

STARTERS & SHAREABLES

🌱 **Roasted Butternut Squash Soup** v gf
butternut squash, sage (150 cal)

🌱 **Wild Caught Tuna Lettuce Wraps*** gf
bibb lettuce, tataki rice, pomegranate
relish, chili garlic crunch (520 cal)
sub tofu

🌱 **Roasted Brussels Sprouts** v gf
roasted mushroom, marinated pepper,
soy ginger glaze, lime (370 cal)

Edamame Dumplings veg
white truffle oil, dashi, thai basil,
toasted sesame seeds (270 cal)

Herb Hummus veg
cucumber, cherry tomato, onion, olive, feta,
lemon oregano vinaigrette, pita (710 cal)

Edamame Guacamole v
avocado, cilantro, lime, Chef Matt's
Magical Dust, umami cracker (570 cal)

Charred Cauliflower v gf
medjool date, harissa tahini, dill, mint,
pistachio (410 cal)

🌱 **Bruschetta Trio*** (890 cal)
avocado, pickled onion, smoked salmon
roasted beet, blue cheese,
herb hummus, chili garlic crunch
lemon almond ricotta, blueberry jam,
basil, pistachio

SALADS & BOWLS

🌱 **Seasonal Harvest Salad** v gf
roasted seasonal vegetables, cannellini bean,
horseradish vinaigrette, pomegranate seeds, mulberry (420 cal)

Chopped Salad veg
medjool date, jicama, organic apple, white cheddar, farro,
champagne vinaigrette, dried cranberry, marcona almond (570 cal)

Tuscan Kale Salad veg
organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)

Ancient Grains Bowl v
miso sesame glazed sweet potato, charred onion, snap pea,
portobello, avocado, cilantro pumpkin seed pesto, hemp seed,
turmeric (690 cal)

Teriyaki Quinoa Bowl v gf
quinoa brown rice, broccoli, rainbow carrot, bok choy, green bean,
snap pea, pickled shiitake, Chef Matt's Magical Dust (560 cal)

Burrito Bowl gf
anasazi bean, avocado, quinoa brown rice, cotija,
peruvian pepper sauce, charred scallion salsa verde (560 cal)

Spicy Panang Curry Bowl gf
sweet potato, bok choy, rainbow carrots, snap pea, green bean,
black rice, thai shellfish curry broth (600 cal)

Korean Noodle Bowl v gf
glass noodle, pickled shiitake, organic spinach, carrot,
bean sprout, Chef Matt's Magical Dust (550 cal)

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 v
(140-160 cal)

Smoked Tempeh v
(80 cal)

Make it next level

PIZZAS

substitute gluten-friendly crust or pita (subtract 80 cal)

🌱 **Roasted Butternut Squash Pizza** v
lemon almond ricotta, caramelized onion, kale, cranberry (940 cal)

Chicken Sausage Pizza
smoked gouda, roasted fennel, organic DiNapoli tomato sauce
(860 cal)

Garden Pesto Pizza veg
mozzarella, zucchini, organic tomato, organic arugula, red onion,
cilantro pumpkin seed pesto (910 cal)

Margherita Pizza veg
fresh mozzarella, organic DiNapoli tomato sauce, basil (820 cal)

Southwest Bison Sausage Pizza
mozzarella, cotija, jalapeño, organic DiNapoli tomato sauce,
charred scallion salsa verde, Vital Farms pasture-raised fried
egg (1200 cal)

Add a side of
Hatch chili ranch (150 cal)

Dip it



BURGERS & HANDHELDS

*choice of kale salad or herb-roasted fingerling potatoes
served on a flaxseed bun / substitute gluten-friendly bun (subtract 90 cal)*

The O.G. Grass-Fed Burger*
mushroom, caramelized onion,
organic arugula, parmesan,
mayonnaise, umami (780 cal)

Peruvian Grass-Fed Burger*
caramelized onion, blue cheese,
peruvian pepper sauce, Vital Farms
pasture-raised fried egg (810 cal)

