

**NUTRITIONAL GUIDE
SPRING 2022**

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
Corn Tortilla Soup	250	60	6	0.5	0	0	3060	45	7	8	7	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.
Tomato & Lemon Ricotta Flatbread	470	230	26	7	0	30	1020	48	2	7	14	Allergen Statement: Contains Dairy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Wild Caught Tuna Tostada*	420	220	25	4	0	45	1260	22	4	4	26	Allergen Statement: Contains Soy, Wheat, Eggs, Fish(Tuna). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
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.

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	510	290	32	9	0	25	1020	42	15	9	19	Allergen Statement: Contains Tree Nuts (Cashew), Dairy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Good Earth Kale Cobb (No Dressing)	410	200	23	7	0	25	1040	40	15	8	18	Allergen Statement: Contains Dairy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Mediterranean Quinoa	580	320	36	5	0	10	730	51	11	14	16	Allergen Statement: Contains Tree Nuts (Almond), Dairy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Mediterranean Quinoa (No Dressing)	420	190	21	4	0	10	580	47	10	10	16	Allergen Statement: Contains Tree Nuts (Almond), Dairy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Chopped Salad	570	310	35	6	0	15	560	58	10	33	11	Allergen Statement: Contains 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 Milk, Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.
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	140	90	10	1.5	0	0	85	5	1	0	10	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	50	6	1.5	0	90	350	1	0	1	32	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*	120	30	3	0.5	0	195	440	1	0	0	21	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, Milk, 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
Spicy Panang Curry	600	280	31	25	0	0	2170	70	7	29	9	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Shellfish, Fish(Fish Sauce). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
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.
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.
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	160	90	10	1.5	0	0	330	8	1	2	10	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	60	6	1.5	0	90	600	3	0	2	33	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	140	35	3.5	0.5	0	195	690	4	0	2	22	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 - BURGERS & SANDWICHES

	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*	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.
Vegan Double Cheeseburger	970	490	55	9	0	0	1910	99	6	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.
Vegan Double Cheeseburger (Woodlands, Jacksonville & New Orleans Only)	850	390	43	8	0	0	1860	100	6	19	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.
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.
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.
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.
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 - 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.
Seasonal Vegetables	200	170	20	2.5	0	0	510	7	3	2	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.
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.

TRUE FOOD KITCHEN

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*	990	440	49	14	0	200	1680	31	5	5	56	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.
Grilled Korean Steak	670	390	43	10	0	145	1790	43	4	13	46	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Poke Bowl*	550	160	18	3.5	0	30	880	68	9	13	30	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.
Pan Seared Sea Bass*	590	310	35	4	0	70	1230	33	3	4	40	Allergen Statement: Contains Fish (Bass), Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grilled Sustainable Salmon*	680	460	51	8	0	70	1340	24	5	4	36	Allergen Statement: Contains Wheat, Fish (Salmon). 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.
Grilled Chicken Parmesan	890	510	57	15	0	215	2480	21	3	7	75	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.

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	700	450	50	7.5	0	0	425	25	5	0	50	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	950	250	30	7.5	0	450	1750	5	0	5	160	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*	600	150	15	2.5	0	975	2200	5	0	0	105	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.
Seasonal Vegetables	989	840	95	13	0	0	2550	35	12	10	7	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.
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.

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	2670	1530	171	45	0	645	7440	63	9	21	225	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 Seasonal Vegetables	600	510	60	7.5	0	0	1530	21	9	6	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.
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.
See Meal Prep section for protein information												

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
Vegan Strawberry Cheesecake	700	480	53	20	0	0	480	63	6	23	15	Allergen Statement: Contains Tree Nuts (Cashew, Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
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
Two Egg Breakfast*	620	270	30	6	0	425	2120	52	5	5	33	Allergen Statement: Contains Egg, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts.
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.
Strawberry Lemon Pancakes	510	150	17	2	0	80	1040	85	3	40	9	Allergen Statement: Contains Egg, Dairy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Garden Scramble*	520	300	33	10	0	660	1430	26	6	9	32	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.
Gross-fed NY Strip & Eggs*	1180	480	54	16	0	565	1840	50	4	5	69	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
Strawberry Lemonade	200	0	0	0	0	0	20	51	1	46	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.
The O.G.	120	0	0	0	0	0	0	31	1	27	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.
Wild Blackberry Limeade	210	0	0	0	0	0	20	51	1	47	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.
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 Raspberry Tea	70	0	0	0	0	0	0	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.
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 Caffè 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.
Vanilla Spiced Latte	150	40	4.5	0	0	0	65	26	1	23	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
Strawberry Margarita	220	0	0	0	0	0	10	27	0	23	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.
Berries & Bourbon	180	0	0	0	0	0	10	21	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.
Rosé Sangria	260	0	0	0	0	0	5	33	0	29	0	Analysis includes lime and strawberry as typical seasonal fruit.
Rising Sun	230	0	0	0	0	0	70	27	0	25	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	40	33	0	29	0	Allergen Statement: Contains Tree Nuts (Coconut). 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.
Bramble On Rose	230	0	0	0	0	0	0	29	0	26	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.
Garden of Eden (non-alcoholic)	50	0	0	0	0	0	0	13	0	12	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.

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

	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.
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.
Samuel Adams "Seasonal"	150	0	0	0	0	0	0	12	0	0	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Sierra Nevada "Hazy Little Thing IPA"	210	0	0	0	0	0	0	20	0	0	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.
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.
Strange Beast Hard Kombucha: Ginger, Lemon & Hibiscus	190	0	0	0	0	0	10	14	0	12	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.
Strange Beast Hard Kombucha: Blueberry, Acai & Sweet Basil	180	0	0	0	0	0	15	11	0	9	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.
Strange Beast Hard Kombucha: Blood Orange & Passion Fruit	180	0	0	0	0	0	15	15	0	8	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.
Strange Beast Hard Kombucha: Blood Orange & Passion Fruit	180	0	0	0	0	0	10	10	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.

Values shown are for full dish. Values are current as of March 2022. 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.