TRUE FOOD KITCHEN WINTER

REFRESHERS & TEA

- Apple Lemonade *(170 cal)*...5
- OG *ginger, honey, lime (120 cal)*...6
- Passion Fruit Limeade *(110 cal)*...5
- Sparkling Prickly Pear Tisane *prickly pear, hibiscus, lime (70 cal)*...5
- Adaptogenic Tulsi Tea *ginger, honey, holy basil, lemon (60 cal)*...6
- Kale Aid *kale, ginger, apple, celery, cucumber, lemon (100 cal)*...9
- Matcha Horchata *oat milk, cinnamon, matcha, vanilla (240 cal)*...6.5
- Sea Buckthorn Shot *wellness shot (60 cal)*...4

CRAFT COCKTAILS

- Common Bond *bourbon, pressed apple, chai spice, lemon (110 cal)*...13
- Beach Party *organic spiced rum, pineapple, coconut, lime (290 cal)*...14
- Rosé Sangria *(260 cal)*...13
- Cause-Mo *organic vodka, prickly pear, lime (170 cal)*...14
- Passion Fruit Margarita *organic reposado tequila, passion fruit, lime (210 cal)*...14
- Citrus Skinny Margarita *organic tequila, cucumber, mint (170 cal)*...13
- Juniper Rose *rose-infused gin, lime, grapefruit, thyme (170 cal)*...13

STARTERS

- Butternut Squash Soup *10oz cup - butternut squash, sage (170 cal)*...8 V GF
- Truffle Honey & Pear Flatbread *artisan crust, organic pear, goat cheese, walnut, organic arugula, cashew butternut squash purée (570 cal)*...12 VEG
- Roasted Brussels Sprouts *mushroom, miso sesame vinaigrette, chili thread (280 cal)*...10 V GF
- Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio (410 cal)*...10 V GF
- Edamame Guacamole *avocado, cilantro pesto, pumpkin seed, aleppo chili & house-made pita chips (650 cal)*...11.5 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, herbs (270 cal)*...12 VEG

SALADS & BOWLS

tofu (adds 140-160 cal) +4 | chicken (adds 190-210 cal) +5 | shrimp (adds 120-140 cal) +6 | grass-fed steak* (adds 240-260 cal) +8 | salmon* (adds 260 cal) +9*

- Seasonal Ingredient Salad *butternut squash, cauliflower, brussels sprout, cannellini bean, organic kale, mulberry, pomegranate, horseradish vinaigrette (610 cal)*...14.5 V GF
- Chopped Salad *medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal)*...13 VEG
- Tuscan Kale Salad *organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)*...11 VEG
- Spicy Panang Curry *forbidden rice, sweet potato, broccolini, green bean, carrot, roasted brussels sprout, onion, basil, mint, thai shellfish curry broth (650 cal)*...15.5 GF
- Teriyaki Quinoa Bowl *broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame (540 cal)*...14.5 V GF
- Ancient Grains Bowl *miso sesame sweet potato, turmeric, charred onion, snap pea, portobello, avocado, hemp seed, cilantro pumpkin seed pesto (690 cal)*...14.5 V
- Spaghetti Squash Casserole *crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal)*...14.5 VEG GF
- Korean Noodle Bowl *sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, toasted sesame (550 cal)*...14 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)*...14 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, mayonnaise, flaxseed bun (860 cal)*...16.5
- Vegan Double Cheeseburger *house-made with portobello, walnut, beet, lettuce, pickled onion, organic tomato, vegan cheddar, vegenaise, flaxseed bun (970 cal)*...16.5 V
- Grilled Chicken & Mozzarella Panini *organic DiNapoli tomato sauce, broccolini, mozzarella, herbs, chili flake, crispy house-made pita (730 cal)*...14.5
- Turkey Burger *smashed avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (690 cal)*...15
- Grilled Chicken Avocado Wrap *organic tomato, cucumber, hummus, fresh mozzarella, lemon oregano vinaigrette, house-made pita (830 cal)*...14

ENTRÉES

- Poke Bowl* *wild caught tuna, brown rice, quinoa, avocado, pickled jicama, bok choy, pickled shiitake, lemongrass ponzu, sesame seed (550 cal)*...22 GF
- Pan Seared Sea Bass *sustainable sea bass, umami, broccolini, roasted mushroom, charred onion, ancient grains, dashi, herbs (590 cal)*...31
- Grilled Sustainable Salmon* *farro, quinoa, seasonal vegetables, cilantro pumpkin seed pesto (700 cal)*...25.5
- Lasagna Bolognese *fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)*...17.5 GF
- Grilled Chicken Parmesan *seasonal vegetables, organic DiNapoli tomato sauce, mozzarella, herbs (910 cal)*...18
- Shrimp Tacos* *jicama slaw, cherry tomato, chimichurri, zucchini salsa verde, street corn, cauliflower rice (540 cal)*...19 GF
- Grass-fed Steak Tacos* *jicama slaw, cherry tomato, chimichurri, zucchini salsa verde, street corn, cauliflower rice (720 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.

