NUTRITIONAL GUIDE
WINTER 2021
## True Food Kitchen

### Food - Starters

<table>
<thead>
<tr>
<th></th>
<th>Calories (kcal)</th>
<th>Calories from Fat (kcal)</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fatty Acid (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>Protein (g)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasted Brussels Sprouts</td>
<td>280</td>
<td>200</td>
<td>23</td>
<td>2.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1030</td>
<td>18</td>
<td>5</td>
<td>7</td>
<td>Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Fish, Milk, Peanut, Shellfish, Tree Nuts, Wheat, Gluten.</td>
</tr>
<tr>
<td>Charred Cauliflower</td>
<td>410</td>
<td>250</td>
<td>28</td>
<td>3.5</td>
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<td>0</td>
<td>0</td>
<td>1010</td>
<td>36</td>
<td>8</td>
<td>24</td>
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</tr>
<tr>
<td>Edamame Guacamole</td>
<td>650</td>
<td>340</td>
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<td>0</td>
<td>0</td>
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<tr>
<td>Herb Hummus</td>
<td>370</td>
<td>470</td>
<td>46</td>
<td>7</td>
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<td>0</td>
<td>0</td>
<td>1160</td>
<td>62</td>
<td>8</td>
<td>8</td>
<td>Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Eggs, Fish, Peanuts, Shellfish, Soy, Tree Nuts.</td>
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<tr>
<td>Gluten Free Pizza</td>
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<td>390</td>
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<td>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.</td>
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<td>Edamame Dumplings</td>
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<td>Butternut Squash Soup</td>
<td>170</td>
<td>60</td>
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<td>6</td>
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<td>0</td>
<td>570</td>
<td>24</td>
<td>3</td>
<td>14</td>
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### Food - Salads

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<thead>
<tr>
<th></th>
<th>Calories (kcal)</th>
<th>Calories from Fat (kcal)</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fatty Acid (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>Protein (g)</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Seasonal Ingredient Salad</td>
<td>610</td>
<td>320</td>
<td>36</td>
<td>4.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1260</td>
<td>60</td>
<td>8</td>
<td>19</td>
<td>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.</td>
</tr>
<tr>
<td>Seasonal Ingredient Salad (No Dressing)</td>
<td>510</td>
<td>230</td>
<td>26</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1010</td>
<td>59</td>
<td>8</td>
<td>18</td>
<td>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.</td>
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<tr>
<td>Chopped Salad</td>
<td>570</td>
<td>310</td>
<td>35</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>560</td>
<td>58</td>
<td>10</td>
<td>33</td>
<td>Allergen Statement: Contains Soy, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.</td>
</tr>
<tr>
<td>Chopped Salad (No Dressing)</td>
<td>360</td>
<td>120</td>
<td>14</td>
<td>4.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>230</td>
<td>52</td>
<td>10</td>
<td>27</td>
<td>Allergen Statement: Contains Soy, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.</td>
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<tr>
<td>Organic Tuscan Kale Salad</td>
<td>390</td>
<td>290</td>
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<td>0</td>
<td>600</td>
<td>12</td>
<td>4</td>
<td>3</td>
<td>Allergen Statement: Contains Soy, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.</td>
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<tr>
<td>Add On: Organic Tofu</td>
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<td>170</td>
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<td>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.</td>
</tr>
<tr>
<td>Add On: Chicken</td>
<td>180</td>
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<td>0</td>
<td>0</td>
<td>530</td>
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<td>0</td>
<td>0</td>
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</tr>
<tr>
<td>Add On: Grass-fed Steak*</td>
<td>240</td>
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<td>0</td>
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<td>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.</td>
</tr>
<tr>
<td>Add On: Shrimp*</td>
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<td>6</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>180</td>
<td>1</td>
<td>0</td>
<td>0</td>
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</tr>
<tr>
<td>Add On: Salmon*</td>
<td>260</td>
<td>120</td>
<td>16</td>
<td>3.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>450</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain Egg, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</td>
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### Food - Pizzas