TFK Original Chicken Sandwich
kale-jicama slaw, pickled jalapeño,
house-made bbq sauce (710 cal)

Hatch Green Chile Turkey Burger
smoked gouda, roasted chiles,
organic tomato, organic arugula,
hatch chili ranch (680 cal)

Smoked Gouda Turkey Burger
avocado, organic tomato, butter lettuce,
jalapeño remoulade (590 cal)

🌱 **Grilled Chicken Ranch Wrap**
avocado, roasted red pepper,
mixed greens, hatch chili ranch
(720 cal) *sub smoked tempeh*

Vegan Double Cheeseburger v
house-made vegan burger with portobello,
beet and walnut, served with lettuce,
pickled onion, organic tomato, vegan
cheese, jalapeño remoulade (890 cal)

Grilled Chicken & Mozzarella Panini
fresh mozzarella, grilled broccolini,
organic DiNapoli tomato sauce, chili
garlic crunch, house-made pita (780 cal)

🌱 Seasonal Highlight | v Vegan veg Vegetarian gf Gluten-Friendly

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ENTRÉES

- Grilled Grass-Fed Steak*** gf
roasted brussels sprout, charred onion, sweetie drop pepper, black rice, peruvian pepper sauce (840 cal)
- Grilled Sustainable Salmon*** gf
roasted brussels sprout, wild rice pilaf, pomegranate vinaigrette (730 cal)
- Lasagna Bolognese** gf
fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)
- Wild Caught Tuna Poke*** gf
black rice, avocado, roasted mushroom, cucumber, jalapeño, edamame, citrus ponzu, Chef Matt's Magical Dust (410 cal)
- Seared Tuna Tataki*** gf
roasted mushroom, carrot, quinoa brown rice, tataki sauce, baru nut, pomegranate (660 cal)
- Idaho Rainbow Trout*** gf
quinoa, roasted red pepper, artichoke, lemon oregano vinaigrette (690 cal)
- Spaghetti Squash Casserole** veg gf
caramelized onion, zucchini, fresh mozzarella, organic DiNapoli tomato sauce (410 cal)
- Hawaiian Fried Rice** gf
quinoa brown rice, uncured ham, pineapple, pickled red onion, Vital Farms pasture-raised fried egg (830 cal)
sub smoked tempeh / add chili garlic crunch
- Pan Roasted Chicken**
honey roasted carrot, grains, house-made bbq sauce, caramelized onion vinaigrette (850 cal)
- Pesto Pasta** veg
roasted mushroom, artichoke, parmesan, cilantro pumpkin seed pesto (1040 cal)
- Not Your Mama's Meatloaf**
Verde Farms grass-fed organic beef, herb-roasted fingerling potato, honey roasted carrot, mushroom jus, micro-greens (910 cal)

SIDES

**Herb-Roasted
Fingerling Potatoes**
v gf
(150 cal)

Kale-Jicama Slaw
veg gf
(170 cal)

**Roasted Seasonal
Vegetables** v gf
(290 cal)

Wild Rice Pilaf v gf
(140 cal)

Kale Salad veg
(120 cal)

Slaw what

COLD BEVERAGES

Peach Lemonade
peach, lemon (140 cal)

Pink Lemonade
dragon fruit, lemon (160 cal)

glass or pitcher

Kale Aid v gf
kale, ginger, apple, celery, cucumber, lemon (100 cal)

Bright Eyes v gf
pineapple, carrot, apple, ginger, turmeric, beet, lemon (170 cal)

The O.G. veg gf
ginger, honey, lime (120 cal)

OLIPOP 12 oz. can
choice of: classic root beer (35 cal), lemon lime (50 cal), crisp apple (50 cal)

Green or Black Iced Tea (0 cal)

SPRITZERS

house-filtered sparkling water mixed with
fresh squeezed fruit juice

choose from:

lemon-lime (5 cal)

grapefruit (10 cal)

orange (15 cal)

pineapple (15 cal)

pomegranate (20 cal)

DESSERT

Carrot Cake veg
ricotta frosting, vegan vanilla ice cream, toasted walnut (760 cal)

