TRUE FOOD KITCHEN *winter 2023*

CRAFT COCKTAILS...14

Rosé Sangria *la vieille ferme organic rosé, pineapple, lime (260 cal)*
Citrus Skinny Margarita *dulce vida organic blanco tequila, cucumber, mint (170 cal)*
Hibiscus Margarita *dulce vida organic reposado tequila, combier rose, fresh lime (230 cal)*
Espresso Martini *tito's vodka, amarula cream, fair trade espresso, hazelnut, oat milk (310 cal)*
Common Bond *old grand-dad bourbon, chai spice, fresh lemon (110 cal)*
Passion Colada *don q cristal rum, 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)*
Adaptogenic Hot Toddy *ashwagandha, old grand-dad bourbon (120 cal)*

REFRESHERS & TEA

Apple Lemonade *(170 cal)*...5
Hibiscus Limeade *(110 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
Adaptogenic Tulsi Tea *holy basil, ginger, honey (60 cal)*...5
Adaptogenic Hot Chocolate *reishi, cinnamon (190 cal)*...7 V GF

STARTERS

Bone Broth Chicken Noodle Soup *12oz bowl (340 cal)*...8
Wild Caught Tuna Tostada* *tuna, avocado, jalapeño pepper, sesame cracker, citrus ponzu (420 cal)*...16.5
Roasted Brussels Sprouts *miso sesame vinaigrette, roasted mushroom, umami powder (310 cal)*...11.5 V GF
Truffle Honey & Squash Flatbread *roasted acorn squash, lemon almond ricotta, pistachio, calabrian chili, arugula, garlic purée (800 cal)*...13.5 VEG
Herb Hummus *cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (710 cal)*...11 VEG
Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio (410 cal)*...12 V GF
Edamame Dumplings *dashi, white truffle oil, herbs (280 cal)*...13 VEG

SALADS

ADD: *organic tofu (140 cal) +4 / antibiotic-free chicken (190 cal) +6 / shrimp* (120 cal) +7 / grass-fed steak* (240 cal) +8 / fair trade arctic salmon* (260 cal) +10*
Winter Harvest Salad *brussels sprout, cauliflower, butternut squash, organic kale, cannellini bean, mulberry, pomegranate, horseradish vinaigrette (580 cal)*...16.5 V GF
Chopped Salad *medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal)*...14.5 VEG
Tuscan Kale Salad *organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)*...13 VEG

PIZZAS

substitute gluten-free crust (subtracts 80 cal) +2.5
Roasted Butternut Squash *garlic purée, organic kale, caramelized onion, house-made vegan almond ricotta (940 cal)*...18.5 V
Chicken Sausage *crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)*...16.5
Margherita *crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal)*...15.5 VEG

BOWLS

ADD: *organic tofu (160 cal) +4 / antibiotic-free chicken (210 cal) +6 / shrimp* (140 cal) +7 / grass-fed steak* (260 cal) +8 / fair trade arctic salmon* (260 cal) +10*
Spicy Panang Curry *forbidden rice, sweet potato, bok choy, heirloom carrot, snap pea, green bean, thai shellfish curry broth, herbs (600 cal)*...18 GF
Ancient Grains Bowl *miso sesame glazed sweet potato, turmeric, charred onion, snap pea, portobello, avocado, hemp seed, cilantro pumpkin seed pesto (690 cal)*...16.5 V
Teriyaki Quinoa Bowl *broccoli, rainbow carrot, bok choy, green bean, snap pea, pickled shiitake, brown rice, avocado, umami powder (560 cal)*...16 V GF
Spaghetti Squash Casserole *crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal)*...16 VEG GF
Korean Noodle Bowl *sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, umami powder (550 cal)*...15.5 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)*...18.5
Vegan Double Cheeseburger *house-made with portobello, walnut, beet, lettuce, pickled onion, organic tomato, vegan cheddar, jalapeño remoulade, flaxseed bun (890 cal)*...18.5 V
Grilled Chicken & Mozzarella Panini *organic DiNapoli tomato sauce, broccolini, mozzarella, herbs, chili flake, crispy house-made pita (730 cal)*...16.5
Turkey Burger *avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (590 cal)*...17

