

TRUE FOOD KITCHEN

STARTERS

- Bone Broth Chicken Noodle Soup**
12oz bowl (340 cal)...8
- Prince Edward Island Mussels***
roasted fennel, spicy tomato, chicken sausage (650 cal)...17
- Truffle Honey & Squash Flatbread**
roasted acorn squash, lemon almond ricotta, pistachio, calabrian chili, 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
- Wild Caught Tuna Tostada***
tuna, avocado, jalapeño pepper, sesame cracker, citrus ponzu (420 cal)...16.5
- Charred Cauliflower**
harissa tahini, medjool date, dill, mint, pistachio (410 cal)...12 VGF
- Edamame Dumplings**
dashi, white truffle oil, herbs (280 cal)...13 VEG
- Roasted Brussels Sprouts**
miso sesame vinaigrette, roasted mushroom, umami powder (310 cal)...11.5 VGF

seasonal craft cocktails 14

- Rosé Sangria**
la vieille ferme organic rosé, pineapple, lime, seasonal fruit (260 cal)
- Citrus Skinny Margarita**
dulce vida organic blanco tequila, persian 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, pressed apple (110 cal)
- Passion Colada**
don q cristal rum, giffard crème de la passion, mango, coconut (230 cal)
- Spiked Mango Lassi**
drake's organic spiced rum, fresh mango, organic yogurt (230 cal)
- Juniper Rose**
gray whale gin, giffard pamplemousse, fresh grapefruit (180 cal)
- Tee Time**
tomin dualchas whisky, barrow's intense ginger, chamomile (220 cal)
- Adaptogenic Hot Toddy**
ashwagandha, old grand-dad bourbon (120 cal)

ENTRÉES

- Grilled Grass-fed New York Strip***
crispy potato, roasted brussels sprout, black garlic (1080 cal)...43 GF
PAIRS WELL WITH: Cannonau Alta Vita (Sardinia, Italy) s
- Bone Broth Chicken Ramen***
spicy bone broth, roasted mushroom, jammy egg, edamame (700 cal)...20 GF
PAIRS WELL WITH: Chardonnay A to Z (Oregon) s
- Pan Roasted Branzino Filet***
roasted fennel & organic DiNapoli tomato broth, broccolini, castelvetro olive (520 cal)...32.5 GF
PAIRS WELL WITH: Pinot Grigio Tangent (Edna Valley, CA) s
- Lasagna Bolognese**
fennel chicken sausage, mushroom, organic spinach, ricotta (450 cal)...19 GF
PAIRS WELL WITH: Sangiovese Borgo Scopeto "Chianti Classico" (Chianti, Italy) s

- Seared Wild Caught Tuna***
house made togarashi, edamame, roasted mushroom, avocado, forbidden rice, jalapeño (510 cal)...28.5 GF
PAIRS WELL WITH: Rosé of Cinsault & Grenache Miraval "Studio" (Méditerranée) s
- Grilled Kvarøy Arctic Salmon***
smoked grains, cilantro pumpkin seed pesto, broccolini, charred onion, basil (700 cal)...27.5
PAIRS WELL WITH: Chardonnay Fresh Vine (Napa Valley, CA) s
- Pesto Pasta**
seared mushroom, roasted acorn squash, marinated pepper, parmesan, cilantro pumpkin seed pesto (780 cal)...18 VEG
PAIRS WELL WITH: Chardonnay Imagery (Sonoma County, CA) s

sides 5

- Roasted Brussels Sprouts (210 cal) VGF • Ancient Grains (160 cal) V • Roasted Butternut Squash (170 cal) VGF
Kale Salad (110 cal) VEG • Crispy Potatoes (350 cal) VGF

BURGERS & PANINIS

served with choice of kale salad or crispy potatoes (adds 120/350 cal)
substitute gluten-free pita or bun (subtracts 80/90 cal) +2.5

- Umami Grass-fed Burger***
umami, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, flaxseed bun (780 cal)...18.5
- Grilled Chicken & Mozzarella Panini**
organic DiNapoli tomato sauce, broccolini, mozzarella, herbs, chili flake, crispy house-made pita (730 cal)...16.5
- Turkey & Smoked Gouda Burger**
avocado, organic tomato, butter lettuce, jalapeño remoulade, flaxseed bun (590 cal)...17

