

TRUE FOOD KITCHEN



NUTRITIONAL GUIDE
FALL 2023

TRUE FOOD KITCHEN

FOOD - STARTERS & SHAREABLES

| | 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 Butternut Squash Soup | 150 | 63 | 7 | 6 | 0 | 0 | 570 | 20 | 3 | 11 | 1 | Allergen Statement: Contains Tree Nuts (coconut milk), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Wild Caught Tuna Lettuce Wraps | 520 | 315 | 35 | 6 | 0 | 30 | 1320 | 27 | 4 | 6 | 27 | Allergen Statement: Contains Fish, Tree Nuts, Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Roasted Brussels Sprouts | 310 | 2.6 | 24 | 2.5 | 0 | 0 | 1310 | 22 | 7 | 8 | 8 | Allergen Statement: Contains Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Edamame Dumplings | 270 | 1.3 | 12 | 4.5 | 0 | 15 | 770 | 67 | 3 | 3 | 19 | Allergen Statement: Contains Eggs, Milk, Wheat, Soy, Sesame. Gluten Statement: Contains Gluten. |
| Herb Hummus | 710 | 5 | 45 | 7 | 0 | 5 | 1150 | 62 | 8 | 8 | 15 | Allergen Statement: Contains Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Gluten Statement: Contains Gluten. |
| Edamame Guacamole | 570 | 3.5 | 32 | 4.5 | 0 | 0 | 1910 | 60 | 11 | 7 | 17 | Allergen Statement: Contains Wheat, Soy, Sesame. Gluten Statement: Contains Gluten. |
| Charred Cauliflower | 380 | 2.7 | 25 | 3 | 0 | 0 | 790 | 35 | 8 | 24 | 10 | Allergen Statement: Contains Tree Nuts (pistachio), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Bruschetta Trio | 890 | 98.8 | 55 | 9 | 0 | 55 | 2310 | 66 | 8 | 6 | 34 | Allergen Statement: Contains Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Gluten Statement: Contains Gluten. |

FOOD - PIZZAS

| | 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 Butternut Squash Pizza | 940 | 387 | 43 | 4.5 | 0 | 0 | 1300 | 122 | 11 | 10 | 22 | Allergen Statement: Contains Wheat, Tree Nuts (almonds). Gluten Statement: Contains Gluten |
| Chicken Sausage Pizza | 860 | 3.5 | 32 | 12 | 0 | 90 | 1610 | 105 | 7 | 8 | 38 | Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. |
| Garden Pesto Pizza | 910 | 441 | 49 | 14 | 0 | 50 | 1720 | 91 | 2 | 5 | 29 | Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. |
| Margherita Pizza | 820 | 3.4 | 31 | 15 | 0 | 95 | 840 | 101 | 5 | 5 | 33 | Allergen Statement: Contains Milk, Eggs, Wheat. Gluten Statement: Contains Gluten. |
| Southwest Bison Sausage Pizza | 1200 | 5.4 | 49 | 18 | 0 | 300 | 2170 | 102 | 2 | 10 | 48 | Allergen Statement: Contains Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Gluten Statement: Contains Gluten. |
| Hatch Chili Ranch (side) | 150 | 1.6 | 15 | 1.5 | 0 | 0 | 460 | 3 | 0 | 2 | 1 | Allergen Statement: Contains Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

FOOD - BURGERS & HANDHELDS

| | 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 | 4.8 | 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. |
| Peruvian Grass-fed Burger | 810 | 5.1 | 46 | 15 | 1 | 330 | 1550 | 47 | 4 | 9 | 50 | Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. |
| 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. |
| Hatch Green Chile Turkey Burger | 680 | 3.3 | 30 | 7 | 0 | 135 | 870 | 45 | 4 | 9 | 58 | Allergen Statement: Contains Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. |
| Smoked Gouda Turkey Burger | 590 | 2.7 | 25 | 6 | 0 | 110 | 1180 | 45 | 5 | 9 | 48 | Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. |
| Grilled Chicken Ranch Wrap | 720 | 342 | 38 | 5 | 0 | 85 | 1420 | 56 | 5 | 6 | 40 | Allergen Statement: Contains Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Gluten Statement: Contains Gluten. |
| Vegan Double Cheeseburger | 770 | 4.6 | 42 | 7 | 0 | 0 | 1810 | 89 | 9 | 14 | 18 | Analysis and allergens do not include choice of side. Allergen Statement: Contains Sesame, Soy, Tree Nuts (Walnuts, Coconut), Wheat. Gluten Statement: Contains Gluten. |
| Grilled Chicken & Mozzarella Panini | 780 | 4.6 | 42 | 13 | 0 | 135 | 1500 | 50 | 2 | 4 | 49 | Allergen Statement: Contains Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Gluten Statement: Contains Gluten. |
| Gluten-Free Bun | 200 | 0.6 | 6 | 0 | 0 | 0 | 370 | 37 | 5 | 5 | 4 | Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