Squash Pie v gf
graham cracker crust, coconut whipped cream (470 cal)

Flourless Chocolate Cake veg gf
vegan vanilla ice cream, caramel, almond, cacao nib (510 cal)

Spiced Apple Crumble Cake veg
Cosmic Bliss organic grass-fed ice cream, caramel (760 cal)

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

Root Beer Float v gf
OLIPOP root beer, vegan vanilla ice cream (400 cal)

Kids Cookies & Ice Cream Sundae v gf
chocolate chip cookie, vegan vanilla ice cream (420 cal)

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Hazelnut Mocha (90 cal)

Wandering Bear Cold Brew
(5 cal)

Organic Fair Trade Coffee
(0 cal)

Iced Matcha Horchata
oat milk, vanilla (150 cal)

Jasmine Pearl Green Tea
(5 cal)

Passport Loose Leaf Tea
choice of:
Darjeeling (5 cal)
Classic Chai (5 cal)
Peppermint Herbal (5 cal)
Chamomile Herbal (5 cal)

TRUE FOOD KITCHEN

SIGNATURE COCKTAILS

Hand-crafted cocktails that are exclusively True Food Kitchen



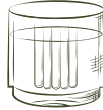
DAZZLING EYES

don q rum, coconut, carrot juice, thai basil (170 cal)



TRUE STORY

gray whale gin, chateau aloe, cucumber, snap pea, pineapple, lemon (120 cal)



EL POMELO MARGARITA

ana maria rosado tequila, grapefruit, lime (200 cal)



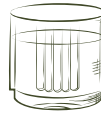
CLEAR MARY

tito's vodka, jack rudy tonic, tomato water, aleppo (220 cal)



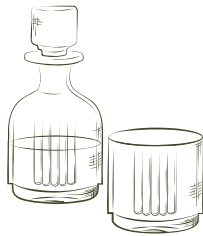
CIAO BELLA

woodford reserve, vin santo, amaro ramazzotti (140 cal)



COWBOY JAM

high west double rye, concord grape reduction, grapefruit (200 cal)



SMOKE SHOW OLD FASHIONED

high west double rye, honey syrup, bitters, topped with hickory smoke for a rich flavor experience (230 cal)

LEGENDS

Moscow Mule

prairie organic vodka, blood orange, lime (160 cal)

POM Collins

prairie organic vodka, chateau aloe, pomegranate, lemon (170 cal)

Peach Mojito

don q rum, peach giffard, mint, lime (210 cal)

Spicy Pineapple Margarita

casamigos reposado tequila, fresh jalapeño, lime (180 cal)

Citrus Skinny Margarita

lalo blanco tequila, cucumber, mint (170 cal)

Mezcal Sour

ilegal mezcal, barrow's intense ginger, ube, lime (260 cal)

Paper Crane

maker's mark whisky, nonino amaro, luxardo maraschino, lemon (140 cal)

The Brooklyn Cocktail

high west double rye, carpano bianco, luxardo maraschino, china china (190 cal)

White Negroni

amass gin, cocchi americano, suze (170 cal)

ZERO PROOF COCKTAILS

What's Up Doc?!

clean & co. tequila, carrot, orange, jalapeño, mint (180 cal)

Fauxjito

lyre's cane spirit, mint, basil, lime (110 cal)

Blueberry 75

lyre's sparkling, seedlip grove 42, lemon (50 cal)

Non-Collins

seedlip spice 94, pomegranate, blood orange, lime (70 cal)

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WINE

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

SPARKLING

La Marca Prosecco s (Veneto, Italy)

La Marca Prosecco Rosé s (Veneto, Italy)

WHITE

PINOT GRIGIO

Tangent p s (Edna Valley, CA)

SAUVIGNON BLANC

Haras de Pirque “Albaclara” o (Leyda Valley, Chile)

13° Celsius s (Marlborough, NZ)

Banshee s (Sonoma County, CA)

CHARDONNAY

Imagery s (Sonoma County, CA)

True Myth s (Edna Valley, CA)

