

TRUE FOOD KITCHEN SPRING 2021

REFRESHERS & TEA...5

- 🌿 Organic Raspberry Lemonade (110 cal)
- 🌿 Organic Dragon Fruit Limeade (110 cal)
- 🌿 Sparkling Mango Tea *mango, black tea, lemon* (80 cal)
- Sparkling Prickly Pear Tisane *prickly pear, hibiscus, lime* (70 cal)
- Andy's Elixir *sea buckthorn, honey, bubbly water* (150 cal)
- Adaptogenic Tulsi Tea *ginger, honey, holy basil, lemon* (60 cal) +1
- Kale Aid *kale, ginger, apple, celery, cucumber, lemon* (100 cal) +4

STARTERS

- 🌿 Tuna Lettuce Cups* *wild caught tuna, baru nut sauce, turmeric nuoc cham, shaved carrot, persian cucumber, cilantro, thai basil, mint, bibb lettuce* (290 cal)...14 **GF**
- Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio* (410 cal)...9 **VEG**
- Edamame Guacamole *avocado, cilantro pesto, pumpkin seed, aleppo chili & house-made pita chips* (650 cal)...11 **V**
- Herb Hummus *cucumber, cherry 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**
- 🌿 Creamy Tomato Soup *10oz cup - organic tomato, fennel, coconut cream, scallion* (240 cal)...8 **VEG**

SALADS & BOWLS

- tofu* (adds 230-250 cal) +4 | *chicken* (adds 190-210 cal) +5 | *grass-fed steak** (adds 240-260 cal) +6 | *shrimp** (adds 140-160 cal) +6 | *salmon** (adds 260 cal) +9
- 🌿 Good Earth Kale Cobb *cashew poblano ranch, avocado, asparagus, snap pea, pickled jicama, coconut bacon, cherry tomato, garbanzo bean, gorgonzola* (440 cal)...14 **VEG**
 - 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**
 - Teriyaki Quinoa Bowl *broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame* (540 cal)...14 **VEG**
 - 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 **VEG**

PIZZAS

- substitute gluten-free crust* (subtracts 80 cal) +2.5
- 🌿 Spinach & Mushroom *organic spinach, roasted mushroom, garlic purée, caramelized onion, house-made vegan almond ricotta, aleppo chili* (970 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**

BURGERS & SANDWICHES

- served with choice of kale salad or sweet potato hash* (adds 120/200 cal) | *substitute gluten-free pita or bun* (subtracts 80/90 cal) +2.5
- Grass-fed Burger* *umami, mushroom, caramelized onion, organic arugula, parmesan, veganaise, flaxseed bun* (860 cal)...16.5
 - 🌿 Vegan Double Cheeseburger *house-made with portobello, walnut, beet, kuzu, lettuce, pickled onion, organic tomato, vegan cheddar, veganaise, flaxseed bun* (970 cal)...16 **V**
 - Turkey Burger *smashed avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun* (690 cal)...14.5
 - Grilled Chicken & Mozzarella Panini *organic DiNapoli tomato sauce, broccolini, mozzarella, herbs, chili flake, crispy house-made pita* (730 cal)...14
 - Grilled Chicken Avocado Wrap *organic tomato, cucumber, hummus, fresh mozzarella, lemon oregano vinaigrette, house-made pita* (830 cal)...13.5

ENTRÉES

- 🌿 Poke Bowl* *wild caught tuna, brown rice, quinoa, avocado, pickled jicama, snap pea, pickled shiitake, lemongrass ponzu, sesame seed* (530 cal)...22 **GF**
- 🌿 Grilled Sustainable Salmon* *farro, quinoa, zucchini, asparagus, cherry tomato, snap pea, lemon oregano vinaigrette, cilantro pumpkin seed pesto* (670 cal)...25
- Grilled Chicken Parmesan *roasted spring vegetables, organic DiNapoli tomato sauce, mozzarella, herbs* (850 cal)...18
- 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**
- 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**

🌿 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.

CRAFT COCKTAILS...13

- 🌿 Dragon Fruit Margarita *organic tequila, dragon fruit, ginger, lime* (200 cal)
- Citrus Skinny Margarita *organic tequila, cucumber, mint* (170 cal)
- 🌿 Strawberry Smash *organic vodka, strawberry, mint, lemon* (190 cal)
- 🌿 The Monarch *organic gin, elderflower, butterfly pea flower, tonic* (170 cal)
- 🌿 Pool Party *organic rum, passion fruit, mango, coconut, lime* (260 cal)
- 🌿 Apricots & Bourbon *bourbon, apricot, lemon* (230 cal)

TRUE FOOD KITCHEN

BRUNCH | SPRING

CRAFT COCKTAILS...12

- 🌿 Strawberry Soirée *cava, strawberry, lemon (190 cal)*
- Classic Mimosa *cava, fresh squeezed orange (150 cal)*
- Prairie Mary *organic vodka, organic tomato, house spice blend, lemon (150 cal)*

ORGANIC FAIR TRADE COFFEE & TEA

- Adaptogenic Tulsi Tea *ginger, honey, holy basil, lemon (60 cal)...6*
- Matcha Horchata *oat milk, cinnamon, matcha, vanilla (240 cal)...6.5*
- Espresso (5 cal)...3
- Americano (5 cal)...4
- Cappuccino (80 cal)...4.5
- Latte (80 cal)...4.5
- Drip Coffee (0 cal)...3.5

BREAKFAST

Smashed Avocado Toast*

organic sunny side up eggs, smoked gouda, sesame, grilled whole wheat (560 cal)...13 VEG

Banana Pancakes

quinoa, greek yogurt, maple syrup (550 cal)...11 VEG GF

🌿 Garden Scramble*

grilled asparagus, onion, poblano pepper, smoked gouda, parmesan, sweet potato (520 cal)...12 VEG GF
add chicken sausage (110 cal) +3 GF

Sunrise Bowl*

organic sunny side up eggs, ancient grains, sweet potato, grilled portobello, avocado, hemp seed, cilantro pumpkin seed pesto (640 cal)...15 VEG

Egg & Chicken Sausage Sandwich*

manchego, organic tomato, smashed avocado (660 cal) & sweet potato hash (adds 200 cal)...13

🌿 Seasonal Highlight | 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.*

TRUE FOOD KITCHEN SPRING 2021

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 who utilize organic, sustainable, or bio-dynamic practices.

