

TRUE FOOD KITCHEN

spring 2023

STARTERS

Bone Broth Chicken Noodle Soup

bone broth, grilled chicken, thyme (340 cal)...9

Seasonal Burrata

artichoke, asparagus, fava bean, caramelized onion vinaigrette, grilled bread (510 cal)...16.5 VEG

Herb Hummus

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

Edamame Dumplings

dashi, white truffle oil, herbs (280 cal)...12.5 VEG

Thai Tuna Tartare*

coconut vinaigrette, thai basil oil, marcona almond, cucumber, umami cracker (450 cal)...16

Edamame Guacamole

avocado, cilantro, lime, Chef Matt's Magical Dust, umami cracker (400 cal)...11 V

Charred Cauliflower

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

Farmers Market Crudités

hatch chile ranch, pistachio muhammara dip, vegetables (540 cal)...12 VEG

ENTRÉES

Grilled Korean Steak*

sliced 100% grass-fed sirloin, forbidden rice, mushroom, bok choy, wok glaze, miso sesame vinaigrette, herbs (670 cal)...28 GF

Lasagna Bolognese

fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)...19 GF

Bone Broth Chicken Ramen*

spicy bone broth, roasted mushrooms, Vital Farms jammy egg, edamame, jalapeño (700 cal)...21 GF

Pan Seared Sea Bass*

charred scallion salsa verde, marcona almond, cauliflower rice, snap pea, charred onion, roasted mushrooms (520 cal)...33.5 GF

Forbidden Poke*

wild caught tuna, forbidden rice, avocado, roasted mushrooms, cucumber, jalapeño, citrus ponzu, edamame, Chef Matt's Magical Dust (410 cal)...23.5 GF

Grilled Sustainable Salmon*

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

Spaghetti Squash Casserole

organic DiNapoli tomato sauce, caramelized onion, zucchini, fresh mozzarella (410 cal)...15.5 VEG GF add chicken sausage (110 cal) +4 GF

Pesto Pasta

roasted mushrooms, marinated pepper, artichoke, asparagus, parmesan, cilantro pumpkin seed pesto (750 cal)...18 VEG

SIDES 6

seasonal vegetables (290 cal) V GF	•	sweet potato hash (200 cal) V GF	•	kale salad (120 cal) VEG	•	cauliflower rice (150 cal) V GF	•	forbidden black rice (150 cal) V GF	•	grilled broccolini (130 cal) V GF
--	---	--	---	--------------------------------	---	---------------------------------------	---	---	---	---

SALADS & BOWLS

Chopped Salad

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

Mediterranean Salad

olive, cucumber, red quinoa, asparagus, artichoke, feta, marcona almond, lemon oregano vinaigrette (560 cal)...14.5 VEG GF

Teriyaki Quinoa Bowl

broccoli, rainbow carrot, bok choy, green bean, snap pea, pickled shiitake, brown rice, avocado, Chef Matt's Magical Dust (560 cal)...15.5 V GF

Spicy Panang Curry Bowl

forbidden rice, sweet potato, bok choy, heirloom carrot, snap pea, green bean, thai shellfish curry broth, herbs (600 cal)...17 GF

Kimchi Fried Rice Bowl*

kelp kimchi, forbidden rice, roasted mushrooms, asparagus, edamame, Vital Farms jammy egg (420 cal)...18 GF

Tuscan Kale Salad

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

Kale Cobb Salad

roasted red pepper, avocado, olive, Point Reyes blue cheese, cherry tomato, asparagus, hatch chile ranch (570 cal)...15.5 VEG GF

Sonoran Bowl

anasazi bean, brown rice, quinoa, cotija, avocado, peruvian pepper sauce, charred scallion salsa verde (560 cal)...15.5 GF

Ancient Grains Bowl

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

Korean Noodle Bowl

sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, Chef Matt's Magical Dust (550 cal)...15 V GF

ADD PROTEIN

antibiotic-free chicken +6 (190-210 cal)	•	sustainably-raised shrimp* +7 (120-140 cal)	•	grass-fed steak* +8 (240-260 cal)	•	fair trade arctic salmon* +9 (260 cal)	•	organic tofu +4 V (140-160 cal)
---	---	--	---	--------------------------------------	---	---	---	------------------------------------

PIZZAS & PANINIS

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

Spinach & Mushroom Pizza

roasted mushrooms, lemon almond ricotta, caramelized onion (970 cal)...18 V

Chicken Sausage Pizza

organic DiNapoli tomato sauce, roasted fennel, smoked gouda (860 cal)...16.5

Margherita Pizza

organic DiNapoli tomato sauce, fresh mozzarella, basil (820 cal)...15 VEG

Bison Sausage Pizza

organic DiNapoli tomato sauce, charred scallion salsa verde, mozzarella, cotija, jalapeño (1130 cal)...17.5

