

A top-down photograph of a bowl filled with fresh blueberries. The bowl is positioned on the right side of the frame, and the blueberries spill out onto a rustic, blue-painted wooden surface that occupies the rest of the image. The lighting is dramatic, highlighting the texture of the berries and the grain of the wood.

TRUE FOOD KITCHEN

**NUTRITIONAL GUIDE
SUMMER 2023**

TRUE FOOD KITCHEN

FOOD - STARTERS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Roasted Corn Soup	230	108	12	2	0	0	2590	30	4	10	5	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Other Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Street Corn Flatbread	600	297	33	16	0	65	1400	58	2	9	17	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Tree Nuts.
Heirloom Tomato & Watermelon Salad	220	153	14	1.5	0	0	470	26	2	19	5	Allergen Statement: Contains Sesame, Tree Nuts (Almonds). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Other Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Wild Caught Tuna Tostada*	420	225	25	4	0	45	1260	22	3	4	26	Allergen Statement: Contains Eggs, Sesame, Soy, Wheat, Fish. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Tree Nuts.
Herb Hummus	710	410	46	7	0	5	1160	62	8	8	15	Allergen Statement: Contains Milk, Sesame, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Edamame Guacamole	400	252	28	4	0	0	1280	30	11	4	12	Allergen Statement: Contains Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Tree Nuts.
Edamame Dumplings	280	100	11	4	0	15	1000	34	3	3	10	Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Charred Cauliflower	410	250	28	3.5	0	0	1010	36	8	24	11	Allergen Statement: Contains Sesame, Tree Nuts (Pistachios). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Other Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.

FOOD - PIZZAS & PANINIS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Spinach & Mushroom Pizza	970	432	48	5	0	0	1240	117	6	8	24	Allergen Statement: Contains Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts.
Chicken Sausage Pizza	860	290	32	12	0	90	1610	105	7	8	38	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Bison Sausage Pizza	1130	396	44	16	0	110	2100	101	2	9	42	Allergen Statement: Contains Eggs, Fish (Fish Sauce), Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Peanuts, Sesame, Shellfish, Tree Nuts.
Garden Pesto Pizza	910	441	49	14	0	50	1720	91	2	5	29	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Margherita Pizza	820	310	35	16	0	95	1010	100	6	6	35	Allergen Statement: Contains Milk, Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Grilled Chicken & Mozzarella Panini	730	330	37	12	0	135	1410	49	4	4	49	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Gluten-Free Crust	360	25	3	0	0	0	390	78	0	9	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

FOOD - BURGERS & SANDWICHES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
The O.G. Grass-fed Burger*	780	400	44	12	1	120	1460	51	6	10	47	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
TFK Original Chicken Sandwich	710	315	35	4	0	115	1700	50	5	13	46	Analysis and allergens do not include choice of side. Allergen Statement: Contains Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Vegan Double Cheeseburger	890	480	53	8	0	0	1840	88	10	13	18	Analysis and allergens do not include choice of side. Allergen Statement: Contains Sesame, Soy, Tree Nuts (Walnuts, Coconut), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Other Tree Nuts.
Hatch Green Chile Turkey Burger	680	270	30	7	0	135	870	45	4	9	58	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Tree Nuts.
Peruvian Grass-fed Burger*	810	414	46	15	1	330	1550	47	4	9	50	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Smoked Gouda Turkey Burger	590	220	25	6	0	110	1160	45	5	9	48	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Vegan Burger Patty Only	420	250	28	3.5	0	0	1070	38	5	3	10	Allergen Statement: Contains Soy, Tree Nuts (Walnuts). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat.
Gluten-Free Bun	190	45	5	0	0	0	360	32	4	5	5	Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

