

STARTERS & SHAREABLES

 Roasted Butternut Squash Soup v gf ...8 butternut squash, sage (150 cal)	Edamame Dumplings veg ...13 white truffle oil, dashi, thai basil, toasted sesame seeds (270 cal)	Charred Cauliflower v gf ...12 medjool date, harissa tahini, dill, mint, pistachio (410 cal)
 Wild Caught Tuna Lettuce Wraps * gf ...17.5 bibb lettuce, tataki rice, pomegranate relish, chili garlic crunch (520 cal) <i>sub tofu</i>	Herb Hummus veg ...11 cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette, pita (710 cal)	 Bruschetta Trio * ...13.5 (890 cal) avocado, pickled onion, smoked salmon roasted beet, blue cheese, herb hummus, chili garlic crunch lemon almond ricotta, blueberry jam, basil, pistachio
 Roasted Brussels Sprouts v gf ...11.5 roasted mushroom, marinated pepper, soy ginger glaze, lime (370 cal)	Edamame Guacamole v ...11.5 avocado, cilantro, lime, Chef Matt's Magical Dust, umami cracker (570 cal)	

SALADS & BOWLS

 Seasonal Harvest Salad v gf ...15 roasted seasonal vegetables, cannellini bean, horseradish vinaigrette, pomegranate seeds, mulberry (420 cal)	Teriyaki Quinoa Bowl v gf ...16 quinoa brown rice, broccoli, rainbow carrot, bok choy, green bean, snap pea, pickled shiitake, Chef Matt's Magical Dust (560 cal)
Chopped Salad veg ...14.5 medjool date, jicama, organic apple, white cheddar, farro, champagne vinaigrette, dried cranberry, marcona almond (570 cal)	Burrito Bowl gf ...16 anasazi bean, avocado, quinoa brown rice, cotija, peruvian pepper sauce, charred scallion salsa verde (560 cal)
Tuscan Kale Salad veg ...13 organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)	Spicy Panang Curry Bowl gf ...18 sweet potato, bok choy, rainbow carrots, snap pea, green bean, black rice, thai shellfish curry broth (600 cal)
Ancient Grains Bowl v ...16.5 miso sesame glazed sweet potato, charred onion, snap pea, portobello, avocado, cilantro pumpkin seed pesto, hemp seed, turmeric (690 cal)	Korean Noodle Bowl v gf ...15.5 glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, Chef Matt's Magical Dust (550 cal)

ADD PROTEIN

Antibiotic-Free Chicken 6
(190-210 cal)

Grass-Fed Steak* 8
(240-260 cal)

Organic Tofu v 4
(140-160 cal)

Sustainably-Raised Shrimp* 7
(120-140 cal)

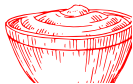
Fair Trade Arctic Salmon* 10
(260 cal)

Smoked Tempeh v 4
(80 cal)

Make it next level

PIZZAS

*substitute gluten-friendly crust or pita (subtract 80 cal)...*2.5

 Roasted Butternut Squash Pizza v ...16.5 lemon almond ricotta, caramelized onion, kale, cranberry (940 cal)	Margherita Pizza veg ...15.5 fresh mozzarella, organic DiNapoli tomato sauce, basil (820 cal)
Chicken Sausage Pizza ...16.5 smoked gouda, roasted fennel, organic DiNapoli tomato sauce (860 cal)	Southwest Bison Sausage Pizza ...18 mozzarella, cotija, jalapeño, organic DiNapoli tomato sauce, charred scallion salsa verde, Vital Farms pasture-raised fried egg (1200 cal)
Garden Pesto Pizza veg ...16 mozzarella, zucchini, organic tomato, organic arugula, red onion, cilantro pumpkin seed pesto (910 cal)	Add a side of Hatch chili ranch (150 cal) ...1 <i>Dip it</i> 

BURGERS & HANDHELDS

*choice of kale salad or herb-roasted fingerling potatoes served on a flaxseed bun / substitute gluten-friendly bun (subtract 90 cal)...*2.5

