

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.
Roasted Brussels Sprouts	310	2.6	24	2.5	0	0	1310	22	7	8	8	Allergen Statement: Contains Soy, Sesame. 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	Gluten Statement: Formulated with no Gluten-containing ingredients. Allergen Statement: Contains Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Herb Hummus	710	5	45	7	0	5	1150	62	8	8	15	Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
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	Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Tree Nuts (pistachio), Sesame.
Bruschetta Trio	890	98.8	55	9	0	55	2310	66	8	6	34	Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.

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	Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Eggs, Milk, Wheat.
Garden Pesto Pizza	910	441	49	14	0	50	1720	91	2	5	29	Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Margherita Pizza	820	3.4	31	15	0	95	840	101	5	5	33	Gluten Statement: Contains Gluten. Allergen Statement: Contains Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Southwest Bison Sausage Pizza	1200	5.4	49	18	0	300	2170	102	2	10	48	Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Allergen Statement: Contains Eggs, Milk, Wheat, Fish, Soy.
Hatch Chili Ranch (side)	150	1.6	15	1.5	0	0	460	3	0	2	1	Gluten Statement: Contains Gluten. Allergen Statement: Contains Milk. Gluten Statement: Formulated with no Gluten-containing ingredients.

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	Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Analysis and allergens do not include choice of side.
TFK Original Chicken Sandwich	710	315	35	4	0	115	1700	50	5	13	46	Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten.
Hatch Green Chile Turkey Burger	680	3.3	30	7	0	135	870	45	4	9	58	Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Analysis and allergens do not include choice of side.
Smoked Gouda Turkey Burger	590	2.7	25	6	0	110	1180	45	5	9	48	Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Analysis and allergens do not include choice of side.
Grilled Chicken Ranch Wrap	720	342	38	5	0	85	1420	56	5	6	40	Gluten Statement: Contains Gluten. Allergen Statement: Contains Milk, Wheat, Sesame.
Vegan Double Cheeseburger	770	4.6	42	7	0	0	1810	89	9	14	18	Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Grilled Chicken & Mozzarella Panini	780	4.6	42	13	0	135	1500	50	2	4	49	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat.
Gluten-Free Bun	200	0.6	6	0	0	0	370	37	5	5	4	Gluten Statement: Contains Gluten. 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. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Chopped Salad	570	3.8	35	6	0	15	560	58	10	33	11	Allergen Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Chopped Salad (no dressing)	360	1.5	14	4.5	0	15	230	52	8	27	11	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	Allergen Statement: Contains Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Gluten Statement: Contains Gluten.
Tuscan Kale Salad (no dressing)	70	0.28	2.5	1	0	5	100	9	3	2	5	Allergen Statement: Contains Eggs, Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten.
Ancient Grains Bowl	680	4	36	4.5	0	0	1710	79	13	15	15	Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. 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. Analysis and allergens do not include choice of protein. Allergen Statement: Contains Sesame, Soy, Wheat.
Burrito Bowl	560	2.7	25	7	0	45	1410	63	8	5	21	Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Spicy Panang Curry Bowl	600	3.3	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.
Korean Noodle Bowl	550	0.2	2	0	0	0	210	123	5	13	8	Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame. Gluten Statement: Contains Sesame, Soy.

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. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Add On: Chicken, Wok	180	0.8	8	1	0	65	400	3	0	2	23	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.
Sustainably-raised Shrimp	140	0.6	6	1	0	180	230	1	0	0	20	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Add On: Shrimp*, Wok	160	0.6	6	1	0	180	480	4	0	2	20	Allergen Statement: Contains Sesame, Shellfish (Shrimp), 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 Steak	180	1.7	16	4	0	65	60	0	0	0	16	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.
Add On: Steak*, Wok	260	1.7	22	5	0	75	170	0	0	0	18	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.
Organic Tofu	250	2.4	22	2.5	0	0	1910	5	0	0	12	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Add On: Tofu, Wok	250	2.1	19	2.5	0	0	360	9	0	2	13	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.
Fair Trade Arctic Salmon	260	1.7	16	3.5	0	70	330	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Smoked Tempeh	80	8	2	0	0	0	470	7	0	0	8	Allergen Statement: Contains 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 - 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. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or Sesame.
Roasted Seasonal Vegetables	290	2.8	28	3	0	0	660	13	5	3	4	Allergen Statement: Contains 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 Rice Pilaf	140	18	2	0	0	0	610	28	2	1	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.
Kale Salad	110	1.1	10	1.5	0	0	180	3	1	1	1	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.

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 (Tuna), Sesame, Soy, 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.
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. 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, Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy or 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 Eggs, 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. 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 Egg, 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. 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: Contains Gluten. 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: Does not contain any of the 9 major food allergens.
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.
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.