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 |
|--------------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Seasonal Harvest Salad | 420 | 171 | 19 | 2 | 0 | 0 | 1160 | 54 | 8 | 16 | 11 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Seasonal Harvest Salad (no dressing) | 270 | 30 | 7 | 0.5 | 0 | 0 | 770 | 44 | 7 | 13 | 11 | Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Chopped Salad | 570 | 3.8 | 35 | 6 | 0 | 15 | 560 | 58 | 10 | 33 | 11 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Milk, Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. |
| Chopped Salad (no dressing) | 360 | 1.5 | 14 | 4.5 | 0 | 15 | 230 | 52 | 8 | 27 | 11 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Milk, Tree Nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. |
| Tuscan Kale Salad | 350 | 3.6 | 33 | 5 | 0 | 5 | 600 | 12 | 4 | 3 | 5 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. |
| Tuscan Kale Salad (no dressing) | 70 | 0.28 | 2.5 | 1 | 0 | 5 | 100 | 9 | 3 | 2 | 5 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Gluten. |
| Ancient Grains Bowl | 680 | 4 | 36 | 4.5 | 0 | 0 | 1710 | 79 | 13 | 15 | 15 | Analysis and allergens do not include choice of protein. Allergen Statement: Contains Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. |
| Teriyaki Quinoa Bowl | 560 | 2.6 | 24 | 3 | 0 | 0 | 1230 | 78 | 13 | 20 | 13 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. |
| Burrito Bowl | 560 | 2.7 | 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. |
| Spicy Panang Curry Bowl | 600 | 3.3 | 30 | 25 | 0 | 0 | 2130 | 72 | 7 | 30 | 9 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Fish (Fish Sauce), Shellfish, Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Korean Noodle Bowl | 550 | 0.2 | 2 | 0 | 0 | 0 | 210 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

FOOD - ADD PROTEIN

| | 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 |
|---------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Antibiotic-free Chicken | 160 | 0.7 | 7 | 1 | 0 | 65 | 150 | 0 | 0 | 0 | 23 | Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. |
| Add On: Chicken, Wok | 180 | 0.8 | 8 | 1 | 0 | 65 | 400 | 3 | 0 | 2 | 23 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Sustainably-raised Shrimp | 140 | 0.6 | 6 | 1 | 0 | 180 | 230 | 1 | 0 | 0 | 20 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Add On: Shrimp*, Wok | 160 | 0.6 | 6 | 1 | 0 | 180 | 480 | 4 | 0 | 2 | 20 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Sesame, Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Grass-fed Steak | 180 | 1.7 | 16 | 4 | 0 | 65 | 60 | 0 | 0 | 0 | 16 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Add On: Steak*, Wok | 260 | 1.7 | 22 | 5 | 0 | 75 | 170 | 0 | 0 | 0 | 18 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Organic Tofu | 250 | 2.4 | 22 | 2.5 | 0 | 0 | 1910 | 5 | 0 | 0 | 12 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Add On: Tofu, Wok | 250 | 2.1 | 19 | 2.5 | 0 | 0 | 360 | 9 | 0 | 2 | 13 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Fair Trade Arctic Salmon | 260 | 1.7 | 16 | 3.5 | 0 | 70 | 330 | 2 | 0 | 0 | 29 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Smoked Tempeh | 80 | 8 | 2 | 0 | 0 | 0 | 470 | 7 | 0 | 0 | 8 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. |