TRUE FOOD KITCHEN

FOOD - SALADS & BOWLS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Chopped Salad	570	310	35	6	0	15	560	58	10	33	11	Allergen Statement: Contains Milk, Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts.
Chopped Salad (No Dressing)	360	120	14	4.5	0	15	230	52	10	27	11	Allergen Statement: Contains Milk, Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts.
Tuscan Kale Salad	350	290	33	5	0	5	600	12	4	3	5	Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Tuscan Kale Salad (No Dressing)	70	20	2.5	1	0	5	100	9	3	2	5	Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Mediterranean Salad	560	315	35	5	0	10	720	49	7	12	16	Allergen Statement: Contains Milk, Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Mediterranean Salad (No Dressing)	420	189	21	4	0	10	580	45	7	8	16	Allergen Statement: Contains Milk, Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Add On: Tofu	140	90	10	1.5	0	0	85	5	1	0	10	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Chicken	190	50	6	1.5	0	90	350	1	0	1	32	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*	240	200	22	5	0	75	170	0	0	0	18	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*	120	30	3	0.5	0	195	440	1	0	0	21	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Salmon*	260	140	16	3.5	0	70	450	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Burrito Bowl	560	225	25	7	0	45	1410	63	8	5	21	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Teriyaki Quinoa Bowl	560	210	24	3	0	0	970	78	13	20	13	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Ancient Grains Bowl	690	330	37	4.5	0	0	1190	80	13	15	15	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Spicy Panang Curry Bowl	600	270	30	25	0	0	2130	72	7	30	9	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Fish (Fish Sauce), Shellfish, Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Sesame, Other Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Korean Noodle Bowl	550	8	2	0	0	0	2190	123	5	13	8	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Tofu, Wok	160	90	290	1.5	0	0	330	8	1	2	10	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Chicken, Wok	210	60	6	1.5	0	90	600	3	0	2	33	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*, Wok	260	200	23	5	0	75	410	3	0	2	19	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*, Wok	140	35	3.5	0.5	0	195	690	4	0	2	22	Allergen Statement: Contains Sesame, Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Salmon*	260	140	16	3.5	0	70	450	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

TRUE FOOD KITCHEN

FOOD - ENTRÉES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Grilled Grass-Fed Steak*	710	513	57	11	0	165	1050	29	2	5	37	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Other Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Forbidden Poke Bowl*	410	72	18	3	0	30	1350	35	7	5	32	Allergen Statement: Contains Fish (Tuna), Sesame, Soy, Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
Lasagna Bolognese	450	250	28	11	0.5	120	1530	31	5	8	22	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grilled Sustainable Salmon*	450	252	28	8	0	70	950	16	5	4	39	Allergen Statement: Contains Fish, Soy, Tree Nuts (Baru Nuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Other Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Pan Roasted Chicken	950	450	50	8	0	205	1500	50	6	15	80	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spaghetti Squash Casserole	410	200	22	10	0	60	1360	39	8	16	19	Allergen Statement: Contains Eggs, Fish (Fish Sauce), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Other Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Idaho Rainbow Trout*	690	369	41	6	0	105	1110	37	5	8	42	Allergen Statement: Contains Fish. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pesto Pasta	750	261	29	6	0	15	1210	102	8	7	27	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Kimchi Fried Rice Bowl*	870	468	52	11	0	340	1180	46	5	9	1	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs, Fish (Fish Sauce), Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Other Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Tuna Tataki*	700	315	35	6	0	55	1760	54	7	19	49	Allergen Statement: Contains Fish, Soy, Sesame, Tree Nuts (Baru Nuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Other Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.

FOOD - SIDES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Roasted Street Corn	380	225	25	7	0	15	1860	40	4	14	8	Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Kale-Jicama Slaw	170	135	15	1	0	0	310	5	1	2	1	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Seasonal Vegetables	180	81	9	1	0	0	140	15	5	4	14	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Kale Salad	120	100	11	1.5	0	0	200	4	1	1	2	Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Sweet Potato Hash	200	130	14	1.5	0	0	860	18	3	6	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pita	210	25	2.5	0	0	0	150	39	2	1	6	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Gluten-Free Pita	360	25	3	0	0	0	390	78	0	9	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

FOOD - DESSERTS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Mango Tart	610	360	40	27	0	0	70	61	8	45	7	Allergen Statement: Contains Tree Nuts (Almonds, Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Gluten.
Strawberry Cake & Ice Cream	640	270	30	21	0.5	85	65	89	2	67	6	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Flourless Chocolate Cake	500	270	31	19	0	125	230	51	2	46	6	Allergen Statement: Contains Eggs, Milk, Soy, Tree Nuts (Almonds, Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Gluten.
Turtle Sundae	740	405	45	26	0.5	0	100	79	5	63	12	Allergen Statement: Contains Eggs, Milk, Tree Nuts (Baru Nuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Gluten.
Blueberry Crumble Sundae	650	342	38	21	0.5	0	45	72	6	58	10	Allergen Statement: Contains Eggs, Milk, Tree Nuts (Almonds, Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Gluten.
Root Beer Float	400	189	21	20	0	0	50	57	9	43	2	Allergen Statement: Contains Eggs, Milk, Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Gluten.
Kids Cookies & Cream Sundae	420	171	19	17	0	0	240	62	0	47	2	Allergen Statement: Contains Eggs, Milk, Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Gluten.
Chocolate Chip Cookie	170	60	7	6	0	0	160	27	1	13	1	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Vanilla Ice Cream	220	110	12	10	0	0	20	28	0	25	0	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.