Harissa Chicken Pizza

garlic purée, red onion, cherry tomato, fresh mozzarella (1180 cal)...16.5

Grilled Chicken & Mozzarella Panini

organic DiNapoli tomato sauce, broccolini, fresh mozzarella, herbs, chili flake, crispy house-made pita (730 cal)...16.5

BURGERS & SANDWICHES

served on a flaxseed bun / substitute gluten-free bun (subtracts 90 cal) +2.5 / with choice of kale salad or sweet potato hash (adds 120/200 cal)
ask your server how to make it vegan - substitute a house-made vegan patty on any burger or sandwich (adds 110-180 cal)

The O.G. Grass-fed Burger*

umami, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise (780 cal)...18

Teriyaki Grass-fed Burger*

teriyaki glazed pineapple, carrot, bean sprout, Chef Matt's Magical Dust (570 cal)...17.5

Peruvian Grass-fed Burger*

caramelized onion, peruvian pepper sauce, Vital Farms fried egg, Point Reyes blue cheese (810 cal)...18.5

Hatch Green Chile Turkey Burger

smoked gouda, hatch chile ranch, roasted chile, organic arugula, organic tomato (680 cal)...17

Smoked Gouda Turkey Burger

avocado, organic tomato, butter lettuce, jalapeño remoulade (590 cal)...16.5

Mediterranean Chicken Sandwich

artichoke, pistachio muhammara, feta, organic arugula (830 cal)...17

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.
Some ingredients are not included in the menu descriptions and our kitchen is not gluten free; please notify your server of any food allergies or dietary restrictions.
*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.

CRAFT COCKTAILS 14

-  **Strawberry Mojito**
don q cristal rum, combier rose, lime, yuzu (180 cal)
-  **Green Apple Collins**
prairie organic vodka, fiorente elderflower, green apple, lemon (220 cal)
-  **Cucumber Martini**
gray whale gin, chateau aloe, pineapple, lemon (190 cal)
- Tee Time**
tomatin dualchas whisky, barrow’s intense ginger, chamomile, lemon (220 cal)
-  **Jet Liner**
old grand-dad bourbon, aperol, lemon (210 cal)
- Mezcal Margarita**
banhez espadin mezcal, barrow’s intense ginger, ube, lime (260 cal)
- Spicy Pineapple Margarita**
dulce vida organic reposado tequila, fresh jalapeño, lime (180 cal)
- Citrus Skinny Margarita**
dulce vida organic blanco tequila, cucumber, mint (170 cal)
- Rosé Sangria**
la vieille ferme organic rosé, pineapple, lime (260 cal)

WINE

6 oz (150 CAL) / 9 oz (220 CAL) / BOTTLE (620 CAL)

SPARKLING

- CAVA**
Marqués de Cáceres (Penedès, Spain) 10 / - / 38 
- PROSECCO ROSÉ**
La Marca (Veneto, Italy) 13 / - / 50 

ROSÉ

- Pour les Gens (Vin de France) 11 / 16 / 42  
- Miraval “Studio” (Méditerranée) 13 / 19 / 50  
- Fresh Vine (Napa Valley, CA) 12 / 18 / 46 

WHITE

- PINOT GRIGIO**
Tangent (Edna Valley, CA) 9 / 13 / 34  
- RIESLING**
Schloss Vollrads (Rheingau, Germany) 16 / 24 / 62 

SAUVIGNON BLANC

- Haras de Pirque “Albaclara” (Leyda Valley, Chile) 9 / 13 / 34 
- Blalock + Moore (Marlborough, New Zealand) 10 / 15 / 38  
- Banshee (Sonoma County, CA) 13 / 19 / 50 

CHARDONNAY

- Imagery (Sonoma County, CA) 11 / 16 / 42 
- A to Z (Oregon) 12 / 18 / 46 
- True Myth (Edna Valley, CA) 13 / 19 / 50 
- Rombauer (Los Carneros, CA) 19 / 28 / 74 

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) 

REFRESHERS & TEA

-  **Pink Lemonade**
dragon fruit, lemon (160 cal)...5
- Citrusade**
orange, lime, clementine (100 cal)...5
- Limeade**
tractor organic lime (110 cal)...5
-  **Sparkling Apricot Tea**
black & yaupon tea, lemon (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
- Adaptogenic Tulsi Tea**
holy basil, ginger, honey (60 cal)...5

RED

- PINOT NOIR**
Rickshaw (California) 9 / 13 / 34 
- Natura (Chile) 11 / 16 / 42 
- Montinore (Willamette Valley, OR) 14 / 21 / 54 
- Duckhorn “Decoy” (California) 15 / 22 / 58 
- RED BLEND**
One Hope (California) 11 / 16 / 42 
- MALBEC**
Terrazas de los Andes “Altos del Plata” (Mendoza, Argentina) 9 / 13 / 34 
- CANNONAU**
Alta Vita (Sardinia, Italy) 9 / 13 / 34  
- SANGIOVESE**
Borgo Scopeto “Chianti Classico” (Chianti, Italy) 11 / 16 / 42 
- CABERNET SAUVIGNON**
Drumheller (Columbia Valley, WA) 9 / 13 / 34 
- Tribute (California) 12 / 18 / 46 
- Liberty School (Paso Robles, CA) 13 / 19 / 50 
- Long Meadow Ranch “Farmstead” (Napa Valley, CA) 15 / 22 / 58 



**ROOTED
IN SCIENCE**

Founded with Dr. Andrew Weil’s accessible nutritional ethos, we intersect ingredient expertise with culinary creativity to create dishes that defy expectations with every bite. On our menu you'll find nutrient-dense produce, lean protein, and whole grains so you can feel your best after every meal.