<table>
<thead>
<tr>
<th></th>
<th>Calories (kcal)</th>
<th>Calories from Fat (kcal)</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fatty Acid (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>Protein (g)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butternut Squash</td>
<td>940</td>
<td>390</td>
<td>44</td>
<td>4.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1290</td>
<td>122</td>
<td>12</td>
<td>11</td>
<td>Allergen Statement: Contains Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts.</td>
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<tr>
<td>Margherita</td>
<td>850</td>
<td>310</td>
<td>35</td>
<td>16</td>
<td>0</td>
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<td>6</td>
<td>6</td>
<td>Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May contain Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts.</td>
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<tr>
<td>Chicken Sausage</td>
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<td>0</td>
<td>1610</td>
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<tr>
<td>Gluten Free Crust</td>
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<td>390</td>
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## Food - Bowls

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<th>Trans Fat Acid (g)</th>
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<th>Total Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
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<tbody>
<tr>
<td>Grilled Chicken &amp; Mzzarella Panini</td>
<td>730</td>
<td>330</td>
<td>37</td>
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<tr>
<td>Roasted Squash &amp; Ricotta Panini</td>
<td>610</td>
<td>310</td>
<td>35</td>
<td>10</td>
<td>0</td>
<td>45</td>
<td>1430</td>
<td>60</td>
<td>6</td>
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<tr>
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<td>410</td>
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<td>120</td>
<td>1570</td>
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<td>Turkey Burger</td>
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<td>1270</td>
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<td>49</td>
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<td>100</td>
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## Food - Sandwiches & Burgers

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<th>Calories from Fat (kcal)</th>
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<th>Trans Fat Acid (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
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<th>Total Sugar (g)</th>
<th>Protein (g)</th>
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<tr>
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<td>430</td>
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<td>23</td>
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<td>7</td>
<td>75</td>
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<td>2140</td>
<td>27</td>
<td>9</td>
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<td>250</td>
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<td>120</td>
<td>1130</td>
<td>31</td>
<td>5</td>
<td>8</td>
<td>22</td>
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<tr>
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<td>22</td>
<td>10</td>
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<td>60</td>
<td>1360</td>
<td>39</td>
<td>8</td>
<td>16</td>
<td>19</td>
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<td>Shrimp Tacos*</td>
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<td>19</td>
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## Food - Entrées

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<th>Trans Fat Acid (g)</th>
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<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugar (g)</th>
<th>Protein (g)</th>
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<tbody>
<tr>
<td>Grilled Chicken Parmesan</td>
<td>830</td>
<td>430</td>
<td>49</td>
<td>14</td>
<td>0</td>
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<td>2550</td>
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<tr>
<td>Shrimp Tacos*</td>
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<td>170</td>
<td>19</td>
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<td>240</td>
<td>600</td>
<td>29</td>
<td>4</td>
<td>1</td>
<td>29</td>
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Notes:
- Analysis and allergens do not include choice of sides.
- Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
- Analysis and allergens do not include choice of sides.
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- Analysis and allergens do not include choice of sides.
- Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
TRUE FOOD KITCHEN

FOOD - SIDES

<table>
<thead>
<tr>
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<th>Calories (kcal)</th>
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<th>Fat (g)</th>
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<th>Cholesterol (mg)</th>
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<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
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<tr>
<td>Kale Salad</td>
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<td>0</td>
<td>200</td>
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<td>19</td>
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<td>1540</td>
<td>15</td>
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<td>4</td>
<td>6</td>
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<tr>
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<tr>
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FOOD - MEAL PREP