Rombauer s (Los Carneros, CA)

A to Z s (Oregon)

RIESLING

Schloss Vollrads o (Rheingau, Germany)

ROSÉ

Fresh Vine s (Napa Valley, CA)

Pour les Gens p s (Vin de France)

Miraval “Studio” s (Méditerranée)

RED

PINOT NOIR

Rickshaw s (California)

Borealis o (Oregon)

Natura o (Chile)

Duckhorn “Decoy” s (California)

CABERNET SAUVIGNON

Liberty School s (Paso Robles, CA)

Long Meadow Ranch “Farmstead” o (Napa Valley, CA)

Drumheller s (Columbia Valley, WA)

Tribute s (California)

INTERESTING REDS

Terrazas de los Andes “Altos del Plata” Malbec s (Mendoza, ARG)

Alta Vita Cannonau p s (Sardinia, ITA)

OneHope Red Blend s (California)

Borgo Scopeto “Chianti Classico” s (Chianti, ITA)

BEER

Coors Light - Golden, CO (100 cal)

Stella Artois - Leuven, Belgium (140 cal)

Blue Moon - Golden, CO (170 cal)

Stone Buenaveza Salt & Lime Lager -
San Marcos, CA (140 cal)

Modelo Especial - Tacuba, Mexico (145 cal)

Voodoo Ranger Imperial IPA - Fort Collins, CO (250 cal)

Elysian Space Dust IPA - Seattle, WA (229 cal)

Athletic Brewing Run Wild IPA (Non-Alcoholic) -
Stratford, CT (65 cal)

p Proprietary Label s Sustainable o Organic b Biodynamic gf Gluten Friendly
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TRUE FOOD KITCHEN

BRUNCH COCKTAILS

Cinnamon Toastini

woodford reserve, st. george pear spiced, cinnamon cereal milk, maple (150 cal)

Berry Cerealtini

prairie organic vodka, giffard vanilla, berry cereal milk (200 cal)

Cold Brew Martini

prairie organic vodka, borghetti espresso liqueur (170 cal)

Clear Mary

tito's vodka, jack rudy tonic, tomato water, aleppo (220 cal)

Mimosas

glass (150 cal) half bottle (300 cal)
full bottle (600 cal)

*It's a full bottle
kinda day*

La Marca Prosecco with choice of:

fresh squeezed orange, fresh squeezed grapefruit, pomegranate

Spiked Peach Lemonade

tito's vodka, peach lemonade (230 cal)

Spiked Pink Lemonade gf

tito's vodka, pink lemonade (250 cal)

glass or pitcher

SMOOTHIES & REFRESHERS

Green Goddess veg gf

kale, avocado, pineapple, greek yogurt, moringa leaf (170 cal)

Açaí veg gf

banana, greek yogurt, maca (430 cal)

Kale Aid v gf

kale, ginger, apple, celery, cucumber, lemon (100 cal)

Bright Eyes v gf

pineapple, carrot, apple, ginger, turmeric, beet, lemon (170 cal)

The O.G. veg gf

ginger, honey, lime (120 cal)

*Juiced
fresh daily*

BRUNCH

ENTRÉES

Blueberry Pancakes veg gf

blueberry compote, greek yogurt, maple syrup (680 cal)

Smoked Gouda Crustless Quiche* veg gf

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

Huevos Rancheros* veg gf

Vital Farms pasture-raised fried eggs, queso, anasazi bean, corn tortilla, ranchero sauce (700 cal)
(add grilled chicken or grass-fed steak)

Grass-Fed Steak Breakfast Burrito*

Vital Farms pasture-raised scrambled eggs, queso, anasazi bean, charred scallion salsa verde, cilantro (1120 cal)

TFK Two Egg Breakfast*

Vital Farms pasture-raised over-easy eggs, served with herb-roasted fingerling potato, toast and choice of: smoked salmon, breakfast sausage or uncured ham (1120 cal)

Garden Harvest Plate veg gf

Vital Farms pasture-raised scrambled eggs, avocado, served with seasonal fruit and mixed greens (700 cal)

