

NUTRITIONAL GUIDE
SPRING 2021

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 |
|---------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Tuna Lettuce Cups* | 290 | 120 | 13 | 2.5 | 0 | 25 | 1640 | 22 | 4 | 15 | 24 | Allergen Statement: Contains Tree Nuts (Baru Nuts), Fish (Tuna), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other 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. |
| Creamy Tomato Soup | 240 | 130 | 15 | 8 | 0 | 0 | 1700 | 24 | 7 | 12 | 6 | 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 - 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 |
|-----------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Good Earth Kale Cobb | 440 | 290 | 33 | 11 | 0 | 25 | 880 | 30 | 12 | 7 | 15 | Allergen Statement: Contains Tree Nuts (Cashew, Coconut), Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten. |
| Vegan Good Earth Kale Cobb | 520 | 360 | 40 | 6 | 0 | 0 | 490 | 32 | 14 | 7 | 16 | Allergen Statement: Contains Tree Nuts (Walnuts, Cashew, Coconut), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, 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: 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 | 190 | 90 | 10 | 1.5 | 0 | 65 | 530 | 1 | 0 | 0 | 24 | 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. |

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 |
|--------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Spinach & Mushroom | 970 | 420 | 48 | 5 | 0 | 0 | 1240 | 117 | 6 | 8 | 24 | Analysis for 1 pizza. Allergen Statement: Contains Tree nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, 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 - 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: 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 | 210 | 90 | 10 | 2 | 0 | 65 | 780 | 3 | 0 | 2 | 25 | 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 - SANDWICHES & BURGERS

| | 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 Chicken & Mozzarella Panini | 730 | 330 | 37 | 12 | 0 | 135 | 1410 | 49 | 4 | 4 | 49 | 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. |
| 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. |
| Vegan Double Cheeseburger | 970 | 490 | 55 | 9 | 0 | 0 | 1910 | 99 | 10 | 18 | 22 | Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Soy, Tree Nuts (Walnuts, Coconut). Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts. |
| 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 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. |
| 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. |

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 |
|-----------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Grass-fed NY Strip* | 930 | 560 | 63 | 19 | 1.5 | 135 | 1720 | 32 | 5 | 5 | 64 | 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. |
| Poke Bowl* | 530 | 160 | 18 | 3.5 | 0 | 30 | 440 | 64 | 11 | 9 | 31 | Allergen Statement: Contains Fish (Tuna), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten. |
| Grilled Sustainable Salmon* | 670 | 410 | 46 | 7 | 0 | 70 | 1300 | 31 | 6 | 9 | 38 | Allergen Statement: Contains Wheat, Fish (Salmon). Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts. |
| Grilled Chicken Parmesan | 850 | 460 | 52 | 14 | 0 | 215 | 2490 | 21 | 6 | 7 | 76 | Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts. |
| 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. |
| Shrimp Tacos* | 410 | 170 | 19 | 2.5 | 0 | 240 | 600 | 29 | 4 | 1 | 29 | 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* | 560 | 380 | 43 | 9 | 0 | 105 | 610 | 28 | 4 | 1 | 29 | 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 - 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. |
| Spring Vegetables | 160 | 120 | 14 | 2 | 0 | 0 | 520 | 9 | 4 | 3 | 3 | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts. |
| Pita | 210 | 25 | 2.5 | 0 | 0 | 0 | 150 | 39 | 2 | 1 | 6 | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain 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. |

FOOD - MEAL PREP

| | 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 |
|----------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Tofu | 1150 | 850 | 95 | 12.5 | 0 | 0 | 575 | 30 | 0 | 0 | 60 | 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. |
| Chicken | 900 | 400 | 45 | 7.5 | 0 | 300 | 2650 | 5 | 0 | 0 | 110 | 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. |
| Grass-fed Steak* | 1200 | 1000 | 110 | 25 | 0 | 375 | 850 | 0 | 0 | 0 | 90 | 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. |
| Shrimp* | 700 | 250 | 30 | 5 | 0 | 900 | 1150 | 5 | 0 | 0 | 100 | 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. |
| Salmon* | 1300 | 700 | 80 | 17.5 | 0 | 350 | 2250 | 10 | 0 | 0 | 145 | 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. |
| Charred Cauliflower | 1140 | 660 | 74 | 10 | 0 | 0 | 2360 | 106 | 25 | 72 | 31 | 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. |
| Spring Vegetables | 540 | 420 | 47 | 6 | 0 | 0 | 1630 | 28 | 13 | 7 | 10 | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts. |
| Sweet Potato Hash | 890 | 400 | 45 | 4.5 | 0 | 0 | 4440 | 116 | 18 | 38 | 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. |
| Herb Hummus | 2130 | 1230 | 138 | 21 | 0 | 5 | 3480 | 186 | 24 | 24 | 45 | Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts. |
| Power Grains | 940 | 200 | 22 | 3 | 0 | 0 | 810 | 160 | 13 | 4 | 27 | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts. |
| Brown Rice & Quinoa | 830 | 70 | 7 | 1.5 | 0 | 0 | 30 | 170 | 12 | 2 | 20 | 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. |
| Creamy Tomato Soup (Quart) | 760 | 420 | 47 | 24 | 0 | 0 | 5410 | 78 | 22 | 37 | 18 | 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. |