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<tr>
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<th>Fat (g)</th>
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<th>Trans Fatty Acid (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
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<td>63</td>
<td>21</td>
<td>22</td>
<td>22</td>
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<td></td>
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<tr>
<td>Sweet Potato Hash</td>
<td>890</td>
<td>400</td>
<td>45</td>
<td>4.5</td>
<td>0</td>
<td>4440</td>
<td>116</td>
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<td>Herb Hummus</td>
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<td>Power Grains</td>
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<td>22</td>
<td>3</td>
<td>0</td>
<td>810</td>
<td>160</td>
<td>13</td>
<td>4</td>
<td>27</td>
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<td>Brown Rice &amp; Quinoa</td>
<td>830</td>
<td>70</td>
<td>7</td>
<td>1.5</td>
<td>0</td>
<td>30</td>
<td>170</td>
<td>12</td>
<td>2</td>
<td>20</td>
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<tr>
<td>Butternut Squash Soup (Quart)</td>
<td>470</td>
<td>200</td>
<td>23</td>
<td>20</td>
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<td>1830</td>
<td>63</td>
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</tbody>
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Notes:

WINTER 2021
### TRUE FOOD KITCHEN

#### FOOD - FAMILY MEALS

|                    | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes |
|--------------------|----------------|-------------------------|--------|-------------------|---------------|--------------------|--------------|-------------------|------------------------|----------------|------------|
| **Family-style Grilled Chicken Parmesan** | 2090 | 1040 | 117 | 38 | 0 | 65 | 5970 | 37 | 7 | 13 | 219 | Allergen Statement: Contains Milk. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts. |
| **Family-style Spaghetti Squash Casserole** | 1230 | 600 | 66 | 30 | 0 | 180 | 4080 | 117 | 24 | 48 | 57 | Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat. |
| **Family-style Grilled Chicken Avocado Wrap** | 2490 | 1320 | 147 | 27 | 0 | 300 | 4330 | 165 | 12 | 24 | 129 | 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. |
| **Family-style Teriyaki Quinoa Bowl** | 1620 | 650 | 72 | 9 | 0 | 0 | 2700 | 225 | 36 | 57 | 33 | 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. |
| **Family-style Winter Vegetables** | 900 | 700 | 75 | 10 | 0 | 0 | 3300 | 60 | 25 | 15 | 10 | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts. |
| **Family-style Organic Tuscan Kale Salad** | 600 | 500 | 55 | 7.5 | 0 | 0 | 1000 | 20 | 5 | 5 | 10 | Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts. |

#### FOOD - DESSERTS

|                  | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (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 Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten. |
| **Flourless Chocolate Cake** | 590 | 250 | 28 | 23 | 0 | 0 | 340 | 82 | 2 | 50 | 3 | Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten. |
| **Cookies & Ice Cream** | 170 | 60 | 7 | 6 | 0 | 0 | 160 | 27 | 1 | 13 | 1 | Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten. |
| **Vanilla Ice Cream** | 200 | 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 Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten. |

#### FOOD - KIDS

|                  | Calories (kcal) | Calories from Fat (kcal) | Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Total Dietary Fiber (g) | Total Sugars (g) | Protein (g) | Notes |
|------------------|----------------|-------------------------|--------|-------------------|---------------|--------------------|--------------|-------------------|------------------------|----------------|------------|
| **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 Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts. |

**WINTER 2021**
**TRUE FOOD KITCHEN**

**FOOD - BREAKFAST**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories (kcal)</th>
<th>Calories from Fat (kcal)</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fatty Acid (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>Protein (g)</th>
<th>Notes</th>
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<tr>
<td>Smashed Avocado Toast*</td>
<td>100</td>
<td>10</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>Allergen Statement: Does not contain any of the 8 major food allergens. gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</td>
</tr>
<tr>
<td>Banana Pancakes</td>
<td>90</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</td>
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<tr>
<td>Garden Scramble*</td>
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<td>0</td>
<td>0</td>
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<td>0</td>
<td>0</td>
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<td>Allergen Statement: Does not contain any of the 8 major food allergens. gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</td>
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<tr>
<td>Add On: Chicken Sausage</td>
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<td>0</td>
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<td>0</td>
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<td>Allergen Statement: Does not contain any of the 8 major food allergens. gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</td>
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<td>Sunrise Bowl</td>
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<td>0</td>
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<td>0</td>
<td>0</td>
<td>0</td>
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</tr>
<tr>
<td>Egg &amp; Chicken Sausage - Sandwich*</td>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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**BEVERAGE - REFRESHERS & TEA**