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 |
|----------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Herb-Roasted Fingerling Potatoes | 150 | 31.5 | 3.5 | 0 | 0 | 0 | 1950 | 17 | 3 | 1 | 1 | Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Kale-Jicama Slaw | 170 | 135 | 15 | 1 | 0 | 0 | 310 | 5 | 1 | 2 | 1 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Roasted Seasonal Vegetables | 290 | 2.8 | 28 | 3 | 0 | 0 | 660 | 13 | 5 | 3 | 4 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Wild Rice Pilaf | 140 | 18 | 2 | 0 | 0 | 0 | 610 | 28 | 2 | 1 | 3 | Analysis and allergens do not include choice of protein. Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. |
| Kale Salad | 110 | 1.1 | 10 | 1.5 | 0 | 0 | 180 | 3 | 1 | 1 | 1 | Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains 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 | 840 | 603 | 67 | 13 | 0 | 165 | 1290 | 37 | 6 | 7 | 40 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Grilled Sustainable Salmon | 730 | 423 | 47 | 8 | 0 | 95 | 1430 | 44 | 6 | 9 | 36 | Allergen Statement: Contains Fish, Soy, Tree Nuts (Baru Nuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Lasagna Bolognese | 450 | 3.1 | 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 Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Wild Caught Tuna Poke | 410 | 2 | 18 | 3 | 0 | 30 | 1350 | 35 | 7 | 5 | 32 | Allergen Statement: Contains Fish, Soy, Sesame, Tree Nuts (Baru Nuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Seared Tuna Tataki | 660 | 270 | 30 | 6 | 0 | 55 | 1050 | 54 | 7 | 18 | 46 | Allergen Statement: Contains Fish, Soy, Sesame, Tree Nuts (Baru Nuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Idaho Rainbow Trout | 690 | 369 | 41 | 6 | 0 | 105 | 1110 | 37 | 5 | 8 | 42 | Allergen Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Spaghetti Squash Casserole | 410 | 2.4 | 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 Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Hawaiian Fried Rice | 830 | 513 | 57 | 10 | 0 | 380 | 2100 | 50 | 6 | 16 | 24 | Allergen Statement: Contains Eggs, Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Hawaiian Fried Rice (sub Tempoh) | 860 | 6.5 | 59 | 10 | 0 | 370 | 2270 | 55 | 6 | 16 | 30 | Allergen Statement: Contains Eggs, Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Pan Roasted Chicken | 850 | 378 | 42 | 7 | 0 | 205 | 3310 | 41 | 6 | 11 | 76 | Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Pesto Pasta | 1040 | 495 | 55 | 21 | 0.5 | 85 | 1640 | 104 | 6 | 7 | 39 | Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Not Your Mama's Meatloaf | 910 | 558 | 79 | 17 | 0 | 120 | 2740 | 28 | 6 | 7 | 28 | Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

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 |
|---------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Carrot Cake | 760 | 459 | 51 | 14 | 0 | 50 | 330 | 67 | 3 | 50 | 13 | Allergen Statement: Contains Eggs, Milk, Wheat, Tree Nuts. Gluten Statement: Contains Gluten. |
| Squash Pie | 470 | 162 | 18 | 17 | 0 | 0 | 420 | 73 | 6 | 40 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Flourless Chocolate Cake | 510 | 3.6 | 33 | 19 | 0 | 125 | 220 | 47 | 0 | 42 | 8 | Allergen Statement: Contains Eggs, Milk, Soy, Tree Nuts (Almonds, Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Spiced Apple Crumble Cake | 760 | 84 | 38 | 14 | 0 | 65 | 250 | 93 | 2 | 64 | 11 | Allergen Statement: Contains Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| 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 Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| 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 Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Kids Cookies & Ice 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 Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

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 | 820 | 91.1 | 31 | 15 | 0 | 95 | 840 | 101 | 5 | 5 | 33 | Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Chicken Teriyaki Bowl | 320 | 0.4 | 4 | 1 | 0 | 65 | 960 | 42 | 4 | 16 | 28 | Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Grass-fed Burger | 670 | 3.6 | 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 Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Buttered Noodles | 450 | 1.6 | 15 | 9 | 0 | 40 | 160 | 65 | 3 | 2 | 14 | Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Marinara Noodles | 400 | 0.6 | 6 | 2 | 0 | 10 | 490 | 73 | 3 | 6 | 16 | Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

