

TRUE FOOD KITCHEN *summer 2023*

STARTERS & SHAREABLES

- Roasted Corn Soup**
hatch green chile (230 cal) v
- Heirloom Tomato & Watermelon Salad**
cucumber, mango vinaigrette, avocado mousse, marcona almond, Chef Matt's Magical Dust (220 cal) v GF
- Herb Hummus**
cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette, house-made pita (710 cal) VEG
- Edamame Dumplings**
dashi, white truffle oil, herbs (270 cal) VEG

- Street Corn Flatbread**
crème fraîche, roasted corn, lime, cotija (600 cal) VEG
- Wild Caught Tuna Tostada***
tuna, avocado, jalapeño pepper, umami cracker, citrus ponzu (420 cal)
- Edamame Guacamole**
avocado, cilantro, lime, Chef Matt's Magical Dust, umami cracker (570 cal) v
- Charred Cauliflower**
harissa tahini, medjool date, dill, mint, pistachio (410 cal) v GF

SALADS & BOWLS

- Chopped Salad**
medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal) VEG
- Mediterranean Salad**
olive, cucumber, red quinoa, asparagus, artichoke, feta, marcona almond, lemon oregano vinaigrette (560 cal) VEG GF
- Teriyaki Quinoa Bowl**
broccoli, rainbow carrots, bok choy, green bean, snap pea, pickled shiitake, brown rice, avocado, Chef Matt's Magical Dust (560 cal) v GF
- Spicy Panang Curry Bowl**
forbidden rice, sweet potato, bok choy, rainbow carrots, snap pea, green bean, thai shellfish curry broth, herbs (600 cal) GF

- Tuscan Kale Salad**
organic kale, lemon, garlic, parmesan, breadcrumb (350 cal) VEG
- Burrito Bowl**
anasazi bean, brown rice, quinoa, cotija, avocado, peruvian pepper sauce, charred scallion salsa verde (560 cal) GF
- Ancient Grains Bowl**
miso sesame glazed sweet potato, turmeric, charred onion, snap pea, portobello, avocado, hemp seed, cilantro pumpkin seed pesto (690 cal) v
- Korean Noodle Bowl**
sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, Chef Matt's Magical Dust (550 cal) v GF

ADD PROTEIN

antibiotic-free chicken (190-210 cal)	•	sustainably-raised shrimp* (120-140 cal)	•	grass-fed steak* (240-260 cal)	•	fair trade arctic salmon* (260 cal)	•	organic tofu +4 (140-160 cal)
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PIZZAS & PANINIS

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

- Spinach & Mushroom Pizza**
roasted mushrooms, lemon almond ricotta, caramelized onion (970 cal) v
- Bison Sausage Pizza**
organic DiNapoli tomato sauce, charred scallion salsa verde, mozzarella, cotija, jalapeño (1130 cal)
- Margherita Pizza**
organic DiNapoli tomato sauce, fresh mozzarella, basil (820 cal) VEG
- Chicken Sausage Pizza**
organic DiNapoli tomato sauce, roasted fennel, smoked gouda (860 cal)
- Garden Pesto Pizza**
cilantro pumpkin seed pesto, zucchini, organic tomato, red onion, organic arugula, mozzarella (910 cal) VEG
- Grilled Chicken & Mozzarella Panini**
organic DiNapoli tomato sauce, broccolini, fresh mozzarella, herbs, chili flake, crispy house-made pita (730 cal)

BURGERS & SANDWICHES

served on a flaxseed bun / substitute gluten-free bun (subtracts 90 cal) / with choice of kale salad or sweet potato hash (adds 120/200 cal)

- The O.G. Grass-Fed Burger***
grass-fed organic beef, umami, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise (780 cal)
- Vegan Double Cheeseburger**
house-made with portobello, walnut, beet, lettuce, pickled onion, organic tomato, vegan cheddar, jalapeño remoulade (890 cal) v
- Peruvian Grass-Fed Burger***
grass-fed organic beef, caramelized onion, peruvian pepper sauce, Vital Farms fried egg, Point Reyes blue cheese (810 cal)
- TFK Original Chicken Sandwich**
grilled chicken breast, house-made bbq sauce, kale-jicama slaw, pickled jalapeño (710 cal)
- Hatch Green Chile Turkey Burger**
smoked gouda, hatch chile ranch, roasted chile, organic arugula, organic tomato (680 cal)
- Smoked Gouda Turkey Burger**
avocado, organic tomato, butter lettuce, jalapeño remoulade (590 cal)

