

TRUE FOOD KITCHEN



STARTERS

Herb Hummus *cucumber, cherry tomato, onion, olive, feta, pita*...9 VEG

Charred Cauliflower *harissa tahini, medjool date, mint, pistachio*...11.5 VGF

Roasted Brussels Sprouts *roasted mushroom, toasted sesame, miso vinaigrette*...11.5 VGF

SALADS

Tuscan Kale Salad *organic kale, lemon, garlic, parmesan, breadcrumb*...9.5 VEG

Roasted Vegetable Salad *brussels sprout, cauliflower, sweet potato, organic kale, lemon, garlic, pistachio*...14 VGF

BOWLS

Good Earth Bowl *miso glazed sweet potato, portobello mushroom, caramelized onion, brussels sprout, avocado, toasted sesame, brown rice & quinoa, cilantro pumpkin seed pesto*...14 VGF

Teriyaki Sesame Bowl *broccoli, shaved carrot, portobello mushroom, bok choy, brown rice & quinoa, avocado, toasted sesame*...14 VGF

Korean Noodle Bowl *sweet potato glass noodle, pickled mushroom, organic spinach, carrot, bean sprout, toasted sesame, cilantro*...13 VGF

PROTEIN PLATES

pick a protein + 2 sides + 1 sauce

Grilled Tofu...11 VGF

Grilled Chicken...13

Grilled Salmon*...19

SIDES:

Kale Salad, Miso Glazed Brussels Sprouts, Brown Rice & Quinoa, Sweet Potato Hash, Moroccan Cauliflower, Roasted Broccoli

SAUCES:

Teriyaki, Harissa Tahini, Cilantro Pumpkin Seed Pesto, Hummus

GLUTEN-FREE PIZZAS

Margherita *organic DiNapoli tomato, fresh mozzarella, basil*...13 VEGGF

Chicken Pesto *fresh mozzarella, organic cherry tomato, red onion, arugula, lemon, chili flake*...14 GF

Veggie *organic DiNapoli tomato, house-made vegan almond ricotta, portobello, organic spinach, red onion, extra virgin olive oil*...13 VGF

Chicken Sausage *organic DiNapoli tomato, fresh mozzarella, caramelized onion, basil, chili flake*...14 GF

SANDWICHES

add a side +3.5

100% Grass-fed Umami Burger* *mushroom, caramelized onion, arugula, parmesan, mayonnaise, flaxseed bun, umami sauce*...14.5

100% Grass-fed Cheeseburger* *special sauce, cheddar cheese, tomato, lettuce, red onion, flaxseed bun*...14

House-made Vegan Double Cheeseburger *special sauce, vegan cheese, tomato, lettuce, red onion, flaxseed bun*...14 v

House-made Vegan Umami Double Cheeseburger *mushroom, caramelized onion, arugula, vegan cheese, flaxseed bun, umami sauce*...14 v

Grilled Chicken & Avocado Wrap *sliced avocado, red onion, arugula, cucumber, cherry tomato, hummus, pita*...12

Grilled Tofu & Avocado Wrap *sliced avocado, red onion, arugula, cucumber, cherry tomato, hummus, pita*...11 v

SIDES

Tuscan Kale Salad...3.5 VEG

Sweet Potato Hash...4 v

Moroccan Cauliflower...5 v

Miso Glazed Brussels Sprouts...4 v

Roasted Broccoli...4 v

Brown Rice & Quinoa...3 v

PROTEIN ADDS

Tofu...4 VGF

Chicken...6

Salmon*...12

DESSERTS

Chocolate Chip Cookie...2 VGF

Half Dozen Chocolate Chip Cookies...10 VGF

BEVERAGES

Tractor Lemonade *lemon, organic sugar*...3.25

ADD: *hibiscus, passion fruit, mango, or dragon fruit* +.50

Tractor Limeade *lime, organic sugar*...3.25

ADD: *hibiscus, passion fruit, mango, or dragon fruit* +.50

New Wave Soda...3.25

Boxed Water...2.75

TRUE FOOD KITCHEN TO-GO

Introducing True Food Kitchen To-Go, a new takeout-only location serving Tempe, AZ and surrounding areas with a curated selection of starters, salads, sandwiches, and bowls. Our True Food chefs use this To-Go concept to develop and test new offerings - so the menu is updated regularly.

ORDER ONLINE AT TRUEFOODKITCHEN.COM

v Vegan VEG Vegetarian GF Gluten Friendly

*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.