TRUE FOOD KITCHEN

FOOD - BRUNCH 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 |
|-----------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| 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 Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Smoked Gouda Crustless Quiche | 400 | 2.7 | 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 Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Huevos Rancheros | 700 | 270 | 48 | 16 | 0 | 270 | 2100 | 37 | 0 | 3 | 29 | Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Grass-Fed Steak Breakfast Burrito | 1120 | 522 | 67 | 20 | 0 | 455 | 3020 | 80 | 1 | 5 | 60 | Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| TFK Two Egg Breakfast | 1120 | 450 | 50 | 11 | 0 | 445 | 3660 | 96 | 4 | 45 | 36 | Allergen Statement: Contains Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Garden Harvest Plate | 700 | 513 | 57 | 9 | 0 | 320 | 990 | 33 | 12 | 13 | 15 | Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Farmer's Market Scramble | 800 | 6.7 | 61 | 14 | 0 | 660 | 2130 | 35 | 8 | 12 | 34 | Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| The Breakfast Sandwich | 1110 | 594 | 66 | 15 | 0 | 295 | 2160 | 56 | 6 | 17 | 38 | Allergen Statement: Contains Eggs, Milk, Wheat, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Smoked Salmon Toast | 720 | 333 | 38 | 9 | 0 | 125 | 2290 | 46 | 4 | 8 | 49 | Allergen Statement: Contains Milk, Wheat, Fish, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Avocado Toast | 820 | 369 | 41 | 11 | 0 | 210 | 1730 | 90 | 7 | 22 | 27 | Allergen Statement: Eggs, Milk, Sesame, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Brunch Tasting Tower | 2020 | 828 | 92 | 28 | 1 | 300 | 1780 | 236 | 12 | 135 | 71 | Allergen Statement: Contains Eggs, Milk, Wheat, Fish, Tree Nuts, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

FOOD - BRUNCH SMOOTHIES

| | 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 |
|---------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Green Goddess | 170 | 0.38 | 3.5 | 0.5 | 0 | 5 | 25 | 33 | 5 | 23 | 8 | Allergen Statement: Contains Milk, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Açaí | 430 | 2 | 18 | 1 | 0 | 5 | 35 | 58 | 5 | 46 | 16 | Allergen Statement: Contains Milk, Tree Nuts (almonds). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

FOOD - BRUNCH A'LA CARTE

| | 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 |
|---|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Apple Crumble Coffee Cake (single) | 570 | 243 | 27 | 7 | 0 | 65 | 250 | 76 | 2 | 47 | 9 | Allergen Statement: Contains Eggs, Milk, Wheat, Tree Nuts. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Apple Crumble Coffee Cake (three) | 1710 | 190 | 81 | 20 | 1 | 200 | 750 | 228 | 5 | 142 | 28 | Allergen Statement: Contains Eggs, Milk, Wheat, Tree Nuts. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Lemon Blueberry Ricotta Muffin (single) | 180 | 63 | 7 | 2 | 0 | 20 | 30 | 27 | 0 | 14 | 3 | Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Lemon Blueberry Ricotta Muffin (three) | 540 | 60 | 20 | 5 | 0 | 60 | 95 | 81 | 1 | 42 | 10 | Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Blueberry Pancake (single) | 340 | 37.7 | 13 | 4 | 0 | 50 | 520 | 55 | 2 | 31 | 4 | Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Avocado (side) | 80 | 8 | 7 | 1 | 0 | 0 | 0 | 4 | 3 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Fruit Bowl (side) | 100 | 11 | 0 | 0 | 0 | 0 | 0 | 24 | 3 | 15 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Breakfast Sausage | 380 | 1.2 | 11 | 4 | 0 | 85 | 490 | 9 | 0 | 7 | 19 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Chicken Sausage | 110 | 0.5 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

TRUE FOOD KITCHEN

BEVERAGE - COLD BEVERAGES

| | 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 |
|---------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Peach Lemonade | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 37 | 0 | 21 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Kale Aid | 100 | 0.05 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Bright Eyes | 170 | 18.8 | 0.5 | 0 | 0 | 0 | 80 | 40 | 3 | 25 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| The O.G | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 32 | 1 | 27 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| OLIPOP: Classic Root Beer | 35 | 3.8 | 0 | 0 | 0 | 0 | 25 | 16 | 9 | 2 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| OLIPOP: Lemon Lime | 50 | 5.5 | 0 | 0 | 0 | 0 | 25 | 16 | 9 | 4 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| OLIPOP: Crisp Apple | 50 | 5.5 | 0 | 0 | 0 | 0 | 25 | 16 | 9 | 5 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Green or Black Iced Tea | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

BEVERAGE - SPRITZERS

| | 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-Lime | 5 | 0.55 | 0 | 0 | 0 | 0 | 0 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Grapefruit | 10 | 1.11 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 2 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Orange | 15 | 1.66 | 0 | 0 | 0 | 0 | 0 | 3 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Pineapple | 15 | 1.66 | 0 | 0 | 0 | 0 | 0 | 4 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Pomegranate | 20 | 2.2 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