The O.G. Grass-Fed Burger * ...18.5 mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, umami (780 cal)	Hatch Green Chile Turkey Burger ...17.5 smoked gouda, roasted chiles, organic tomato, organic arugula, hatch chili ranch (680 cal)	Vegan Double Cheeseburger v ...18.5 house-made vegan burger with portobello, beet and walnut, served with lettuce, pickled onion, organic tomato, vegan cheese, jalapeño remoulade (890 cal)
Peruvian Grass-Fed Burger * ...19 caramelized onion, blue cheese, peruvian pepper sauce, Vital Farms pasture-raised fried egg (810 cal)	Smoked Gouda Turkey Burger ...17 avocado, organic tomato, butter lettuce, jalapeño remoulade (590 cal)	Grilled Chicken & Mozzarella Panini ...16.5 fresh mozzarella, grilled broccolini, organic DiNapoli tomato sauce, chili garlic crunch, house-made pita (780 cal)
TFK Original Chicken Sandwich ...17.5 kale-jicama slaw, pickled jalapeño, house-made bbq sauce (710 cal)	 Grilled Chicken Ranch Wrap ...16 avocado, roasted red pepper, mixed greens, hatch chili ranch (720 cal) <i>sub smoked tempeh</i>	

 Seasonal Highlight |  Vegan  veg Vegetarian  gf Gluten-Friendly

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Some ingredients are not included in the menu descriptions and our kitchen is not gluten free; please notify your server of any food allergies or dietary restrictions. *These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

ENTRÉES

 Grilled Grass-Fed Steak * gf ...28.5 roasted brussels sprout, charred onion, sweet drop pepper, black rice, peruvian pepper sauce (840 cal)
 Grilled Sustainable Salmon * gf ...27.5 roasted brussels sprout, wild rice pilaf, pomegranate vinaigrette (730 cal)
Lasagna Bolognese gf ...19 fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)
Wild Caught Tuna Poke * gf ...24 black rice, avocado, roasted mushroom, cucumber, jalapeño, edamame, citrus ponzu, Chef Matt's Magical Dust (410 cal)
Seared Tuna Tataki * gf ...31.5 roasted mushroom, carrot, quinoa brown rice, tataki sauce, baru nut, pomegranate (660 cal)
Idaho Rainbow Trout * gf ...27 quinoa, roasted red pepper, artichoke, lemon oregano vinaigrette (690 cal)
Spaghetti Squash Casserole veg gf ...16 caramelized onion, zucchini, fresh mozzarella, organic DiNapoli tomato sauce (410 cal)
Hawaiian Fried Rice gf ...18 quinoa brown rice, uncured ham, pineapple, pickled red onion, Vital Farms pasture-raised fried egg (830 cal) <i>sub smoked tempeh / add chili garlic crunch ...1</i>
 Pan Roasted Chicken ...24.5 honey roasted carrot, grains, house-made bbq sauce, caramelized onion vinaigrette (850 cal)
Pesto Pasta veg ...18 roasted mushroom, artichoke, parmesan, cilantro pumpkin seed pesto (1040 cal)
 Not Your Mama's Meatloaf ...22 Verde Farms grass-fed organic beef, herb-roasted fingerling potato, honey roasted carrot, mushroom jus, micro-greens (910 cal)

SIDES

Herb-Roasted Fingerling Potatoes
v gf ...6
(150 cal)

Kale-Jicama Slaw
veg gf ...6
(170 cal)

Roasted Seasonal Vegetables v gf ...6
(290 cal)

Wild Rice Pilaf v gf ...6
(140 cal)

Kale Salad veg ...6
(120 cal)

Slaw what

COLD BEVERAGES

Peach Lemonade
peach, lemon (140 cal)

Pink Lemonade
dragon fruit, lemon (160 cal)

glass ...5 pitcher ...14

Kale Aid v gf ...9
kale, ginger, apple, celery, cucumber, lemon (100 cal)

Bright Eyes v gf ...9
pineapple, carrot, apple, ginger, turmeric, beet, lemon (170 cal)

The O.G. veg gf ...6
ginger, honey, lime (120 cal)

OLIPOP 12 oz. can ...4
choice of: classic root beer (35 cal), lemon lime (50 cal), crisp apple (50 cal)

Green or Black Iced Tea (0 cal) ...4

DESSERT

 **Carrot Cake** veg ...9.5
ricotta frosting, vegan vanilla ice cream, toasted walnut (760 cal)

 **Squash Pie** v gf ...9
graham cracker crust, coconut whipped cream (470 cal)

Flourless Chocolate Cake veg gf ...9.5
vegan vanilla ice cream, caramel, almond, cacao nib (510 cal)

Spiced Apple Crumble Cake veg ...9.5
Cosmic Bliss organic grass-fed ice cream, caramel (760 cal)

Turtle Sundae veg gf ...10
Cosmic Bliss organic grass-fed ice cream, caramel, chocolate sauce, baru nut (740 cal)

Root Beer Float v gf ...7
OLIPOP root beer, vegan vanilla ice cream (400 cal)