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<th>Saturated Fat (g)</th>
<th>Trans Fatty Acid (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>Protein (g)</th>
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<tbody>
<tr>
<td>Andy's Elixir</td>
<td>50</td>
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<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<td>0</td>
<td>0</td>
<td>Allergen Statement: Does not contain any of the 8 major food allergens. gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</td>
</tr>
<tr>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>Allergen Statement: Does not contain any of the 8 major food allergens. gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</td>
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<td>0</td>
<td>0</td>
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</tr>
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<td>0</td>
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<td>Kale Aid</td>
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<td>0</td>
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<tr>
<td>Tea, Generic (with Lemon Wedge)</td>
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<td>0</td>
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<td>0</td>
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**BEVERAGE - ORGANIC FAIR TRADE COFFEE**

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<th>Calories from Fat (kcal)</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fatty Acid (g)</th>
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<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>Protein (g)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Matcha Horchata</td>
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<td>0</td>
<td>0</td>
<td>0</td>
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<td>0</td>
<td>0</td>
<td>0</td>
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<td>Allergen Statement: Does not contain any of the 8 major food allergens. gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</td>
</tr>
<tr>
<td>Espresso</td>
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<td>0</td>
<td>0</td>
<td>0</td>
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</tr>
<tr>
<td>Cappuccino or Latte (Oat MILK)</td>
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<td>40</td>
<td>4.5</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Drip Coffee</td>
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<td>Allergen Statement: Does not contain any of the 8 major food allergens. gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</td>
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## True Food Kitchen

### BEVERAGE - CRAFT COCKTAILS

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<th>Calories from Fat (kcal)</th>
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<th>Saturated Fat (g)</th>
<th>Trans Fatty Acid (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>Protein (g)</th>
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<tr>
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<td>0</td>
<td>0</td>
<td>0</td>
<td>28</td>
<td>0</td>
<td>26</td>
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<td>Citrus Skinny Margarita</td>
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<td>LaPalma</td>
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<tr>
<td>The Herbalist</td>
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<td>0</td>
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<td>Common Bond</td>
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<td>Classic Moscow</td>
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<td>0</td>
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<td>A is for Apples</td>
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<td>14</td>
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<td>Prairie Mary</td>
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<td>0</td>
<td>630</td>
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<td>0</td>
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</tbody>
</table>

**Notes**
- 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 - SPARKLING, WHITE & RED WINE

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories (kcal)</th>
<th>Calories from Fat (kcal)</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fatty Acid (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>Protein (g)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wine, 6 fl oz</td>
<td>150</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>10</td>
<td>5</td>
<td>0</td>
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<td>Wine, 9 fl oz</td>
<td>220</td>
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<td>0</td>
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<td>2</td>
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<tr>
<td>Wine, Bottle (750 mL)</td>
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</table>

**Notes**
- USDA average values for table wine; analysis for 6 fl oz.
- USDA average values for table wine; analysis for 9 fl oz.
- USDA average values for bottle (750 mL)

### BEVERAGE - BEER & SELTZER

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories (kcal)</th>
<th>Calories from Fat (kcal)</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Trans Fatty Acid (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Carbohydrates (g)</th>
<th>Total Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
<th>Protein (g)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
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<td>Regular, 12 fl oz</td>
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<td>13</td>
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<td>Stella Artois</td>
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<tr>
<td>Dogfish Head “10 Minute IPA”</td>
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<td>Truly Hard Seltzer</td>
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<td>1</td>
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<tr>
<td>New Belgium Brewing “Fat Tire Amber Ale”</td>
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**Notes**
- USDA average values for beer; analysis for 12 fl oz.
- USDA average values for beer; analysis for 12 fl oz.

Values shown are for full dish. Values are current as of January 2021. 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 Delaware, 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.*