

craft cocktails

Rosé Sangria...14

la vieille ferme organic rosé, pineapple, lime (260 cal)

Citrus Skinny Margarita...14

dulce vida organic blanco, cucumber, mint (170 cal)

Espresso Martini...14

tito's, amarula cream, fair trade espresso, hazelnut, oat milk (310 cal)

Maple Old Fashioned...14

maker's mark bourbon, greenbar apple bitters (260 cal)

Tee Time...14

tomatin dualchas whisky, barrow's intense ginger, chamomile, lemon (220 cal)

Old Man & The Sea...14

don q cristal, stambecco maraschino, sea buckthorn (190 cal)

Negroni...14

prairie organic gin, amaro montenegro, select aperitivo (240 cal)

REFRESHERS

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*

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*

STARTERS

Wild Caught Tuna Tostada*

tuna, avocado, jalapeño pepper, sesame cracker, citrus ponzu (420 cal)...16

Herb Hummus

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

Charred Cauliflower

harissa tahini, medjool date, dill, mint, pistachio (410 cal)...11.5 VGF

Edamame Dumplings

dashi, white truffle oil, herbs (270 cal)...13 VEG

SALADS

Seasonal Ingredient

brussels sprout, cauliflower butternut squash, organic kale, cannellini bean, mulberry, pomegranate, horseradish vinaigrette (580 cal)...16 VGF

Chopped Salad

medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal)...14 VEG

Tuscan Kale Salad

organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)...12.5 VEG

ADD: *tofu (140-160 cal) +4 • chicken (190-210 cal) +6 • shrimp* (120-140 cal) +7 • grass-fed steak* (240-260 cal) +8 • salmon* (260 cal) +10*

ENTRÉES

Forbidden Poke Bowl*

wild caught tuna, forbidden rice, avocado mousse, cucumber, jalapeño, scallion, citrus ponzu, edamame, umami powder (410 cal)...23.5 GF

PAIRS WELL WITH: *Rosé of Grenache & Cinsault Miraval "Studio" (Méditerranée) s*

Pan Seared Sea Bass*

sustainable sea bass, charred scallion salsa verde, almond, cauliflower rice, snap pea, charred onion, roasted portobello (520 cal)...33.5 GF

PAIRS WELL WITH: *Sauvignon Blanc Haras de Pirque "Albaclara" (Leyda Valley, Chile) o*

Grilled Sustainable Salmon*

smoked grains, cilantro pumpkin seed pesto, broccolini, charred onion, basil (700 cal)...27

PAIRS WELL WITH: *Pinot Noir Natura (Chile) o*

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)...18 V

Chicken Sausage

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

Margherita

crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal)...15 VEG

Bianco DiNapoli Tomatoes were created when James Beard Award-winning chef Chris Bianco and acclaimed produce grower Rob DiNapoli teamed up with Mother Nature to bring the very best organic California tomatoes to market. At True Food Kitchen we share their commitment to quality and are proud to feature these delicious tomatoes in many of our signature dishes and pizzas.

SIDES

Seasonal Vegetables *(290 cal)...6 V*

Kale Salad *(120 cal)...5 VEG*

Sweet Potato Hash *(200 cal)...5*

Cauliflower Rice *(150 cal)...5 V*

Forbidden Black Rice *(150 cal)...6 V*

Roasted Acorn Squash *(100 cal)...5 V*

BOWLS

Ancient Grains Bowl

miso sesame glazed sweet potato, turmeric, charred onion, snap pea, portobello, avocado, hemp seed, cilantro pumpkin seed pesto (690 cal)...16 V

Teriyaki Quinoa Bowl

broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame (550 cal)...15.5 VGF

Korean Noodle Bowl

sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, toasted sesame (540 cal)...15 VGF