Kids Cookies & Ice Cream Sundae v gf ...7
chocolate chip cookie, vegan vanilla ice cream (420 cal)

SPRITZERS

house-filtered sparkling water mixed with fresh squeezed fruit juice ...5

choose from:

lemon-lime (5 cal)

grapefruit (10 cal)

orange (15 cal)

pineapple (15 cal)

pomegranate (20 cal)

COFFEE & TEA

Espresso (5 cal) ...3

Americano (5 cal) ...4

Cappuccino (80 cal) ...4.5

Caffè Latte (80 cal) ...4.5

Hazelnut Mocha (90 cal) ...6

Wandering Bear Cold Brew (5 cal) ...4.5

Organic Fair Trade Coffee (0 cal) ...3.5

Iced Matcha Horchata ...6.5
oat milk, vanilla (150 cal)

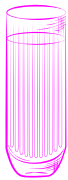
Jasmine Pearl Green Tea (5 cal) ...6

Passport Loose Leaf Tea
choice of:
Darjeeling (5 cal) ...5
Classic Chai (5 cal) ...5
Peppermint Herbal (5 cal) ...4
Chamomile Herbal (5 cal) ...5

TRUE FOOD KITCHEN

SIGNATURE COCKTAILS

Hand-crafted cocktails that are exclusively True Food Kitchen



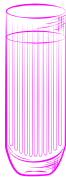
DAZZLING EYES ...14
don q rum, coconut, carrot juice,
thai basil (170 cal)



TRUE STORY ...15
gray whale gin, chateau aloe,
cucumber, snap pea, pineapple,
lemon (120 cal)



EL POMELO MARGARITA...14
ana maria rosado tequila,
grapefruit, lime (200 cal)



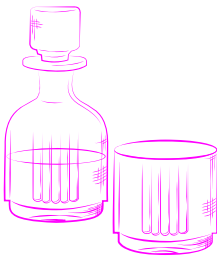
CLEAR MARY ...14
tito's vodka, jack rudy tonic,
tomato water, aleppo (220 cal)



CIAO BELLA...16
woodford reserve, vin santo,
amaro ramazzotti (140 cal)



COWBOY JAM...15
high west double rye, concord grape
reduction, grapefruit (200 cal)



SMOKE SHOW OLD FASHIONED ...17
high west double rye, honey syrup, bitters, topped with
hickory smoke for a rich flavor experience (230 cal)

LEGENDS

Moscow Mule ...14
prairie organic vodka, blood orange, lime (160 cal)

POM Collins ...14
prairie organic vodka, chateau aloe, pomegranate,
lemon (170 cal)

Peach Mojito ...14
don q rum, peach giffard, mint, lime (210 cal)

Spicy Pineapple Margarita ...14
casamigos reposado tequila, fresh jalapeño,
lime (180 cal)

Citrus Skinny Margarita ...14
lalo blanco tequila, cucumber, mint (170 cal)

Mezcal Sour ...14
ilegal mezcal, barrow's intense ginger, ube,
lime (260 cal)

Paper Crane ...15
maker's mark whisky, nonino amaro, luxardo
maraschino, lemon (140 cal)

The Brooklyn Cocktail ...16
high west double rye, carpano bianco, luxardo
maraschino, china china (190 cal)

White Negroni ...15
amass gin, cocchi americano, suze (170 cal)

ZERO PROOF COCKTAILS

What's Up Doc?! ...12
clean & co. tequila, carrot, orange, jalapeño,
mint (180 cal)

Fauxjito ...12
lyre's cane spirit, mint, basil, lime (110 cal)

Blueberry 75 ...12
lyre's sparkling, seedlip grove 42, lemon (50 cal)

Non-Collins ...12
seedlip spice 94, pomegranate, blood orange,
lime (70 cal)