TRUE FOOD KITCHEN

FOOD - KIDS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Mozzarella & Organic Tomato Pizza	740	230	26	11	0	50	920	99	6	6	28	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Chicken Teriyaki Bowl	320	35	4	1	0	65	960	42	4	15	29	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Grass-fed Burger*	670	300	33	12	1	120	1040	49	6	10	44	Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.

FOOD - BREAKFAST

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Lemon Ricotta Muffin	340	117	13	3.5	0	40	65	49	0	25	6	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Two Egg Breakfast*	620	270	30	6	0	425	2120	52	5	5	33	Allergen Statement: Contains Egg, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Blueberry Pancakes	680	225	25	8	0	100	1050	111	6	62	8	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Smashed Avocado Toast*	560	370	42	10	0	391	1406	27	7	2	22	Allergen Statement: Eggs, Milk, Sesame, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Bison Sausage Breakfast Pizza*	1200	441	49	18	0	300	2170	102	2	10	48	Allergen Statement: Contains Eggs, Fish (Fish Sauce), Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Peanuts, Sesame, Shellfish, Tree Nuts.
Smoked Gouda Crustless Quiche*	400	225	25	11	0	565	970	14	2	10	30	Allergen Statement: Contains Milk, Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Breakfast Tacos*	700	449	51	11	0	260	2040	53	8	11	15	Allergen Statement: Contains Eggs, Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Garden Scramble*	520	300	33	10	0	660	1430	26	6	9	32	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Chicken Sausage	110	45	5	1.5	0	45	610	3	0	1	12	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Bison Sausage	200	162	18	8	0.5	40	300	1	0	0	8	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grass-fed NY Strip & Eggs* (Las Vegas Forum Shops Only)	1160	459	51	16	0	565	1830	52	2	6	69	Allergen Statement: Contains Egg, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.

FOOD - MEAL PREP

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Tofu	700	450	50	7.5	0	0	425	25	5	0	50	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Chicken	950	250	30	7.5	0	450	1750	5	0	5	160	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Grass-fed Steak*	1200	1000	110	25	0	375	850	0	0	0	90	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Shrimp*	600	150	15	2.5	0	975	2200	5	0	0	105	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Salmon*	1300	700	80	17.5	0	350	2250	10	0	0	145	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Charred Cauliflower	1140	660	74	10	0	0	2360	106	25	72	31	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Seasonal Vegetables	870	702	78	9	0	0	1980	39	15	9	4	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Sweet Potato Hash	890	400	45	4.5	0	0	4440	116	18	38	12	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Herb Hummus	2130	1230	138	21	0	5	3480	186	24	24	45	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Power Grains	940	200	22	3	0	0	810	160	13	4	27	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Brown Rice & Quinoa	830	70	7	1.5	0	0	30	170	12	2	20	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.

TRUE FOOD KITCHEN

BEVERAGE - REFRESHERS & TEA

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Sparkling Prickly Pear Tisane	70	0	0	0	0	0	5	18	0	16	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Sparkling Peach Tea	80	0	0	0	0	0	10	20	0	18	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
The O.G.	120	0	0	0	0	0	0	31	1	27	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Kale Aid	100	5	0.5	0	0	0	80	25	2	15	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Watermelon Lemonade	80	0	0	0	0	0	0	21	0	19	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Watermelon Lemonade (Lg. Format)	740	0	0	0	0	0	20	64	0	57	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pink Lemonade	160	0	0	0	0	0	15	39	1	37	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pink Lemonade (Lg. Format)	1050	0	0	0	0	0	35	138	2	130	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Limeade	110	0	0	0	0	0	10	27	0	24	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Limeade (Lg. Format)	1290	0	0	0	0	0	110	343	2	310	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Matcha Horchata	240	90	9	0.5	0	0	105	40	2	35	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Adaptogenic Tulsi Tea	60	0	0	0	0	0	15	16	0	14	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Tea, Generic (with Lemon Wedge)	5	0	0	0	0	0	0	1	0	0	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

BEVERAGE - ORGANIC FAIR TRADE COFFEE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Americano	5	0	0	0	0	0	10	1	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Espresso	5	0	0	0	0	0	10	1	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Cappuccino or Caffè Latte (Oat Milk)	80	40	4.5	0	0	0	60	8	1	5	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Vanilla Spiced Latte	150	40	4.5	0	0	0	65	26	1	23	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Drip Coffee	0	0	0	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

