                              | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fatty Acid (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes  |
|------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Regular, 12 fl oz            | 150             | 0                        | 0       | 0                 | 0                    | 0                | 15          | 13                | 0                       | 0                | 2           | USDA average values for beer; analysis for 12 fl oz.   |
| Stella Artois                | 140             | 0                        | 0       | 0                 | 0                    | 0                | 0           | 11                | 0                       | 0                | 0           | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.   |
| Dogfish Head "60 Minute IPA" | 210             | 0                        | 0       | 0                 | 0                    | 0                | 0           | 23                | 0                       | 0                | 0           | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.   |
| Truly Hard Seltzer           | 100             | 0                        | 0       | 0                 | 0                    | 0                | 0           | 2                 | 0                       | 1                | 0           | Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |

Values shown are for full dish. Values are current as of September 2020. The nutrition information provided is a compilation of the nutrient data from True Food Kitchen's suppliers, the USDA and nutrient database analysis of True Food Kitchen's recipes and our analysis. Please note the following: (i) Test menu items, specials, limited time offers, and/or regional items may not be included in the nutrition information contained herein. (ii) Special or customized orders will alter the nutrition information contained herein. (iii) From time to time, True Food Kitchen may have to obtain products from different or substitute suppliers which may alter the nutrition information contained herein. (iv) Menu item ingredients are based upon recipes and portions, but variations may occur based upon ordinary differences inherent in the preparation, local suppliers, region of the country, and season of the year. (v) Each of our menu items are prepared by hand, individually, so serving sizes can vary. (vi) Differences in available dishware, packaging, or containers may affect the serving size. The nutrition information is updated periodically in an attempt to reflect the current nutritional value of our menu items. \*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.