

# TRUE FOOD KITCHEN

## CRAFT COCKTAILS...13

- 🍷 The Cape *organic vodka, ginger liqueur, cranberry, lime (220 cal)*
- 🍷 Citrus Skinny Margarita *organic tequila, cucumber, mint (170 cal)*
- 🍷 La Paloma *organic tequila, pamplemousse, Aleppo salt, honey (200 cal)*
- 🍷 The Herbalist *gin, orange, honey, chamomile, lemon (170 cal)*
- 🍷 Common Bond *bourbon, pressed apple, chai spice, lemon (110 cal)*

## WINE

### SPARKLING

Cava Mercat (*Penedès, Spain*) s

Sparkling Rosé Amelia (*Bordeaux, France*) s

### WHITE

Pinot Grigio Tangent (*Edna Valley, CA*) Proprietary Label s

Sauvignon Blanc Blalock + Moore (*Marlborough, New Zealand*) Proprietary Label s

Sauvignon Blanc Haras de Pirque "Albaclara" (*Leyda Valley, Chile*) o

Sauvignon Blanc Yealands "Single Vineyard" (*Awatere Valley, New Zealand*) s

Chardonnay Origin (*California*) Proprietary Label o

Chardonnay Imagery (*Sonoma County, CA*) s

Chardonnay Frog's Leap (*Napa Valley, CA*) o

Chardonnay Rombauer (*Los Carneros, CA*) s

### ROSÉ

Rosé of Syrah & Grenache Charles & Charles (*Columbia Valley, WA*) s

Rosé of Cinsault & Grenache Miraval "Studio" (*Méditerranée*) s

### RED

Pinot Noir Benziger (*Monterey County, CA*) s

Pinot Noir Parducci (*Mendocino, CA*) s

Pinot Noir Montinore (*Willamette Valley, OR*) B

Pinot Noir Valrav'n "Fox Block XIV" (*Russian River, CA*) Proprietary Label s

Malbec Alamos (*Mendoza, Argentina*) s

Cannonau Alta Vita (*Sardinia, Italy*) Proprietary Label s

Sangiovese Borgo Scopeto "Chianti Classico" (*Chianti, Italy*) s

Cabernet Sauvignon Terrazas de los Andes (*Mendoza, Argentina*) s

Cabernet Sauvignon Long Meadow Ranch "Farmstead" (*Napa Valley, CA*) o

Cabernet Sauvignon Hunt & Harvest (*Napa Valley, CA*) o

## BEER & SELTZER

New Belgium Brewing Fat Tire Amber Ale (160 cal)...6

Dogfish Head 60 Minute IPA (210 cal)...7

Stella Artois (140 cal)...6

Truly Hard Seltzer (100 cal)...6

## REFRESHERS & TEA...5

🍷 Andy's Elixir *sea buckthorn, honey, bubbly water (150 cal)*

🍷 Apple Lemonade (90 cal)

🍷 Cranberry Limeade (100 cal)

Sparkling Prickly Pear Tisane *prickly pear, hibiscus, lime (70 cal)*

🍷 Sparkling Yerba Mate Tea *green tea, yerba mate, butterfly pea flower (70 cal)*

🍷 Tulsi Tea *ginger, honey, holy basil, lemon (60 cal)...+1*

Kale Aid *kale, ginger, apple, celery, cucumber, lemon (100 cal)...+4*

**6oz (150 cal)      9oz (220 cal)      Bottle (620 cal)**

11                      -                      42

15                      -                      58

10                      15                      38

11                      16                      42

9                        13                      34

-                        -                        66

10                      15                      38

12                      18                      46

15                      22                      58

-                        -                        80

12                      18                      46

14                      21                      54

12                      18                      46

11                      16                      42

14                      21                      54

-                        -                        66

9                        13                      34

10                      15                      38

12                      18                      46

12                      18                      46

14                      21                      54

-                        -                        72

🍷 Seasonal Highlight | s Sustainable B Bio-dynamic o Organic

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

We proudly feature the following spirits in our craft cocktails: Prairie Organic Vodka, Barrow's Intense Ginger Liqueur, Dulce Vida Organic Tequila, New Amsterdam Gin & Old Grand-Dad Bourbon

