TRUE FOOD KITCHEN *fall 2022*

CRAFT COCKTAILS...14

Rosé Sangria *la vieille ferme organic rosé, pineapple, lime (260 cal)*
Citrus Skinny Margarita *dulce vida organic blanco, cucumber, mint (170 cal)*
Hibiscus Margarita *dulce vida organic reposado, combier rose, fresh lime (230 cal)*
Espresso Martini *tito's, amarula cream, fair trade espresso, hazelnut, oat milk (310 cal)*
Common Bond *old grand-dad bourbon, chai spice, fresh lemon (110 cal)*
Passion Colada *matusalem platino, giffard crème de la passion, mango, coconut, lime (230 cal)*
Juniper Rose *gray whale gin, giffard pamplemousse, thyme (180 cal)*
Tee Time *tomatin dualchas whisky, barrow's intense ginger, chamomile, lemon (220 cal)*

REFRESHERS & TEA

Apple Lemonade *(170 cal)*...5
Hibiscus Limeade *(110 cal)*...5
Adaptogenic Tulsi Tea *holy basil, ginger, honey (60 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
Matcha Horchata *oat milk, cinnamon, matcha, vanilla (240 cal)*...6.5

STARTERS

Butternut Squash Soup *12oz bowl - sage (180 cal)*...8 V GF
Wild Caught Tuna Tostada* *tuna, avocado, jalapeño pepper, sesame cracker, citrus ponzu (420 cal)*...15.5
Roasted Brussels Sprouts *miso sesame vinaigrette, toasted sesame seed, chili thread (310 cal)*...10.5 V GF
Roasted Acorn Squash Flatbread *truffle honey, lemon almond ricotta, pistachio, calabrian chili, arugula, garlic purée (800 cal)*...12 V
Herb Hummus *cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (710 cal)*...10 VEG
Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio (410 cal)*...11 V GF
Edamame Dumplings *dashi, white truffle oil, herbs (270 cal)*...12.5 VEG

SALADS

tofu (adds 140 cal) +4 | chicken (adds 190 cal) +6 | shrimp (adds 120 cal) +7 | grass-fed steak* (adds 240 cal) +8 | salmon* (adds 260 cal) +9*
Seasonal Ingredient *brussels sprout, cauliflower butternut squash, organic kale, cannellini bean, mulberry, pomegranate, horseradish vinaigrette (580 cal)*...15 V 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)*...12 VEG

PIZZAS

substitute gluten-free crust (subtracts 80 cal) +2.5
Butternut Squash *garlic purée, organic kale, roasted butternut squash, caramelized onion, house-made vegan almond ricotta (940 cal)*...17 V
Chicken Sausage *crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)*...16
Margherita *crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal)*...14.5 VEG

BOWLS

tofu (adds 140-160 cal) +4 | chicken (adds 190-210 cal) +6 | shrimp (adds 120-140 cal) +7 | grass-fed steak* (adds 240-260 cal) +8 | salmon* (adds 260 cal) +9*
Spicy Panang Curry *forbidden rice, sweet potato, bok choy, heirloom carrot, snap pea, green bean, thai shellfish curry broth, herbs (600 cal)*...16.5 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
Teriyaki Quinoa Bowl *broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame (550 cal)*...15 V GF
Spaghetti Squash Casserole *crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal)*...15 VEG GF
Korean Noodle Bowl *sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, toasted sesame (540 cal)*...14.5 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 (780 cal)*...17.5
Vegan Double Cheeseburger *house-made with portobello, walnut, beet, lettuce, pickled onion, organic tomato, vegan cheddar, jalapeño remoulade, flaxseed bun (890 cal)*...17.5 V
Grilled Chicken & Mozzarella Panini *organic DiNapoli tomato sauce, broccolini, mozzarella, herbs, chili flake, crispy house-made pita (730 cal)*...16
Turkey Burger *avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (590 cal)*...16

ENTRÉES

Forbidden Poke Bowl* *wild caught tuna, forbidden rice, avocado mousse, cucumber, jalapeño, scallion, citrus ponzu, edamame, umami powder (410 cal)*...23 GF
Pan Seared Sea Bass* *sustainable sea bass, charred scallion salsa verde, almond, cauliflower rice, snap pea, charred onion, roasted portobello (520 cal)*...33 GF
Grilled Sustainable Salmon* *smoked grains, cilantro pumpkin seed pesto, broccolini, charred onion, basil (700 cal)*...26.5
Lasagna Bolognese *fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)*...18.5 GF
Fall Pesto Pasta *seared mushroom, roasted acorn squash, marinated pepper, parmesan, cilantro pumpkin seed pesto (780 cal)*...17.5 VEG
Grilled Korean Steak* *sliced 100% grass-fed sirloin, forbidden rice, mushroom, bok choy, gochujang glaze, miso sesame vinaigrette, herbs (670 cal)*...27.5 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 | *fall 2022*

STARTERS

Butternut Squash Soup *12oz bowl - sage (180 cal)*...8 V GF

Wild Caught Tuna Tostada* *tuna, avocado, jalapeño pepper, sesame cracker, citrus ponzu (420 cal)*...15.5

Roasted Brussels Sprouts *miso sesame vinaigrette, toasted sesame seed, chili thread (310 cal)*...10.5 V GF

Roasted Acorn Squash Flatbread *truffle honey, lemon almond ricotta, pistachio, calabrian chili, arugula, garlic purée (800 cal)*...12 V

Herb Hummus *cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (710 cal)*...10 VEG

Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio (410 cal)*...11 V GF

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)*...18

Smashed Avocado Toast* *organic sunny side up eggs, smoked gouda, sesame, organic whole wheat crostini (560 cal)*...13.5 VEG