TRUE FOOD KITCHEN

BEVERAGE - CRAFT COCKTAILS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Rosé Sangria	260	0	0	0	0	0	5	33	0	29	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Watermelon Mojito	190	0	0	0	0	0	0	23	0	20	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Cucumber Martini	190	0	0	0	0	0	0	19	0	17	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spicy Pineapple Margarita	180	0	0	0	0	0	0	20	0	18	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Blueberry Collins	200	0	0	0	0	0	0	26	0	22	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Mezcal Margarita	260	0	0	0	0	0	0	26	0	24	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Hill Country	180	0	0	0	0	0	0	19	0	17	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Citrus Skinny Margarita	170	0	0	0	0	0	18	0	16	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Peaches & Bourbon	180	0	0	0	0	0	0	16	0	15	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Fresa Rosado	190	0	0	0	0	0	0	18	0	16	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Tee Time	220	0	0	0	0	0	0	23	0	22	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Peacemaker	250	0	0	0	0	0	0	29	0	28	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Clean Watermelon Margarita (Zero Proof)	90	0	0	0	0	0	50	22	0	19	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
The Grove (Zero Proof)	80	0	0	0	0	0	0	21	0	18	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Aperol Spritz	180	0	0	0	0	0	0	16	0	16	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Watermelon Spritz	120	0	0	0	0	0	0	12	0	11	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pink Spritz	140	0	0	0	0	0	0	5	15	0	14	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Classic Mimosa	150	0	0	0	0	0	0	8	0	7	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Prairie Mary	150	5	0	0	0	0	630	5	0	3	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Michelada	160	0	0	0	0	0	2070	18	0	2	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Fresh Squeeze	150	0	0	0	0	0	0	13	0	10	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Fresh Squeeze (Lg. Format)	610	0	1	0	0	0	5	52	0	42	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spiked Dragon Fruit Lemonade	110	0	0	0	0	0	10	26	0	24	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spiked Dragon Fruit Lemonade (Lg. Format)	1505	0	0	0	0	0	45	35	0	130	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

TRUE FOOD KITCHEN

BEVERAGE - WINE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Wine, 6 fl oz	150	0	0	0	0	0	10	5	0	1	0	USDA average values for table wine; analysis for 6 fl oz.
Wine, 9 fl oz	220	0	0	0	0	0	15	7	0	2	0	USDA average values for table wine; analysis for 9 fl oz.
Wine, Bottle (750 mL)	620	0	0	0	0	0	40	20	0	6	1	USDA average values for table wine; analysis for Bottle (750 mL)

BEVERAGE - BEER

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Regular, 12 fl oz	150	0	0	0	0	0	15	13	0	0	2	USDA average values for beer; analysis for 12 fl oz.
New Belgium Brewing "Fat Tire Amber Ale"	160	0	0	0	0	0	15	15	0	0	2.2	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Samuel Adams "Seasonal"	150	0	0	0	0	0	0	12	0	0	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Sierra Nevada "Hazy Little Thing IPA"	210	0	0	0	0	0	0	20	0	0	2	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Stella Artois	140	0	0	0	0	0	0	11	0	0	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Straine Beast Hard Kombucha: Ginger, Lemon & Hibiscus	190	0	0	0	0	0	10	14	0	12	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Straine Beast Hard Kombucha: Blueberry, Acai & Sweet Basil	180	0	0	0	0	0	15	11	0	9	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Straine Beast Hard Kombucha: Blood Orange & Passion Fruit	180	0	0	0	0	0	15	15	0	8	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Straine Beast Hard Kombucha: Blood Orange & Passion Fruit	180	0	0	0	0	0	10	10	0	7	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten, Sesame.

Values shown are for full dish. Values are current as of April 2023. The nutrition information provided is a compilation of the nutrient data from True Food Kitchen's suppliers, the USDA and nutrient database analysis of True Food Kitchen's recipes and our analysis. All tamari used in our dishes is gluten free. Please note the following: (i) Test menu items, specials, limited time offers, and/or regional items may not be included in the nutrition information contained herein. (ii) Special or customized orders will alter the nutrition information contained herein. (iii) From time to time, True Food Kitchen may have to obtain products from different or substitute suppliers which may alter the nutrition information contained herein. (iv) Menu item ingredients are based upon recipes and portions, but variations may occur based upon ordinary differences inherent in the preparation, local suppliers, region of the country, and season of the year. (v) Each of our menu items are prepared by hand, individually, so serving sizes can vary. (vi) Differences in available dishware, packaging, or containers may affect the serving size. The nutrition information is updated periodically in an attempt to reflect the current nutritional value of our menu items. *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.