# TRUE FOOD KITCHEN

## WINTER

### STARTERS

- 🍴 Roasted Brussels Sprouts *mushroom, miso sesame vinaigrette, chili thread (280 cal)...9* **V GF**
- 🍴 Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio (410 cal)...9* **V GF**
- Edamame Guacamole *avocado, cilantro pesto, pumpkin seed, Aleppo chili & house-made pita chips (650 cal)...11* **V**
- Herb Hummus *cucumber, organic tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (710 cal)...10* **VEG**
- Edamame Dumplings *dashi, white truffle oil, Asian herbs (270 cal)...11* **VEG**
- 🍴 Butternut Squash Soup *10oz cup (170 cal)...7* **V GF**

### SALADS & BOWLS

*organic tofu (adds 230 cal) +4 / chicken (adds 180 cal) +4 / grass-fed steak\* (adds 240 cal) +6 / shrimp\* (adds 140 cal) +6 / salmon\* (adds 260 cal) +9*

- 🍴 Seasonal Ingredient Salad *butternut squash, cauliflower, brussels sprout, cannellini bean, organic kale, toasted mulberry, horseradish vinaigrette (610 cal)...14* **V GF**
- Chopped Salad *medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal)...12.5* **VEG**
- Organic Tuscan Kale Salad *lemon, garlic, parmesan, breadcrumb (350 cal)...10.5* **VEG**
- 🍴 Winter Immunity Bowl *lion's mane mushroom, farro, quinoa, carrot, broccolini, garbanzo bean, edamame, organic kale, garlic broth (470 cal)...15* **V**
- Teriyaki Quinoa Bowl *broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame (540 cal)...14* **V GF**
- Ancient Grains Bowl *miso sesame glazed sweet potato, turmeric, charred onion, snap pea, grilled portobello, avocado, hemp seed (690 cal)...14* **V**
- Korean Noodle Bowl *sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, toasted sesame (550 cal)...12.5* **V GF**

### PIZZAS

*substitute gluten-free crust (subtracts 80 cal) +2.5*

- 🍴 Butternut Squash *caramelized onion, roasted garlic, organic kale, house-made vegan almond ricotta, dried cranberry, sage (940 cal)...16* **V**
- Chicken Sausage *crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)...15*
- Margherita *crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal)...13.5* **VEG**

### SANDWICHES & BURGERS

*served with choice of kale salad (adds 120 cal) or sweet potato hash (adds 200 cal) | substitute gluten-free pita or bun (subtracts 80/90 cal) +2.5*

- 🍴 Grilled Chicken & Mozzarella Panini *organic DiNapoli tomato sauce, broccolini, mozzarella, herbs, crispy house-made pita (730 cal)...14*
- 🍴 Roasted Squash & Ricotta Panini *butternut squash, lemon ricotta, pickled red onion, herbs, crispy house-made pita (610 cal)...13.5* **VEG**
- Grilled Chicken Avocado Wrap *organic tomato, cucumber, hummus, fresh mozzarella, lemon oregano vinaigrette, house-made pita (830 cal)...13.5*
- Grass-fed Burger\* *umami, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, flaxseed bun (860 cal)...16*
- Turkey Burger *smashed avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (690 cal)...14.5*

### ENTRÉES

- 🍴 Grilled Chicken Parmesan *roasted winter vegetables, organic DiNapoli tomato sauce, mozzarella, herbs (830 cal)...18*
- 🍴 Grilled Sustainable Salmon\* *cauliflower polenta, grilled broccolini, snap pea, edamame, zucchini, pickled red onion, miso, cashew, chili thread (730 cal)...25* **GF**
- 🍴 Lasagna Bolognese *fennel chicken sausage, mushroom, organic spinach, ricotta, herbs (450 cal)...17* **GF**
- Spaghetti Squash Casserole *crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal)...14* **VEG GF**
- Shrimp Tacos\* *smashed avocado, cilantro chimichurri, pickled red onion (410 cal) with choice of kale salad or sweet potato hash (adds 120/200 cal)...19* **GF**
- Grass-fed Steak Tacos\* *smashed avocado, cilantro chimichurri, pickled red onion (560 cal) with choice of kale salad or sweet potato hash (adds 120/200 cal)...19* **GF**

### DESSERTS

- 🍴 Squash Pie *graham crust, coconut whipped cream (480 cal)...9* **V GF**
- Cookies & Ice Cream *chocolate chip cookies served with vanilla ice cream (590 cal)...7* **V GF**
- Flourless Chocolate Cake *caramel, almond, vanilla ice cream, cacao nib (500 cal)...8* **VEG GF**

- 🍴 Seasonal Highlight | **V** Vegan **VEG** Vegetarian **GF** Gluten Friendly

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

*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.*