WINE

SPARKLING

Cava Marqués de Cáceres *(Penedès, Spain) o*

Prosecco Rosé La Marca *(Veneto, Italy) s*

WHITE

light & crisp

Pinot Grigio Tangent *(Edna Valley, CA) Proprietary Label s*

Sauvignon Blanc Blalock + Moore *(Marlborough, New Zealand) Proprietary Label s*

Sauvignon Blanc Haras de Pirque "Albaclara" *(Leyda Valley, Chile) o*

Sauvignon Blanc Banshee *(Sonoma County, CA) s*

rich & opulent

Chardonnay A to Z *(Oregon) s*

Chardonnay Imagery *(Sonoma County, CA) s*

Chardonnay Fresh Vine *(Napa Valley, CA) s*

Chardonnay Rombauer *(Los Carneros, CA) s*

Riesling Schloss Vollrads *(Rheingau, Germany) o*

ROSÉ

Rosé of Grenache Pour les Gens *(Vin de France) Proprietary Label s*

Rosé of Cinsault & Grenache Miraval "Studio" *(Méditerranée) s*

RED

bright & delicate

Pinot Noir Rickshaw *(California) s*

Pinot Noir Natura *(Chile) o*

Pinot Noir Montinore *(Willamette Valley, OR) B*

Pinot Noir Duckhorn "Decoy" *(California) s*

Red Blend One Hope *(California) s*

Malbec Terrazas de los Andes "Altos del Plata" *(Mendoza, Argentina) s*

structured & robust

Cannonau Alta Vita *(Sardinia, Italy) Proprietary Label s*

Sangiovese Borgo Scopeto "Chianti Classico" *(Chianti, Italy) s*

Cabernet Sauvignon Liberty School *(Paso Robles, CA) s*

Cabernet Sauvignon Drumheller *(Columbia Valley, WA) s*

Cabernet Sauvignon Tribute *(California) s*

Cabernet Sauvignon Hunt & Harvest *(Napa Valley, CA) o*

V Vegan VEG Vegetarian GF Gluten Friendly S Sustainable O Organic B Bio-Dynamic | 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

SEASONAL FEATURES

Starters

Butternut Squash Soup

12oz bowl (180 cal)...8 **V GF**

Roasted Brussels Sprouts

*miso sesame vinaigrette, toasted sesame seed, chili thread (310 cal)...11 **V GF***

Roasted Acorn Squash Flatbread

*truffle honey, lemon almond ricotta, pistachio, calabrian chili, arugula, garlic purée (800 cal)...13 **VEG***

Salad

Seasonal Ingredient Salad

*brussels sprout, cauliflower butternut squash, organic kale, cannellini bean, mulberry, pomegranate, horseradish vinaigrette (580 cal)...16 **V GF***

Bowl

Spicy Panang Curry

*forbidden rice, sweet potato, bok choy, heirloom carrot, snap pea, green bean, thai shellfish curry broth, herbs (600 cal)...17.5 **GF***

Pizza

Butternut Squash Pizza

*garlic purée, organic kale, roasted butternut squash, caramelized onion, house-made vegan almond ricotta (940 cal)...18 **V***

Entrée

Fall Pesto Pasta

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

Dessert

Squash Pie

*coconut whipped cream (470 cal)...9 **V GF***

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SEASONAL FEATURES

🌿 Craft Cocktails 🌿

Hibiscus Margarita...14

dulce vida organic reposado, combier rose, fresh lime (230 cal)

Cranberry Mule...14

prairie organic vodka, barrow's intense ginger, fresh lime (280 cal)

Common Bond...14

old grand-dad bourbon, chai spice, apple, fresh lemon (110 cal)

Passion Colada...14

matusalem platino, giffard crème de la passion, mango, coconut, lime (230 cal)

Juniper Rose...14

gray whale gin, giffard pamplemousse, thyme (180 cal)

Prickly Pear...14

banhez espadin, fiorente elderflower, yuzu, lime (220 cal)

🌿 Refreshers & Tea 🌿

Apple Lemonade (170 cal)...5

Hibiscus Limeade (110 cal)...5

Adaptogenic Tulsi Tea

holy basil, ginger, honey (60 cal)...5



At **True Food Kitchen**, our commitment to quality goes beyond our food - **handcrafted cocktails** and **freshly pressed refreshers** are also essential to our menus.

- Each season we highlight the **best produce** available with a new beverage lineup. Using seasonal ingredients at their **peak of freshness** means the most nutrients with the best flavors for our guests.
- The drinks are designed to **pair perfectly** with our seasonal dishes - that's what makes our refreshers and cocktails **so craveable!**
- We also **partner** with Greenbar, Prairie, and other organic spirits producers who share our passion for quality ingredients and sourcing practices so we can bring you a **perfect, refreshing cocktail** on every visit.

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BRUNCH | *fall 2022*


BRUNCH COCKTAILS


-  Apple Spritz *marqués de cáceres cava, apple, lemon (130 cal)...12*
-  Hibiscus Spritz *marqués de cáceres cava, hibiscus, lime (120 cal)...12*
- Prairie Mary *organic vodka, organic tomato, house spice blend, lemon (150 cal)...12*

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)...14.5 VEG*

 Banana Quinoa Pancakes *greek yogurt (550 cal)...14 VEG GF*

 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)...16.5 VEG*

Egg & Chicken Sausage Sandwich* *manchego, organic tomato, smashed avocado (660 cal) & sweet potato hash (adds 200 cal)...14.5*

ORGANIC FAIR TRADE COFFEE

Americano (5 cal)...4 • Espresso (5 cal)...3 • Cappuccino (80 cal)...4.5

Caffè Latte (80 cal)...4.5 • Vanilla Spiced Latte (150 cal)...6 • Drip Coffee (0 cal)...3.5

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*

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

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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.

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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



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