ENTRÉES

- Grilled Grass-Fed Steak***
peruvian pepper sauce, forbidden black rice, zucchini, charred onion, sweet drop pepper (710 cal) GF
- Lasagna Bolognese**
fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal) GF
- Pan Roasted Chicken**
herb-brined chicken, house-made bbq sauce, grains, caramelized onion vinaigrette, roasted corn, asparagus (950 cal)
- Idaho Rainbow Trout***
quinoa, artichoke, roasted red pepper, lemon oregano vinaigrette (690 cal) GF
- Kimchi Steak Fried Rice***
grass-fed steak, kelp kimchi, forbidden rice, roasted mushrooms, asparagus, edamame, Vital Farms jammy egg (570 cal) GF
- Forbidden Poke***
wild caught tuna, forbidden rice, avocado, roasted mushrooms, cucumber, jalapeño, citrus ponzu, edamame, Chef Matt's Magical Dust (410 cal) GF
- Grilled Sustainable Salmon***
thai corn broth, bok choy, edamame, baru nut, radish (450 cal) GF
- Spaghetti Squash Casserole**
organic DiNapoli tomato sauce, caramelized onion, zucchini, fresh mozzarella (410 cal) VEG GF add chicken sausage (110 cal) GF
- Pesto Pasta**
roasted mushrooms, marinated pepper, artichoke, asparagus, parmesan, cilantro pumpkin seed pesto (750 cal) VEG add antibiotic-free chicken (190 cal) or organic tofu (140 cal) v
- Seared Tuna Tataki***
fried brown rice & quinoa, asparagus, roasted corn, tataki sauce, roasted mushrooms, baru nut, mango salsa (700 cal) GF

SIDES

roasted street corn (380 cal) VEG GF	•	kale-jicama slaw (170 cal) VEG GF	•	seasonal vegetables (290 cal) v GF	•	kale salad (120 cal) VEG	•	sweet potato hash (200 cal) v GF
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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 *summer 2023*

REFRESHERS & TEAS

- Sparkling Prickly Pear Tisane prickly pear, hibiscus, lime (70 cal)
- The O.G. ginger, honey, lime (120 cal)
- Kale Aid kale, ginger, apple, celery, cucumber, lemon (100 cal)
- Adaptogenic Tulsi Tea holy basil, ginger, honey (60 cal)
- Matcha Horchata oat milk, vanilla (240 cal)

- Sparkling Peach Tea (60 cal)
- Green or Black Iced Tea (0 cal)
- Watermelon Lemonade (80/320 cal)
- Pink Lemonade dragon fruit, lemon (160/640 cal)
- Limeade tractor organic lime (110/440 cal)

make it a pitcher

CRAFT COCKTAILS

- Rosé Sangria**
la vieille ferme organic rosé, pineapple, lime (260 cal)
- Cucumber Martini**
gray whale gin, chateau aloe, pineapple, lemon (190 cal)
- Blueberry Collins**
prairie organic vodka, combier rose, lemon (200 cal)
- Hill Country**
tito's vodka, fiorente elderflower, prickly pear, lime (180 cal)
- Peaches & Bourbon**
old grand-dad bourbon, giffard pêche, lemon (180 cal)
- Tee Time**
tomatin dualchas whisky, barrow's intense ginger, chamomile, lemon (220 cal)
- Clean Watermelon Margarita (Zero Proof)**
cleanco zero proof tequila, watermelon, jalapeño (90 cal)
- Watermelon Mojito**
don q rum, watermelon, pineapple, mint, lime (190 cal)
- Spicy Pineapple Margarita**
dulce vida organic reposado tequila, fresh jalapeño, lime (180 cal)
- Mezcal Margarita**
banhez espadin mezcal, barrow's intense ginger, ube, lime (260 cal)
- Citrus Skinny Margarita**
dulce vida organic blanco tequila, cucumber, mint (170 cal)
- Fresa Rosado**
ana maria rosado tequila, barrow's intense ginger, strawberry, lime (190 cal)
- Peacemaker**
maker's mark whisky, heavy brewed tea, honey, lemon (250 cal)
- The Grove (Zero Proof)**
seedlip grove zero proof, strawberry, lemon (80 cal)

WINE

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

SPARKLING

Cava
Marqués de Cáceres (Penedès, Spain) o

Prosecco Rosé
La Marca (Veneto, Italy) s

WHITE

Pinot Grigio
Tangent (Edna Valley, CA) P S

Riesling
Schloss Vollrads (Rheingau, Germany) o

Sauvignon Blanc
Haras de Pirque "Albaclara" (Leyda Valley, Chile) o
Blalock + Moore (Marlborough, New Zealand) P S
Banshee (Sonoma County, CA) s

Chardonnay
Imagery (Sonoma County, CA) s
A to Z (Oregon) s
True Myth (Edna Valley, CA) s
Rombauer (Los Carneros, CA) s

ROSÉ

Pour les Gens (Vin de France) P S
Miraval "Studio" (Méditerranée) s
Fresh Vine (Napa Valley, CA) s

RED

Pinot Noir
Rickshaw (California) s
Natura (Chile) o
Montinore (Willamette Valley, OR) B
Duckhorn "Decoy" (California) s