SALADS

- Winter Harvest Salad**
brussels sprout, cauliflower, butternut squash, organic kale, cannellini bean, horseradish vinaigrette (580 cal)...16.5 VGF
- 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

- Ancient Grains Bowl**
miso sesame glazed sweet potato, turmeric, charred onion, portobello, avocado, hemp seed, cilantro pumpkin seed pesto (690 cal)...16.5 V
- Teriyaki Quinoa Bowl**
broccoli, rainbow carrot, bok choy, green bean, pickled shiitake, brown rice, avocado, umami powder (560 cal)...16 VGF
- Korean Noodle Bowl**
sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, umami powder (550 cal)...15.5 VGF

add protein

- organic tofu +4 V (140-160 cal)
- antibiotic-free chicken +6 (190-210 cal)
- sustainably-raised shrimp* +7 (120-140 cal)
- cape grim grass-fed steak* +8 (240-260 cal)
- kvarøy arctic fair trade salmon* +10 (260 cal)

Seasonal Highlight | 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

We only partner with wine producers who utilize organic, sustainable, or bio-dynamic practices.

WINE

SPARKLING

	6oz (150 cal)	9oz (220 cal)	Bottle (620 cal)
Cava Marqués de Cáceres (Penedès, Spain) ◦	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) ◦	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) ◦	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" (Méditerranée) s	13	19	50

RED

bright & delicate

Pinot Noir Rickshaw (California) s	9	13	34
Pinot Noir Natura (Chile) ◦	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) ◦	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) • Strange Beast Hard Kombucha (180-190 cal) GF

REFRESHERS 5

- 🍷 Apple Lemonade (170 cal) • 🍷 Hibiscus Limeade (110 cal)
The O.G. ginger, honey, lime (120 cal) +1
- Hangover Rx pineapple, orange, coconut (70 cal)
- Sparkling Prickly Pear Tisane prickly pear, hibiscus, lime (70 cal)
- Kale Aid kale, ginger, apple, celery, cucumber, lemon (100 cal) +4
- 🍷 Adaptogenic Tulsi Tea holy basil, ginger, honey (60 cal)
- 🍷 Adaptogenic Hot Chocolate reishi, cinnamon (190 cal) +2 VGF

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 adaptogenic hot chocolate (40 cal) +3 VGF
ask about our selection of hot tea & organic fair trade coffee

Our passionate collective of accomplished chefs continually discover new ingredients that are in season at the **peak of freshness and flavor**. We only work with the top purveyors who help reconnect the **natural bounty of the planet** with the food that is on your plate.

- We follow the Environmental Working Group's "Dirty Dozen" guidelines to reduce exposure to toxic chemicals and pesticides by purchasing certified organic varieties of fruits and vegetables that appear on the Dirty Dozen list.
- Our pasture-raised, grass-fed, and grass-finished steak is sourced from Cape Grim in northwest Australia, home of the cleanest air in the world. It's also certified humane and free of GMOs and growth hormones.
- Our chicken is never treated with antibiotics, added hormones, or artificial ingredients.
- Our salmon is fair-trade and ethically and sustainably raised by Kvarøy Arctic in Norway without compromising the environment or welfare of the fish.
- Our albacore tuna is domestic and wild-caught, primarily from the Atlantic Ocean, and sourced according to Monterey Bay Aquarium Seafood Watch guidelines.
- Our shrimp is raised in Ecuador using 4-star Best Aquaculture Practices. BAP is committed to environmental responsibility and animal health and welfare.


At our table, **delicious dining** and **conscious nutrition** go hand in hand, without sacrificing flavor, creativity, or indulgence. We go beyond traditional standards of food and hospitality so you can **eat better, feel better, and live better**.


🍷 Seasonal Highlight | V Vegan VEG Vegetarian GF Gluten Friendly s Sustainable ◦ Organic B Bio-Dynamic
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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, crispy potato, organic whole wheat crostini (720 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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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

- Cold Brew *(5 cal)...5*
- Americano *(5 cal)...4*
- Drip Coffee *(0 cal)...3.5*
- Espresso *(5 cal)...3*
- Cappuccino *(80 cal)...4.5*
- Caffè Latte *(80 cal)...4.5*
- Vanilla Spiced Latte *(150 cal)...6*

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

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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 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

Cold Brew (5 cal)...5 • 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

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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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