WINE

SPARKLING

	6oz (150 cal)	9oz (220 cal)	Bottle (620 cal)
Cava Mercat (Penedès, Spain) <i>s</i>	11	-	42
Sparkling Rosé Amelia (Bordeaux, France) <i>s</i>	15	-	58

WHITE

Pinot Grigio Tangent (Edna Valley, CA) <i>Proprietary Label s</i>	10	15	38
Sauvignon Blanc Blalock + Moore (Marlborough, New Zealand) <i>Proprietary Label s</i>	11	16	42
Sauvignon Blanc Haras de Pirque "Albaclara" (Leyda Valley, Chile) <i>o</i>	9	13	34
Sauvignon Blanc Yealands "Single Vineyard" (Awatere Valley, New Zealand) <i>s</i>	-	-	66
Chardonnay Origin (California) <i>Proprietary Label o</i>	10	15	38
Chardonnay Imagery (Sonoma County, CA) <i>s</i>	12	18	46
Chardonnay Frog's Leap (Napa Valley, CA) <i>o</i>	15	22	58
Chardonnay Rombauer (Los Carneros, CA) <i>s</i>	-	-	80

ROSÉ

Rosé of Syrah & Grenache Charles & Charles (Columbia Valley, WA) <i>s</i>	12	18	46
Rosé of Cinsault & Grenache Miraval "Studio" (Méditerranée) <i>s</i>	14	21	54

RED

Pinot Noir Benziger (Monterey County, CA) <i>s</i>	12	18	46
Pinot Noir Parducci (Mendocino, CA) <i>s</i>	11	16	42
Pinot Noir Montinore (Willamette Valley, OR) <i>b</i>	14	21	54
Pinot Noir Valravn "Fox Block XIV" (Russian River, CA) <i>Proprietary Label s</i>	-	-	66
Malbec Alamos (Mendoza, Argentina) <i>s</i>	10	15	38
Cannonau Alta Vita (Sardinia, Italy) <i>Proprietary Label s</i>	9	13	34
Sangiovese Borgo Scopeto "Chianti Classico" (Chianti, Italy) <i>s</i>	12	18	46
Cabernet Sauvignon Terrazas de los Andes (Mendoza, Argentina) <i>s</i>	10	15	38
Cabernet Sauvignon Long Meadow Ranch "Farmstead" (Napa Valley, CA) <i>o</i>	14	21	54
Cabernet Sauvignon Hunt & Harvest (Napa Valley, CA) <i>o</i>	-	-	72

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 *GF*

s Sustainable *o* Organic *b* Bio-Dynamic *GF* Gluten Free | 2,000 calories a day is used for general nutrition advice, but calorie needs vary.
We proudly pour: Dulce Vida Organic Tequila, Prairie Organic Gin & Vodka, Drake's Organic Rum, Old Grand-Dad Bourbon, Giffard, Barrow's Intense Ginger Liqueur, St. Germain Elderflower Liqueur, Fever-Tree Tonic, Tractor Organic, Reäl Syrup & Monin Syrup

TRUE FOOD KITCHEN

KIDS | SPRING

🌱 Organic Raspberry Lemonade

(110 cal)...5

🌱 Organic Dragon Fruit Limeade

(110 cal)...5

Mozzarella & Organic Tomato Pizza

(740 cal)...8 VEG

Grass-fed Burger*

mozzarella, flaxseed bun, carrots & herb hummus (750 cal)...8.5

Chicken Teriyaki Bowl

broccoli, rainbow carrot, green bean, snap pea, brown rice & quinoa (320 cal)...8 GF

🌱 Seasonal Highlight | VEG Vegetarian GF Gluten Friendly

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, 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.

TRUE FOOD KITCHEN

DESSERTS | SPRING

DESSERTS

 Avocado Key Lime Pie
organic strawberry, cashew, coconut whipped cream (430 cal)...10 **V**

Flourless Chocolate Cake
caramel, almond, vanilla ice cream, cacao nib (500 cal)...8 **VEG GF**

Cookies & Ice Cream
chocolate chip cookies served with vanilla ice cream (590 cal)...8 **V GF**

TEA

Adaptogenic Tulsi Tea
ginger, honey, holy basil, lemon (60 cal)...6

Matcha Horchata
oat milk, cinnamon, matcha, vanilla (240 cal)...6.5

Jasmine Pearl Green Tea (5 cal)...6

Darjeeling (5 cal)...5

Classic Chai (5 cal)...5

Peppermint *herbal* (5 cal)...4

Chamomile *herbal* (5 cal)...5

ORGANIC FAIR TRADE COFFEE

Espresso (5 cal)...3

Americano (5 cal)...4

Cappuccino (80 cal)...4.5

Latte (80 cal)...4.5

Drip Coffee (0 cal)...3.5

 *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.*