Farmer's Market Scramble veg gf

Vital Farms pasture-raised scrambled eggs, sweet potato, charred onion, roasted brussels sprout, smoked gouda, parmesan (800 cal)

The Breakfast Sandwich

Vital Farms pasture-raised scrambled eggs, breakfast sausage, smoked gouda, avocado, organic tomato, served with herb-roasted fingerling potato (1110 cal)

Smoked Salmon Toast*

Kvarøy smoked salmon, marinated cucumber, pickled onion, lemon ricotta, Chef Matt's Magical Dust, served with mixed greens (720 cal)

Avocado Toast* veg

smashed avocado, marinated pepper, Vital Farms pasture-raised jammy egg, parmesan, chili garlic crunch, served with mixed greens (820 cal)

Hawaiian Fried Rice gf

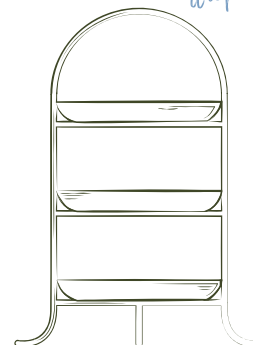
quinoa brown rice, uncured ham, pineapple, pickled red onion, Vital Farms pasture-raised fried egg (830 cal)
sub smoked tempeh / add chili garlic crunch

Brunch Tasting Tower*

serves 2

(2020 cal)

*Mimosas make
it a party*



quiche bites, yogurt parfait

lemon blueberry ricotta muffins,
apple crumble coffee cake

smoked salmon toast, avocado toast

Sharing is caring

À LA CARTE



Apple Crumble Coffee Cake (570 cal) veg

single cake or three cakes

Lemon Blueberry Ricotta Muffin (180 cal) veg

single muffin or three muffins

Blueberry Pancake Single (340 cal) veg gf

Herb-Roasted Fingerling Potatoes (150 cal) v

Avocado (80 cal) v gf

Fruit Bowl (100 cal) v gf

Breakfast Sausage gf

made with bison and beef (330 cal)

Chicken Sausage (110 cal) gf

COFFEE & TEA

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Hazelnut Mocha (90 cal)

Wandering Bear Cold Brew (5 cal)

Organic Fair Trade Coffee (0 cal)

Iced Matcha Horchata

oat milk, vanilla (150 cal)

Jasmine Pearl Green Tea (5 cal)

Passport Loose Leaf Tea choice of:

Darjeeling (5 cal)

Classic Chai (5 cal)

Peppermint Herbal (5 cal)

Chamomile Herbal (5 cal)

COLD BEVERAGES

Spritzers

house-filtered sparkling water mixed
with fresh squeezed fruit juice

choose from:

lemon-lime (5 cal)

grapefruit (10 cal)

orange (15 cal)

pineapple (15 cal)

pomegranate (20 cal)

Peach Lemonade glass or pitcher
peach, lemon (140 cal)

Pink Lemonade glass or pitcher
dragon fruit, lemon (160 cal)

OLIPOP 12 oz. can
choice of: classic root beer (35 cal),
lemon lime (50 cal), crisp apple (50 cal)

Green or Black Iced Tea (0 cal)



Seasonal Highlight | v Vegan **veg** Vegetarian **gf** Gluten-Friendly

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TRUE FOOD KITCHEN

SAVORY STARTERS

 **Roasted Butternut Squash Soup** v gf
butternut squash, sage (150 cal)

Edamame Dumplings veg
dashi, white truffle oil, herbs (270 cal)

 **Roasted Brussels Sprouts** v gf
roasted mushroom, marinated pepper, soy ginger glaze, lime (370 cal)

Herb Hummus veg
cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette, pita (710 cal)

Charred Cauliflower v gf
medjool date, harissa tahini, dill, mint, pistachio (410 cal)

LUNCH ENTRÉES

Grilled Sustainable Salmon* gf
roasted brussels sprout, wild rice pilaf, pomegranate vinaigrette (730 cal)