ENTRÉES

Forbidden Poke Bowl* *wild caught tuna, forbidden rice, avocado, roasted mushroom, cucumber, jalapeño, citrus ponzu, edamame, umami powder (410 cal)*...24 GF
Pan Roasted Branzino Filet* *sustainable branzino, charred scallion salsa verde, almond, cauliflower rice, snap pea, charred onion, roasted portobello (520 cal)*...32.5 GF
Bone Broth Chicken Ramen* *spicy bone broth, roasted mushroom, jammy egg, edamame, jalapeño (700 cal)*...20 GF
Grilled Sustainable Salmon* *smoked grains, cilantro pumpkin seed pesto, broccolini, charred onion, basil (700 cal)*...27.5
Lasagna Bolognese *fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)*...19 GF
Pesto Pasta *seared mushroom, roasted acorn squash, marinated pepper, parmesan, cilantro pumpkin seed pesto (780 cal)*...18 VEG
Grilled Korean Steak* *sliced 100% grass-fed sirloin, forbidden rice, mushroom, bok choy, gochujang glaze, miso sesame vinaigrette, herbs (670 cal)*...28.5 GF

sides

Seasonal Vegetables *(290 cal)*...6 V GF • Kale Salad *(120 cal)*...5 VEG • Sweet Potato Hash *(200 cal)*...5 V GF • Cauliflower Rice *(150 cal)*...5 V GF
Forbidden Black Rice *(150 cal)*...6 V GF • Roasted Acorn Squash *(170 cal)*...5 V 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 *winter 2023*

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	19	28	74
Riesling *Schloss Vollrads (Rheingau, Germany)* o	16	24	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	14	21	54
Pinot Noir *Duckhorn "Decoy" (California)* s	15	22	58
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	17	25	68

BEER 7

Local Rotating

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

Samuel Adams *Seasonal (150 cal)*

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

Stella Artois *(140 cal)*

Strainge Beast Hard Kombucha *(180-190 cal)* 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

BRUNCH | *winter 2023*

SMOOTHIES

Green Goddess *kale, avocado, moringa leaf, pineapple (170 cal)*...9 VEG GF

Açai *greek yogurt, maca, banana (430 cal)*...9 VEG GF

BRUNCH

3 Lemon Ricotta Muffins *(340 cal each)*...10 / *single*...4 VEG

Two Egg Breakfast*
pasture-raised sunny side up eggs, chicken sausage, sweet potato hash, organic whole wheat crostini (620 cal)...18

Banana Quinoa Pancakes
greek yogurt (550 cal)...14.5 VEG GF

Smashed Avocado Toast*
pasture-raised sunny side up eggs, smoked gouda, sesame, organic whole wheat crostini (560 cal)...14.5 VEG

Smoked Gouda Crustless Quiche*
pasture-raised eggs, hatch green chile, caramelized onion, kale (400 cal)...14 VEG GF

Breakfast Tacos*
pasture-raised scrambled eggs, sweet potato, roasted mushroom, house-made aji panca hot sauce, Siete cassava root tortillas (700 cal)...13 VEG GF *add ground turkey (50 cal)* +4 GF

Garden Scramble*
pasture-raised eggs, charred onion, brussels sprout, smoked gouda, parmesan, sweet potato (520 cal)...13.5 VEG GF *add chicken sausage (110 cal)* +4 GF

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

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TRUE FOOD KITCHEN

BRUNCH | *winter 2023*

BRUNCH COCKTAILS 12

Apple Spritz *marqués de cáceres cava, apple, lemon (130 cal)*

Hibiscus Spritz *marqués de cáceres cava, hibiscus, lime (120 cal)*

Classic Mimosa *marqués de cáceres cava, orange (150 cal)*

Prairie Mary *organic vodka, organic tomato, house spice blend, lemon (150 cal)*

TEA

Matcha Horchata *oat milk, cinnamon, matcha, vanilla (240 cal)*...6.5

Adaptogenic Hot Chocolate *reishi, cinnamon (190 cal)*...7 V GF

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

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

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

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TRUE FOOD KITCHEN

DESSERT | *winter 2023*

DESSERT COCKTAILS 14

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

Adaptogenic Hot Toddy
ashwagandha, old grand-dad bourbon (120 cal)

DESSERTS

Squash Pie
seasonal spice blend, 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
MAKE IT AN AFFOGATO *add espresso (5 cal) or adaptogenic hot chocolate (40 cal)* +3 V GF

TEA

Matcha Horchata *oat milk, cinnamon, matcha, vanilla (240 cal)*...6.5

Adaptogenic Hot Chocolate *reishi, cinnamon (190 cal)*...7 V GF

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

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

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

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TRUE FOOD KITCHEN

KIDS | *winter 2023*

Apple Lemonade
(170 cal)...5

Hibiscus Limeade
(110 cal)...5

Mozzarella & Organic Tomato Pizza
(740 cal)...10 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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