

craft cocktails 15	
Rosé Sangria	la vieille ferme organic rosé, pineapple, lime (260 cal)
Citrus Skinny Margarita	dulce vida organic blanco tequila, cucumber, mint (170 cal)
Espresso Martini	tito's vodka, amarula cream, fair trade espresso, hazelnut, oat milk (310 cal)
Maple Old Fashioned	maker's mark bourbon, greenbar apple bitters (260 cal)
Tee Time	tomatin dualchas whisky, barrow's intense ginger, chamomile, lemon (220 cal)
Old Man & The Sea	don q cristal rum, stambecco maraschino, sea buckthorn (190 cal)
Negroni	prairie organic gin, amaro montenegro, select aperitivo (240 cal)

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

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 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

starters

Edamame Dumplings
dashi, white truffle oil, herbs (280 cal)...14 VEG

Herb Hummus
cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (710 cal)...11.5 VEG

Charred Cauliflower
harissa tahini, medjool date, dill, mint, pistachio (410 cal)...12.5 VGF

Wild Caught Tuna Tostada*
tuna, avocado, jalapeño pepper, sesame cracker, citrus ponzu (420 cal)...17

SALADS

Winter Harvest Salad

brussels sprout, cauliflower, butternut squash, organic kale, cannellini bean, mulberry, pomegranate, horseradish vinaigrette (580 cal)...17.5 VGF

Chopped Salad

medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal)...15 VEG

Tuscan Kale Salad

organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)...13.5 VEG

ADD: organic tofu (140-160 cal) +5 • antibiotic-free chicken (190-210 cal) +7 • sustainably-raised shrimp* (120-140 cal) +8
grass-fed steak* (240-260 cal) +9 • fair trade arctic salmon* (260 cal) +11

ENTRÉES

Forbidden Poke Bowl*

wild caught tuna, forbidden rice, avocado, roasted mushroom, cucumber, jalapeño, citrus ponzu, edamame, umami powder (410 cal)...24.5 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)...35 GF

PAIRS WELL WITH: Pinot Grigio Tangent (Edna Valley, CA) s

Grilled Sustainable Salmon*

smoked grains, cilantro pumpkin seed pesto, broccolini, charred onion, basil (700 cal)...29

PAIRS WELL WITH: Pinot Noir Natura (Chile) o

SIDES

Seasonal Vegetables (290 cal)...6 VGF

Kale Salad (120 cal)...5 VEG

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

Cauliflower Rice (150 cal)...5 VGF

Forbidden Black Rice (150 cal)...6 VGF

Roasted Acorn Squash (170 cal)...5 VGF

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)...17

Margherita

crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal)...16 VEG

BOWLS

Ancient Grains Bowl

miso sesame glazed sweet potato, turmeric, charred onion, snap pea, portobello, avocado, hemp seed, cilantro pumpkin seed pesto (690 cal)...17.5 V

Teriyaki Quinoa Bowl

broccoli, rainbow carrot, bok choy, green bean, snap pea, pickled shiitake, brown rice, avocado, umami powder (560 cal)...17 VGF

Korean Noodle Bowl

sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, umami powder (550 cal)...16.5 VGF

Lasagna Bolognese

fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)...19.5 GF

PAIRS WELL WITH: Cannonau Alta Vita (Sardinia, Italy) s

Grilled Korean Steak*

sliced 100% grass-fed sirloin, forbidden rice, mushroom, bok choy, gochujang glaze, miso sesame vinaigrette, herbs (670 cal)...29 GF

PAIRS WELL WITH: Cabernet Sauvignon Drumheller (Columbia Valley, WA) s

Spaghetti Squash Casserole

crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal)...17 VEG GF

PAIRS WELL WITH: Sangiovese Borgo Scopeto “Chianti Classico” (Chianti, Italy) s

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)...19

Vegan Double Cheeseburger

house-made with portobello, walnut, beet, lettuce, pickled onion, organic tomato, vegan cheddar, jalapeño remoulade, flaxseed bun (890 cal)...19 V

Grilled Chicken & Mozzarella Panini

organic DiNapoli tomato sauce, broccolini, mozzarella, herbs, chili flake, crispy house-made pita (730 cal)...17.5

Turkey Burger

avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (590 cal)...17.5

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.

