TRUE FOOD KITCHEN *spring 2022*

CRAFT COCKTAILS

Rosé Sangria *(260 cal)*...14

Strawberry Margarita *dulce vida organic reposado, fiorente elderflower (220 cal)*...14

Berries & Bourbon *old grand-dad bourbon, muddled blackberry (180 cal)*...14

Rising Sun *prairie organic vodka, barrow's intense ginger, fever tree lime yuzu (230 cal)*...14

Pool Party *drake's organic rum, giffard crème de fruit de la passion, coconut, mango (260 cal)*...14

Bramble on Rose *gray whale gin, giffard crème de framboise, honeydew, mint (230 cal)*...14

Citrus Skinny Margarita *dulce vida organic blanco, cucumber, mint (170 cal)*...14

Garden of Eden *(non-alcoholic) seedlip garden, cucumber, pineapple, lemon (50 cal)*...14

REFRESHERS & TEA

Strawberry Lemonade *(200 cal)*...5

Wild Blackberry Limeade *(210 cal)*...5

Sparkling Raspberry Tea *black tea, raspberry, lemon (70 cal)*...5

The O.G. *ginger, honey, lime (120 cal)*...6

Sparkling Prickly Pear Tisane *prickly pear, hibiscus, lime (70 cal)*...5

Kale Aid *kale, ginger, apple, celery, cucumber, lemon (100 cal)*...9

STARTERS

Corn Tortilla Soup *10oz cup - corn, black bean, cherry tomato pico (250 cal)*...8 V GF

Tomato & Lemon Ricotta Flatbread *cherry tomato, red onion, lemon ricotta, organic arugula, cilantro pumpkin seed pesto (470 cal)*...13 VEG

Wild Caught Tuna Tostada* *tuna, avocado, jalapeño pepper, sesame cracker, citrus ponzu (420 cal)*...16

Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio (410 cal)*...10.5 V GF

Edamame Guacamole *avocado, cilantro pesto, pumpkin seed, aleppo chili & house-made pita chips (650 cal)*...12.5 V

Herb Hummus *cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (710 cal)*...10.5 VEG

Edamame Dumplings *dashi, white truffle oil, herbs (270 cal)*...12.5 VEG

SALADS

tofu (adds 140 cal) +4 | chicken (adds 190 cal) +5 | shrimp (adds 120 cal) +7 | grass-fed steak* (adds 240 cal) +8 | salmon* (adds 260 cal) +10*

Good Earth Kale Cobb *cashew poblano ranch, romaine, avocado, cucumber, pickled jicama, corn, cherry tomato, gorgonzola, crispy chickpea, hemp seed (500 cal)*...15.5 VEG GF

Chopped Salad *medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal)*...13.5 VEG

Tuscan Kale Salad *organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)*...11.5 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)*...17.5 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

BOWLS

tofu (adds 140-160 cal) +4 | chicken (adds 190-210 cal) +5 | shrimp (adds 120-140 cal) +7 | grass-fed steak* (adds 240-260 cal) +8 | salmon* (adds 260 cal) +10*

Spicy Panang Curry *forbidden rice, sweet potato, broccolini, snap pea, heirloom carrot, onion, thai shellfish curry broth, herbs (600 cal)*...16.5 GF

Teriyaki Quinoa Bowl *broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame (540 cal)*...15 V GF

Ancient Grains Bowl *miso sesame glazed sweet potato, turmeric, charred onion, snap pea, portobello, avocado, hemp seed, cilantro pumpkin seed pesto (690 cal)*...15.5 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

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)*...17

Vegan Double Cheeseburger *house-made with portobello, walnut, beet, lettuce, pickled onion, organic tomato, vegan cheddar, vegenaise, flaxseed bun (970 cal)*...17 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)*...15.5

ENTRÉES

Poke Bowl* *wild caught tuna, brown rice, quinoa, avocado, pickled jicama, bok choy, pickled shiitake, lemongrass ponzu, sesame seed (550 cal)*...22.5 GF

Pan Seared Sea Bass* *sustainable sea bass, umami, broccolini, roasted mushroom, charred onion, ancient grains, dashi, herbs (590 cal)*...32.5

Grilled Sustainable Salmon* *farro, quinoa, grilled broccolini, charred onion, cilantro pumpkin seed pesto (680 cal)*...26

Lasagna Bolognese *fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)*...17.5 GF

Grilled Chicken Parmesan *grilled broccolini, charred onion, organic DiNapoli tomato sauce, mozzarella, herbs (890 cal)*...19.5

Grilled Korean Steak* *sliced 100% grass-fed sirloin, forbidden rice, mushroom, bok choy, gochujang glaze, miso sesame vinaigrette, herbs (670 cal)*...27 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.*

TRUE FOOD KITCHEN

BRUNCH | *spring 2022*

STARTERS

Corn Tortilla Soup *10oz cup - corn, black bean, cherry tomato pico (250 cal)*...8 V GF

Tomato & Lemon Ricotta Flatbread *cherry tomato, red onion, lemon ricotta, organic arugula, cilantro pumpkin seed pesto (470 cal)*...13 VEG

Wild Caught Tuna Tostada* *tuna, avocado, jalapeño pepper, sesame cracker, citrus ponzu (420 cal)*...16

Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio (410 cal)*...10.5 V GF

Edamame Guacamole *avocado, cilantro pesto, pumpkin seed, aleppo chili & house-made pita chips (650 cal)*...12.5 V

Herb Hummus *cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (710 cal)*...10.5 VEG

Edamame Dumplings *dashi, white truffle oil, herbs (270 cal)*...12.5 VEG

BRUNCH

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)*...14 VEG

Strawberry Lemon Pancakes *house-made strawberry preserve, lemon zest, greek yogurt, maple syrup (510 cal)*...13 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)* +4 GF