Wild Caught Tuna Poke* gf
black rice, avocado, roasted mushroom, cucumber, jalapeño, edamame, citrus ponzu, Chef Matt's Magical Dust (410 cal)

Chopped Salad veg
medjool date, jicama, organic apple, white cheddar, farro, champagne vinaigrette, dried cranberry, marcona almond (570 cal)

Tuscan Kale Salad veg
organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)

Teriyaki Quinoa Bowl v gf
quinoa brown rice, broccoli, rainbow carrot, bok choy, green bean, snap pea, pickled shiitake, Chef Matt's Magical Dust (560 cal)

Ancient Grains Bowl v
miso sesame glazed sweet potato, charred onion, snap pea, portobello, avocado, cilantro pumpkin seed pesto, hemp seed, turmeric (690 cal)

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 v
(140-160 cal)

Smoked Tempeh v
(80 cal)

Make it next level

PIZZAS

substitute gluten-friendly crust or pita (subtract 80 cal)

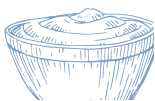
 **Roasted Butternut Squash Pizza** v
lemon almond ricotta, caramelized onion, kale, cranberry (940 cal)

Margherita Pizza veg
fresh mozzarella, organic DiNapoli tomato sauce, basil (820 cal)

Southwest Bison Sausage Pizza
mozzarella, cotija, jalapeño, organic DiNapoli tomato sauce, charred scallion salsa verde, Vital Farms pasture-raised fried egg (1200 cal)

Add a side of
Hatch chili ranch (150 cal)

Dip it



BURGERS & HANDHELDS

*choice of kale salad or herb-roasted fingerling potatoes
served on a flaxseed bun / substitute gluten-friendly bun (subtract 90 cal)*

The O.G. Grass-Fed Burger*
mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, umami (780 cal)

Peruvian Grass-Fed Burger*
caramelized onion, blue cheese, peruvian pepper sauce, Vital Farms pasture-raised fried egg (810 cal)

Smoked Gouda Turkey Burger
avocado, organic tomato, butter lettuce, jalapeño remoulade (590 cal)

 **Grilled Chicken Ranch Wrap**
avocado, roasted red pepper, mixed greens, hatch chili ranch (720 cal)
sub smoked tempeh

Vegan Double Cheeseburger v
house-made vegan burger with portobello, beet and walnut, served with lettuce, pickled onion, organic tomato, vegan cheese, jalapeño remoulade (890 cal)

SIDES

A little something extra

**Herb-Roasted
Fingerling Potatoes** v gf
(150 cal)

Wild Rice Pilaf v gf
(140 cal)

**Roasted Seasonal
Vegetables** v gf
(290 cal)

Kale Salad veg
(120 cal)

 Seasonal Highlight | v Vegan veg Vegetarian gf Gluten-Friendly

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TRUE FOOD KITCHEN

KIDS MENU

DRINKS



Peach Lemonade (140 cal)
peach, lemon

Pink Lemonade (160 cal)
dragon fruit, lemon

ENTRÉES

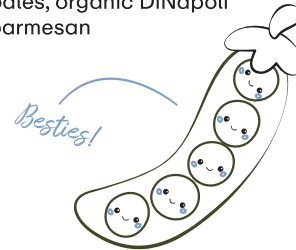
Mozzarella & Organic Tomato Pizza (740 cal) veg
fresh mozzarella, organic DiNapoli
tomato sauce

Chicken Teriyaki Bowl (320 cal) gf
broccoli, rainbow carrot, green bean,
snap pea, bok choy, quinoa brown rice

Grass-Fed Burger* (670 cal)
mozzarella, flaxseed bun, served with herb
hummus & rainbow carrot

Buttered Noodles (450 cal) veg
campanelle noodles, organic butter,
parmesan

Marinara Noodles (400 cal) veg
campanelle noodles, organic DiNapoli
tomato sauce, parmesan



DESSERT

Kids Cookies & Ice Cream Sundae (420 cal) v gf
chocolate chip cookie, vegan vanilla ice cream

 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.

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