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**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

BRUNCH | WINTER

CRAFT COCKTAILS

Rosé Sangria *(260 cal)*...13

Classic Mimosa *organic cava, fresh squeezed orange (150 cal)*...12

Prairie Mary *organic vodka, organic tomato, house spice blend, lemon (150 cal)*...12

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

Caffè Latte *(80 cal)*...4.5

Vanilla Spiced Latte *(150 cal)*...6

Drip Coffee *(0 cal)*...3.5

BREAKFAST

Two Egg Breakfast*
organic sunny side up eggs, chicken sausage, sweet potato hash, organic whole wheat crostini (620 cal)...17.5

Smashed Avocado Toast*
organic sunny side up eggs, smoked gouda, sesame, organic whole wheat crostini (560 cal)...13 VEG

Banana Pancakes
quinoa, greek yogurt, maple syrup (550 cal)...11.5 VEG GF

Garden Scramble*
organic eggs, broccolini, onion, poblano pepper, smoked gouda, parmesan, sweet potato (520 cal)...12.5 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*

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V1b

TRUE FOOD KITCHEN WINTER

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

	6oz (150 cal)	9oz (220 cal)	Bottle (620 cal)
SPARKLING			
Cava *Mercat (Penedès, Spain)* s	11	-	42
Sparkling Rosé *Amelia (Bordeaux, France)* s	15	-	58
WHITE			
Pinot Grigio *Tangent (Edna Valley, CA)* Proprietary Label s	10	15	38
Sauvignon Blanc *Blalock + Moore (Marlborough, New Zealand)* Proprietary Label s	11	16	42
Sauvignon Blanc *Haras de Pirque "Albaclara" (Leyda Valley, Chile)* o	9	13	34
Sauvignon Blanc *Yealands "Single Vineyard" (Awatere Valley, New Zealand)* s	-	-	66
Chardonnay *Origin (California)* Proprietary Label o	10	15	38
Chardonnay *Imagery (Sonoma County, CA)* s	12	18	46
Chardonnay *Frog's Leap (Napa Valley, CA)* o	15	22	58
Chardonnay *Rombauer (Los Carneros, CA)* s	-	-	80
ROSÉ			
Rosé of Grenache *Pour les Gens (Vin de France)* Proprietary Label s	12	18	46
Rosé of Cinsault & Grenache *Miraval "Studio" (Méditérranée)* s	14	21	54
RED			
Pinot Noir *Benziger (Monterey County, CA)* s	12	18	46
Pinot Noir *Parducci (Mendocino, CA)* s	11	16	42
Pinot Noir *Montinore (Willamette Valley, OR)* B	14	21	54
Pinot Noir *Duckhorn "Decoy" (Anderson Valley, CA)* s	-	-	58
Malbec *Alamos (Mendoza, Argentina)* s	10	15	38
Cannonau *Alta Vita (Sardinia, Italy)* Proprietary Label s	9	13	34
Sangiovese *Borgo Scopeto "Chianti Classico" (Chianti, Italy)* s	12	18	46
Cabernet Sauvignon *Terrazas de los Andes (Mendoza, Argentina)* s	10	15	38
Cabernet Sauvignon *Long Meadow Ranch "Farmstead" (Napa Valley, CA)* o	14	21	54
Cabernet Sauvignon *Hunt & Harvest (Napa Valley, CA)* o	-	-	72

BEER

Local Rotating...7

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

Dogfish Head *Hazy-O! IPA (220 cal)...7*

Stella Artois *(140 cal)...6*

Truly Hard Seltzer *(100 cal)...6* GF

Strainge Beast Hard Kombucha *(180-190 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, Reàl & Monin.

V3b

TRUE FOOD KITCHEN

DESSERT | WINTER

DESSERTS

Squash Pie
graham crust, coconut whipped cream (480 cal)...9 V GF

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

Caffè Latte *(80 cal)*...4.5

Vanilla Spiced Latte *(150 cal)*...6

Drip Coffee *(0 cal)*...3.5

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

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TRUE FOOD KITCHEN

KIDS | WINTER

Apple Lemonade
(170 cal)...5

Passion Fruit Limeade
(110 cal)...5

Mozzarella & Organic Tomato Pizza
(740 cal)...8.5 VEG

Grass-fed Burger*
mozzarella, flaxseed bun, carrots & herb hummus (750 cal)...9

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.

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