**SOURCED
WITH INTEGRITY**

Every ingredient is an opportunity to do better for ourselves and our planet. We source intentionally from the world’s most responsible and sustainable growers, farmers, and producers committed to growing seasonally and giving back to our planet.



**CRAFTED
BY CHEFS**

Each of our restaurants has a chef at the helm to hand-chop fresh produce daily, incorporate superfood ingredients, and create flavor-forward dishes to thrill even the most adventurous palate. Together, we passionately champion the art of well-eating.

TRUE FOOD KITCHEN *spring 2023*

BRUNCH

SMOOTHIES

Green Goddess

greek yogurt, kale, avocado, moringa leaf, pineapple (170 cal)...9 VEG GF

Açaí

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

BRUNCH

Lemon Ricotta Muffin (340 cal each) *single...4 / three...10* VEG

Two Egg Breakfast*

Vital Farms pasture-raised sunny side up eggs, chicken sausage, sweet potato hash, organic whole wheat crostini (620 cal)...18

Strawberry Quinoa Pancakes

greek yogurt (520 cal)...13.5 VEG GF

Smashed Avocado Toast*

Vital Farms pasture-raised sunny side up eggs, smoked gouda, sesame, organic whole wheat crostini (560 cal)...13.5 VEG

Bison Sausage Breakfast Pizza*

organic DiNapoli tomato sauce, charred scallion salsa verde, mozzarella, cotija, jalapeño, Vital Farms pasture-raised fried egg (1200 cal)...18
substitute gluten-free crust (subtracts 80 cal) +2.5 GF

Smoked Gouda Crustless Quiche*

Vital Farms pasture-raised eggs, hatch green chile, caramelized onion, kale (400 cal)...14 VEG GF

Breakfast Tacos*

Vital Farms pasture-raised scrambled eggs, sweet potato, roasted mushrooms, peruvian pepper sauce, Siete cassava root tortillas (700 cal)...13 VEG GF
add bison breakfast sausage (200 cal) +5 GF

Garden Scramble*

Vital Farms pasture-raised eggs, charred onion, asparagus, smoked gouda, parmesan, sweet potato (520 cal)...13.5 VEG GF
add chicken sausage (110 cal) +4 GF or bison breakfast sausage (200 cal) +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.

Some ingredients are not included in the menu descriptions and our kitchen is not gluten free; please notify your server of any food allergies or dietary restrictions.

*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 *spring 2023*

BRUNCH

BRUNCH COCKTAILS 12

Aperol Spritz

marqués de cáceres cava, aperol (180 cal)

Citrus Spritz

marqués de cáceres cava, clementine, lime (110 cal)

Pink Spritz

marqués de cáceres cava, dragon fruit, lemon (140 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

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

TRUE FOOD KITCHEN *spring 2023*

KIDS

Pink Lemonade

dragon fruit, lemon (160 cal)...5

Citrusade

orange, lime, clementine (100 cal)...5

Limeade

tractor organic lime (110 cal)...5

Mozzarella & Organic Tomato Pizza

(740 cal)...10 VEG

Chicken Teriyaki Bowl

broccoli, rainbow carrot, green bean, snap pea, brown rice & quinoa (320 cal)...10 GF

Grass-fed Burger*

mozzarella, flaxseed bun, carrots & herb hummus (670 cal)...10

Seasonal Highlight | V Vegan 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.

Some ingredients are not included in the menu descriptions and our kitchen is not gluten free; please notify your server of any food allergies or dietary restrictions.

*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 *spring 2023*

DESSERT

DESSERTS 9

🍷 **The Pink Lime Tart**
ube, marcona almond-date crust, coconut whipped cream (730 cal) V GF

🍷 **Strawberry Cake & Ice Cream**
macerated strawberry, ricotta frosting, vanilla ice cream (640 cal) VEG

Flourless Chocolate Cake
caramel, marcona almond, vanilla ice cream, cacao nib (500 cal) VEG GF

Cookies & Ice Cream
chocolate chip cookies served with vanilla ice cream (590 cal) V GF

MAKE IT AN AFFOGATO add espresso (5 cal) +3 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

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

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.

Some ingredients are not included in the menu descriptions and our kitchen is not gluten free; please notify your server of any food allergies or dietary restrictions.