Interesting Reds

Terrazas de los Andes "Altos del Plata" Malbec (Mendoza, ARG) s
Alta Vita Cannonau (Sardinia, ITA) P S
OneHope Red Blend (California) s
Borgo Scopeto Chianti Classico (Chianti, ITA) s

Cabernet Sauvignon

Drumheller (Columbia Valley, WA) s
Tribute (California) s
Liberty School (Paso Robles, CA) s
Long Meadow Ranch "Farmstead" (Napa Valley, CA) o

BEER

Local Rotating • Coors Light (100 cal) • Stella Artois (140 cal) • New Belgium Brewing *Fat Tire Ale* (160 cal) • Modelo Especial (145 cal)
Samuel Adams *Seasonal* (150 cal) • Sierra Nevada *Hazy Little Thing IPA* (210 cal) • Bell's Brewery *Two Hearted IPA* (210 cal)
Strainge Beast *Hard Kombucha* (180-190 cal) GF • Athletic Brewing *Cerveza Atletica Copper Non-Alcoholic* (60 cal)

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.

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SMOOTHIES

Green Goddess

Greek yogurt, kale, avocado, moringa leaf, pineapple (170 cal) VEG GF

Açaí

Greek yogurt, maca, banana (430 cal) VEG GF

BRUNCH

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

Two Egg Breakfast*

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

Blueberry Pancakes

blueberry compote, crème fraîche, maple syrup (680 cal) VEG GF

Smashed Avocado Toast*

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

Bison Sausage Breakfast Pizza*

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

Smoked Gouda Crustless Quiche*

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

Breakfast Tacos*

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

Garden Scramble*

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

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BRUNCH COCKTAILS

Aperol Spritz

marqués de cáceres cava, aperol (180 cal)

Watermelon Spritz

marqués de cáceres cava, watermelon, lemon (120 cal)

Pink Spritz

marqués de cáceres cava, dragon fruit, lemon (140 cal)

Classic Mimosa

marqués de cáceres cava, fresh oj (150 cal)

Prairie Mary

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

Michelada

modelo especial, organic tomato, house spice blend, house-made tajín (160 cal)

Fresh Squeeze

tito's vodka, fresh oj (190 cal)

Spiked Dragon Fruit Lemonade

tito's vodka, pink lemonade (250 cal)

SIPS TO SHARE

carafe serves 4 guests

Fresh Squeeze

tito's vodka, fresh oj
(820 cal)

Spiked Dragon Fruit Lemonade

tito's vodka, pink lemonade
(1050 cal)

HOT TEAS

Matcha Horchata

oat milk, vanilla (240 cal)

Darjeeling (5 cal)

Peppermint *herbal* (5 cal)

Jasmine Pearl Green Tea (5 cal)

Classic Chai (5 cal)

Chamomile *herbal* (5 cal)

ORGANIC FAIR TRADE COFFEE

Americano (5 cal)

Cappuccino (80 cal)

Vanilla Spiced Latte (150 cal)

Espresso (5 cal)

Caffè Latte (80 cal)

Drip Coffee (0 cal)

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

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KIDS

Pink Lemonade

dragon fruit, lemon (160 cal)

Watermelon Lemonade

(80 cal)

Limeade

tractor organic lime (110 cal)

Mozzarella & Organic Tomato Pizza

(740 cal) VEG

Chicken Teriyaki Bowl

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

Grass-Fed Burger*

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

Buttered Noodles

(450 cal) VEG

Marinara Noodles

(400 cal) VEG

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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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DESSERTS

🍷 **Mango Tart**
marcona almond-date crust, coconut whipped cream, blueberry (610 cal) v GF

Strawberry Cake & Ice Cream
strawberry, ricotta frosting, vegan vanilla ice cream (640 cal) VEG
substitute Cosmic Bliss organic grass-fed ice cream

Flourless Chocolate Cake
caramel, almond, vegan vanilla ice cream, cacao nib (510 cal) VEG GF
substitute Cosmic Bliss organic grass-fed ice cream

Turtle Sundae
Cosmic Bliss organic grass-fed ice cream, caramel, chocolate sauce,
baru nut (740 cal) VEG GF

🍷 **Blueberry Crumble Sundae**
Cosmic Bliss organic grass-fed ice cream, blueberry compote,
marcona almond-date crumble (650 cal) VEG GF

Root Beer Float
Olipop root beer, vegan vanilla ice cream (400 cal) v GF

Kids Cookies & Ice Cream Sundae
chocolate chip cookies served with vegan vanilla ice cream (420 cal) v GF

HOT TEAS

Matcha Horchata
oat milk, vanilla (240 cal)

Jasmine Pearl Green Tea (5 cal)

Darjeeling (5 cal)

Classic Chai (5 cal)

Peppermint *herbal* (5 cal)

Chamomile *herbal* (5 cal)

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)

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