Sunrise Bowl* *organic sunny side up eggs, ancient grains, sweet potato, grilled portobello, avocado, hemp seed, cilantro pumpkin seed pesto (640 cal)*...16 VEG

Egg & Chicken Sausage Sandwich* *manchego, organic tomato, smashed avocado (660 cal) & sweet potato hash (adds 200 cal)*...14

SALADS

tofu (adds 140 cal) +4 | chicken (adds 190 cal) +5 | shrimp (adds 120 cal) +7 | grass-fed steak* (adds 240 cal) +8 | salmon* (adds 260 cal) +10*

Good Earth Kale Cobb *cashew poblano ranch, romaine, avocado, cucumber, pickled jicama, corn, cherry tomato, gorgonzola, crispy chickpea, hemp seed (500 cal)*...15.5 VEG GF

Chopped Salad *medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal)*...13.5 VEG

Tuscan Kale Salad *organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)*...11.5 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)*...17.5 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

BOWLS

tofu (adds 140-160 cal) +4 | chicken (adds 190-210 cal) +5 | shrimp (adds 120-140 cal) +7 | grass-fed steak* (adds 240-260 cal) +8 | salmon* (adds 260 cal) +10*

Spicy Panang Curry *forbidden rice, sweet potato, broccolini, snap pea, heirloom carrot, onion, thai shellfish curry broth, herbs (600 cal)*...16.5 GF

Teriyaki Quinoa Bowl *broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame (540 cal)*...15 V GF

Ancient Grains Bowl *miso sesame glazed sweet potato, turmeric, charred onion, snap pea, portobello, avocado, hemp seed, cilantro pumpkin seed pesto (690 cal)*...15.5 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

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)*...17

Vegan Double Cheeseburger *house-made with portobello, walnut, beet, lettuce, pickled onion, organic tomato, vegan cheddar, vegenaise, flaxseed bun (970 cal)*...17 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)*...15.5

ENTRÉES

Poke Bowl* *wild caught tuna, brown rice, quinoa, avocado, pickled jicama, bok choy, pickled shiitake, lemongrass ponzu, sesame seed (550 cal)*...22.5 GF

Pan Seared Sea Bass* *sustainable sea bass, umami, broccolini, roasted mushroom, charred onion, ancient grains, dashi, herbs (590 cal)*...32.5

Grilled Sustainable Salmon* *farro, quinoa, grilled broccolini, charred onion, cilantro pumpkin seed pesto (680 cal)*...26

Lasagna Bolognese *fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)*...17.5 GF

Grilled Chicken Parmesan *grilled broccolini, charred onion, organic DiNapoli tomato sauce, mozzarella, herbs (890 cal)*...19.5

Grilled Korean Steak* *sliced 100% grass-fed sirloin, forbidden rice, mushroom, bok choy, gochujang glaze, miso sesame vinaigrette, herbs (670 cal)*...27 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.*

TRUE FOOD KITCHEN *spring 2022*

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 *Marques de Caceres (Penedès, Spain)* o	10	-	38
Sparkling Rosé *Amelia (Bordeaux, France)* s	14	-	54
WHITE			
Pinot Grigio *Tangent (Edna Valley, CA)* Proprietary Label s	9	13	34
Sauvignon Blanc *Blalock + Moore (Marlborough, New Zealand)* Proprietary Label s	10	15	38
Sauvignon Blanc *Haras de Pirque "Albaclara" (Leyda Valley, Chile)* o	9	13	34
Riesling *Scholss Vollrads (Rheingau, Germany)* o	-	-	62
Chardonnay *Origin (California)* Proprietary Label o	9	13	34
Chardonnay *Imagery (Sonoma County, CA)* s	11	16	42
Chardonnay *Frog's Leap (Napa Valley, CA)* o	14	21	54
Chardonnay *Rombauer (Los Carneros, CA)* s	-	-	75
ROSÉ			
Rosé of Grenache *Pour les Gens (Vin de France)* Proprietary Label s	11	16	42
Rosé of Cinsault & Grenache *Miraval "Studio" (Méditérranée)* s	13	19	50
RED			
Pinot Noir *Parducci (Mendocino, CA)* s	10	15	38
Pinot Noir *Montinore (Willamette Valley, OR)* B	13	19	50
Pinot Noir *Duckhorn "Decoy" (California)* s	-	-	54
Malbec *Alamos (Mendoza, Argentina)* s	9	13	34
Cannonau *Alta Vita (Sardinia, Italy)* Proprietary Label s	9	13	34
Sangiovese *Borgo Scopeto "Chianti Classico" (Chianti, Italy)* s	11	16	42
Cabernet Sauvignon *Drumheller (Columbia Valley, WA)* s	9	13	34
Cabernet Sauvignon *Long Meadow Ranch "Farmstead" (Napa Valley, CA)* o	13	19	50
Cabernet Sauvignon *Hunt & Harvest (Napa Valley, CA)* o	-	-	68

BEER

Local Rotating...7

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

Samuel Adams *Seasonal (150 cal)*...6

Sierra Nevada *Hazy Little Thing IPA (210 cal)*...7

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

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.

V3c

TRUE FOOD KITCHEN

DESSERT | *spring 2022*

DESSERTS

Vegan Strawberry Cheesecake
cashew, graham crust, house-made strawberry preserve, mint (700 cal)...9 V GF

Flourless Chocolate Cake
caramel, almond, vanilla ice cream, cacao nib (500 cal)...9 VEG GF

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

TEA

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*

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

KIDS | *spring 2022*

Strawberry Lemonade
(200 cal)...5

Wild Blackberry Limeade
(210 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.

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.*