Banana Quinoa Pancakes *greek yogurt (550 cal)*...13 VEG

Garden Scramble* *organic eggs, charred onion, brussels sprout, smoked gouda, parmesan, sweet potato (520 cal)*...13 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)*...15.5 VEG

Egg & Chicken Sausage Sandwich* *manchego, organic tomato, smashed avocado (660 cal) & sweet potato hash (adds 200 cal)*...13.5

SALADS

tofu (adds 140 cal) +4 | chicken (adds 190 cal) +6 | shrimp (adds 120 cal) +7 | grass-fed steak* (adds 240 cal) +8 | salmon* (adds 260 cal) +9*

Seasonal Ingredient *brussels sprout, cauliflower butternut squash, organic kale, cannellini bean, mulberry, pomegranate, horseradish vinaigrette (580 cal)*...15 V 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)*...12 VEG

PIZZAS

substitute gluten-free crust (subtracts 80 cal) +2.5

Butternut Squash *garlic purée, organic kale, roasted butternut squash, caramelized onion, house-made vegan almond ricotta (940 cal)*...17 V

Chicken Sausage *crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)*...16

Margherita *crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal)*...14.5 VEG

BOWLS

tofu (adds 140-160 cal) +4 | chicken (adds 190-210 cal) +6 | shrimp (adds 120-140 cal) +7 | grass-fed steak* (adds 240-260 cal) +8 | salmon* (adds 260 cal) +9*

Spicy Panang Curry *forbidden rice, sweet potato, bok choy, heirloom carrot, snap pea, green bean, thai shellfish curry broth, herbs (600 cal)*...16.5 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

Teriyaki Quinoa Bowl *broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame (550 cal)*...15 V GF

Spaghetti Squash Casserole *crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal)*...15 VEG GF

Korean Noodle Bowl *sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, toasted sesame (540 cal)*...14.5 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 (780 cal)*...17.5

Vegan Double Cheeseburger *house-made with portobello, walnut, beet, lettuce, pickled onion, organic tomato, vegan cheddar, jalapeño remoulade, flaxseed bun (890 cal)*...17.5 V

Grilled Chicken & Mozzarella Panini *organic DiNapoli tomato sauce, broccolini, mozzarella, herbs, chili flake, crispy house-made pita (730 cal)*...16

Turkey Burger *avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (590 cal)*...16

ENTRÉES

Forbidden Poke Bowl* *wild caught tuna, forbidden rice, avocado mousse, cucumber, jalapeño, scallion, citrus ponzu, edamame, umami powder (410 cal)*...23 GF

Pan Seared Sea Bass* *sustainable sea bass, charred scallion salsa verde, almond, cauliflower rice, snap pea, charred onion, roasted portobello (520 cal)*...33 GF

Grilled Sustainable Salmon* *smoked grains, cilantro pumpkin seed pesto, broccolini, charred onion, basil (700 cal)*...26.5

Lasagna Bolognese *fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)*...18.5 GF

Fall Pesto Pasta *seared mushroom, roasted acorn squash, marinated pepper, parmesan, cilantro pumpkin seed pesto (780 cal)*...17.5 VEG

Grilled Korean Steak* *sliced 100% grass-fed sirloin, forbidden rice, mushroom, bok choy, gochujang glaze, miso sesame vinaigrette, herbs (670 cal)*...27.5 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 *fall 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 *Marqués de Cáceres (Penedès, Spain)* o	10	-	38
Prosecco Rosé *La Marca (Veneto, Italy)* s	13	-	50
WHITE			
light & crisp			
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
Sauvignon Blanc *Banshee (Sonoma County, CA)* s	13	19	50
rich & opulent			
Chardonnay *A to Z (Oregon)* s	12	18	46
Chardonnay *Imagery (Sonoma County, CA)* s	11	16	42
Chardonnay *Fresh Vine (Napa Valley, CA)* s	13	19	50
Chardonnay *Rombauer (Los Carneros, CA)* s	-	-	75
Riesling *Schloss Vollrads (Rheingau, Germany)* o	-	-	62
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			
bright & delicate			
Pinot Noir *Rickshaw (California)* s	9	13	34
Pinot Noir *Natura (Chile)* o	11	16	42
Pinot Noir *Montinore (Willamette Valley, OR)* B	13	19	50
Pinot Noir *Duckhorn "Decoy" (California)* s	-	-	54
Red Blend *One Hope (California)* s	11	16	42
Malbec *Terrazas de los Andes "Altos del Plata" (Mendoza, Argentina)* s	9	13	34
structured & robust			
Cannonau *Alta Vita (Sardinia, Italy)* Proprietary Label s	9	13	34
Sangiovese *Borgo Scopeto "Chianti Classico" (Chianti, Italy)* s	11	16	42
Cabernet Sauvignon *Liberty School (Paso Robles, CA)* s	13	19	50
Cabernet Sauvignon *Drumheller (Columbia Valley, WA)* s	9	13	34
Cabernet Sauvignon *Tribute (California)* s	12	18	46
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.*

TRUE FOOD KITCHEN

KIDS | *fall 2022*

Apple Lemonade
(170 cal)...5

Hibiscus Limeade
(110 cal)...5

Mozzarella & Organic Tomato Pizza
(740 cal)...9.5 VEG

Grass-fed Burger*
mozzarella, flaxseed bun, carrots & herb hummus (670 cal)...10

Chicken Teriyaki Bowl
broccoli, rainbow carrot, green bean, snap pea, brown rice & quinoa (320 cal)...10 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.*

TRUE FOOD KITCHEN

DESSERT | *fall 2022*

DESSERTS

Squash Pie
coconut whipped cream (470 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.

TRUE FOOD KITCHEN