TRUE FOOD KITCHEN

FOOD - FAMILY MEALS

| | 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 |
|--|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Family-style Grilled Chicken Parmesan | 2090 | 1040 | 117 | 38 | 0 | 650 | 5970 | 37 | 7 | 13 | 219 | Allergen Statement: Contains Milk, Wheat. 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, Gluten. |
| Family-style Grilled Chicken Avocado Wrap | 2490 | 1320 | 147 | 27 | 0 | 300 | 4530 | 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 | 630 | 72 | 9 | 0 | 0 | 2790 | 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 Spring Vegetables | 780 | 590 | 66 | 9 | 0 | 0 | 2490 | 45 | 22 | 12 | 17 | 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. |
| <i>See Meal Prep section for protein information</i> | | | | | | | | | | | | |

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 |
|--------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Avocado Key Lime Pie | 430 | 210 | 23 | 9 | 0 | 0 | 260 | 49 | 3 | 24 | 6 | Allergen Statement: Contains Wheat, Soy, Tree Nuts (Cashew, Coconut). Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts. |
| 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. |
| Cookies & Ice Cream | 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 Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten. |
| Chocolate Chip Cookie | 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 Egg, Fish, Milk, Peanuts, Shellfish, Soy, 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

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 | 150 | 17 | 2 | 0 | 85 | 1040 | 95 | 5 | 45 | 10 | 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* | 520 | 300 | 34 | 10 | 0 | 660 | 1530 | 24 | 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. |
| Grass-fed NY Strip & Eggs* | 1030 | 530 | 59 | 20 | 1.5 | 500 | 1580 | 49 | 4 | 5 | 76 | Allergen Statement: Contains Egg, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts. |

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 |
|---------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Organic Raspberry Lemonade | 110 | 0 | 0 | 0 | 0 | 0 | 15 | 26 | 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. |
| Organic Dragon Fruit Limeade | 110 | 0 | 0 | 0 | 0 | 0 | 10 | 26 | 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. |
| Andy's Elixir | 150 | 10 | 1 | 0 | 0 | 0 | 5 | 38 | 1 | 35 | 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 Mango Tea | 80 | 0 | 0 | 0 | 0 | 0 | 10 | 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. |
| Adaptogenic Tulsi Tea | 60 | 0 | 0 | 0 | 0 | 0 | 15 | 16 | 0 | 14 | 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. |
| 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. |
| Matcha Horchata | 240 | 90 | 9 | 0.5 | 0 | 0 | 105 | 40 | 2 | 35 | 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, Other 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 |
|--------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| 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. |
| Americano | 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) | 80 | 40 | 4.5 | 0 | 0 | 0 | 60 | 8 | 1 | 5 | 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. |
| Drip Coffee | 0 | 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 |
|-------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Dragon Fruit Margarita | 200 | 0 | 0 | 0 | 0 | 0 | 65 | 19 | 0 | 17 | 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. |
| Strawberry Smash | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 0 | 17 | 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. |
| The Monarch | 170 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 13 | 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. |
| Pool Party | 260 | 15 | 1.5 | 1.5 | 0 | 0 | 15 | 33 | 0 | 29 | 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. |
| Apricots & Bourbon | 230 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | 0 | 24 | 0 | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts. |
| Strawberry Soiree | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 21 | 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. |
| 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. |
| 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, RED & WHITE 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. |
| New Belgium Brewing "Fat Tire Amber Ale" | 160 | 0 | 0 | 0 | 0 | 0 | 15 | 15 | 0 | 0 | 2.2 | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts. |

Values shown are for full dish. Values are current as of April 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 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.