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TRUE FOOD KITCHEN

SEASONAL FEATURES

Starters

Bone Broth Chicken Noodle Soup

12oz bowl (340 cal)...8

Roasted Brussels Sprouts

miso sesame vinaigrette, roasted mushroom, umami powder (310 cal)...12 **V GF**

Truffle Honey & Squash Flatbread

roasted acorn squash, lemon almond ricotta, pistachio, calabrian chili, arugula, garlic purée (800 cal)...14 **VEG**

Salad

Winter Harvest Salad

brussels sprout, cauliflower, butternut squash, organic kale, cannellini bean, mulberry, pomegranate, horseradish vinaigrette (580 cal)...17.5 **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)...19 **GF**

PAIRS WELL WITH: Riesling Schloss Vollrads (Rheingau, Germany) **O**

Pizza

Roasted Butternut Squash Pizza

garlic purée, organic kale, caramelized onion, house-made vegan almond ricotta (940 cal)...18.5 **V**

Entrées

Bone Broth Chicken Ramen*

spicy bone broth, roasted mushroom, jammy egg, edamame, jalapeño (700 cal)...20.5 **GF**

PAIRS WELL WITH: Chardonnay A to Z (Oregon) **S**

Pesto Pasta

seared mushroom, roasted acorn squash, marinated pepper, parmesan, cilantro pumpkin seed pesto (780 cal)...18.5 **VEG**

PAIRS WELL WITH: Chardonnay Rombauer (Los Carneros, CA) **S**

Dessert

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**

V Vegan **VEG** Vegetarian **GF** Gluten Friendly **S** Sustainable **O** Organic

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TRUE FOOD KITCHEN

SEASONAL FEATURES

Craft Cocktails 15

Hibiscus Margarita

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

Cranberry Mule

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

Common Bond

old grand-dad bourbon, chai spice, apple, 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)

Prickly Pear

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

Adaptogenic Hot Toddy

ashwagandha, old grand-dad bourbon (120 cal)

Refreshers & Tea

Apple Lemonade (170 cal)...5

Hibiscus Limeade (110 cal)...5

Adaptogenic Tulsi Tea

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

Adaptogenic Hot Chocolate

reishi, cinnamon (190 cal)...7 **v GF**

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** during every visit.


v Vegan **GF** Gluten Friendly


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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)...18.5

 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)...15 **VEG**

Smoked Gouda Crustless Quiche*

pasture-raised eggs, hatch green chile, caramelized onion, kale (400 cal)...15 **VEG GF**

Breakfast Tacos*

pasture-raised scrambled eggs, sweet potato, roasted mushroom, house-made aji panca hot sauce, Siete cassava root tortillas (700 cal)...14 **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)...14.5 **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 13

-  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)...
- Darjeeling (5 cal)...
- Classic Chai (5 cal)...
- Peppermint *herbal (5 cal)...*4
- Chamomile *herbal (5 cal)...*5

ORGANIC FAIR TRADE COFFEE

- Americano (5 cal)...
- Espresso (5 cal)...
- Cappuccino (80 cal)...
- Caffè Latte (80 cal)...
- Vanilla Spiced Latte (150 cal)...
- Drip Coffee (0 cal)...

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

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TRUE FOOD KITCHEN

DESSERT | *winter 2023*

DESSERT COCKTAILS 15

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 VGF

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 VGF

MAKE IT AN AFFOGATO add espresso (5 cal) or adaptogenic hot chocolate (40 cal) +3 VGF

TEA

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



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

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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