BEVERAGE - COFFEE & 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 |
|---------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Americano | 5 | 0.55 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Cappuccino | 80 | 8.88 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Caffe Latte | 80 | 8.88 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Hazelnut Mocha | 90 | 10 | 6 | 0 | 0 | 0 | 80 | 13 | 1 | 7 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Wandering Bear Cold Brew | 5 | 0.55 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Organic Fair Trade 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Iced Matcha Horchata | 150 | 16.6 | 6 | 0 | 0 | 0 | 65 | 25 | 1 | 22 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Jasmine Pearl Green Tea | 5 | 0.55 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Passport Tea: Darjeeling | 5 | 0.55 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Passport Tea: Classic Chai | 5 | 0.55 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Passport Tea: Peppermint Herbal | 5 | 0.55 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Passport Tea: Chamomile Herbal | 5 | 0.55 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

TRUE FOOD KITCHEN

BEVERAGE - 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 |
|---------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|---|
| Dazzling Eyes | 170 | 0.38 | 3.5 | 3.5 | 0 | 0 | 0 | 10 | 0 | 10 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| True Story | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| El Pomelo Margarita | 200 | 0 | 0 | 0 | 0 | 0 | 20 | 27 | 0 | 22 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Clear Mary | 220 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 5 | 4 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Ciao Bella | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 2 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Cowboy Jam | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0 | 5 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Smoke Show Old Fashioned | 230 | 25.5 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 9 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Moscow Mule | 160 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 6 | 11 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Pom Collins | 170 | 0 | 0 | 0 | 0 | 0 | 0 | 18 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Peach Mojito | 210 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Spicy Pineapple Margartia | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Citrus Skinny Margarita | 170 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Mezal Sour | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Paper Crane | 140 | 15.5 | 0 | 0 | 0 | 0 | 0 | 84 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| The Brooklyn Cocktail | 190 | 21.1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| White Negroni | 170 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| What's Up Doc? | 180 | 0 | 0 | 0 | 0 | 0 | 20 | 19 | 1 | 16 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Fauxjito | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 31 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Blueberry 75 | 50 | 0 | 0 | 0 | 0 | 0 | 5 | 14 | 0 | 13 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Non Collins | 70 | 0 | 0 | 0 | 0 | 0 | 5 | 18 | 1 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Cinnamon Toastini | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 0 | 12 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Berry Cerealtini | 200 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 0 | 19 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Cold Brew Martini | 170 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 0 | 10 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Mimosa (glass) | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Mimosa (half bottle) | 300 | 33.3 | 0 | 0 | 0 | 0 | 5 | 17 | 0 | 14 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Mimosa (full bottle) | 600 | 66.6 | 0 | 0 | 0 | 0 | 10 | 34 | 0 | 28 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Spiked Peach Lemonade | 230 | 25.2 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Spiked Pink Lemonade | 250 | 27.7 | 0 | 0 | 0 | 0 | 10 | 28 | 0 | 26 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

TRUE FOOD KITCHEN

BEVERAGE - SPRITZERS

| | 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-Lime | 5 | 0.55 | 0 | 0 | 0 | 0 | 0 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Grapefruit | 10 | 1.11 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 2 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Orange | 15 | 1.66 | 0 | 0 | 0 | 0 | 0 | 3 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Pineapple | 15 | 1.66 | 0 | 0 | 0 | 0 | 0 | 4 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |
| Pomegranate | 20 | 2.2 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. |

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 |
|-----------------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|--|
| Coors Light | 100 | 11.1 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 1 | USDA average values for beer; analysis for 12 fl oz. |
| Stella Artois | 140 | 15.5 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | USDA average values for beer; analysis for 12 fl oz. |
| Blue Moon | 170 | 18.8 | 0 | 0 | 0 | 0 | 0 | 14 | 0 | 0 | 2 | USDA average values for beer; analysis for 12 fl oz. |
| Stone Buenaveza Salt & Lime Lager | 140 | 15.5 | 0 | 0 | 0 | 0 | 0 | 11 | 0 | 0 | 0 | USDA average values for beer; analysis for 12 fl oz. |
| Modelo Especial | 145 | 16.1 | 0 | 0 | 0 | 0 | 0 | 18 | 0 | 0 | 0 | USDA average values for beer; analysis for 12 fl oz. |
| Voo Doo Ranger Imperial IPA | 250 | 27.7 | 0 | 0 | 0 | 0 | 5 | 15 | 0 | 0 | 2 | USDA average values for beer; analysis for 12 fl oz. |
| Elysian Space Dust IPA | 229 | 25.4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | USDA average values for beer; analysis for 12 fl oz. |
| Athletic Brewing Run Wild IPA | 65 | 7.2 | 0 | 0 | 0 | 0 | 0 | 16 | 0 | 0 | 0 | USDA average values for beer; analysis for 12 fl oz. |

Values shown are for full dish. Values are current as of September 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.