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WINE

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

SPARKLING	6 oz	9 oz	Bottle
La Marca Prosecco S (Veneto, Italy)	13	–	50
La Marca Prosecco Rosé S (Veneto, Italy)	13	–	50
WHITE			
PINOT GRIGIO			
Tangent PS (Edna Valley, CA)	9	13	34
SAUVIGNON BLANC			
Haras de Pirque “Albaclara” O (Leyda Valley, Chile)	9	13	34
13° Celsius S (Marlborough, NZ)	9	13	34
Banshee S (Sonoma County, CA)	–	–	50
CHARDONNAY			
Imagery S (Sonoma County, CA)	11	16	42
True Myth S (Edna Valley, CA)	13	19	50
Rombauer S (Los Carneros, CA)	19	28	74
A to Z S (Oregon)	–	–	46
RIESLING			
Schloss Vollrads O (Rheingau, Germany)	–	–	62
ROSÉ			
Fresh Vine S (Napa Valley, CA)	12	18	46
Pour les Gens PS (Vin de France)	11	16	42
Miraval “Studio” S (Méditerranée)	–	–	50
RED			
PINOT NOIR			
Rickshaw S (California)	9	13	34
Borealis O (Oregon)	13	19	50
Natura O (Chile)	–	–	42
Duckhorn “Decoy” S (California)	–	–	58
CABERNET SAUVIGNON			
Liberty School S (Paso Robles, CA)	13	19	50
Long Meadow Ranch “Farmstead” O (Napa Valley, CA)	15	22	58
Drumheller S (Columbia Valley, WA)	–	–	34
Tribute S (California)	–	–	46
INTERESTING REDS			
Terrazas de los Andes “Altos del Plata” Malbec S (Mendoza, ARG)	9	13	34
Alta Vita Cannonau PS (Sardinia, ITA)	9	13	34
OneHope Red Blend S (California)	–	–	42
Borgo Scopeto “Chianti Classico” S (Chianti, ITA)	–	–	42

BEER

All brews ...7

Coors Light - Golden, CO (100 cal)	Modelo Especial - Tacuba, Mexico (145 cal)
Stella Artois - Leuven, Belgium (140 cal)	Voodoo Ranger Imperial IPA - Fort Collins, CO (250 cal)
Blue Moon - Golden, CO (170 cal)	Elysian Space Dust IPA - Seattle, WA (229 cal)
Stone Buenaveza Salt & Lime Lager - San Marcos, CA (140 cal)	Athletic Brewing Run Wild IPA (Non-Alcoholic) - Stratford, CT (65 cal)

P Proprietary Label S Sustainable O Organic B Biodynamic GF Gluten Friendly
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TRUE FOOD KITCHEN

BRUNCH COCKTAILS

- Cinnamon Toastini** ...13
woodford reserve, st. george pear spiced, cinnamon cereal milk, maple (150 cal)
- Berry Cerealtini** ...13
prairie organic vodka, giffard vanilla, berry cereal milk (200 cal)
- Cold Brew Martini** ...13
prairie organic vodka, borghetti espresso liqueur (170 cal)
- Clear Mary** ...14
tito's vodka, jack rudy tonic, tomato water, aleppo (220 cal)

- Mimosas**
glass ...12 (150 cal) half bottle ...27 (300 cal)
full bottle ...50 (600 cal)
It's a full bottle kinda day
La Marca Prosecco with choice of:
fresh squeezed orange, fresh squeezed grapefruit, pomegranate
- Spiked Peach Lemonade**
tito's vodka, peach lemonade (230 cal) glass ...12
- Spiked Pink Lemonade** gf
tito's vodka, pink lemonade (250 cal) pitcher ...36

SMOOTHIES & REFRESHERS

- Green Goddess** veg gf ...9
kale, avocado, pineapple, greek yogurt, moringa leaf (170 cal)
- Açaí** veg gf ...9
banana, greek yogurt, maca (430 cal)
- Kale Aid** v gf ...9
kale, ginger, apple, celery, cucumber, lemon (100 cal)
- Bright Eyes** v gf ...9
pineapple, carrot, apple, ginger, turmeric, beet, lemon (170 cal)
- The O.G.** veg gf ...6
ginger, honey, lime (120 cal)
Juiced fresh daily

BRUNCH

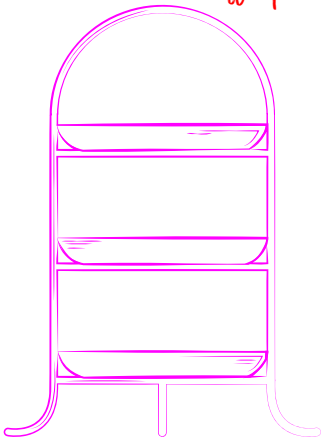
ENTRÉES

- Blueberry Pancakes** veg gf ...14.5
blueberry compote, greek yogurt, maple syrup (680 cal)
- Smoked Gouda Crustless Quiche*** veg gf ...14
Vital Farms pasture-raised eggs, caramelized onion, hatch green chili, kale (400 cal)
- Huevos Rancheros*** veg gf ...14.5
Vital Farms pasture-raised fried eggs, queso, anasazi bean, corn tortilla, ranchero sauce (700 cal)
(add grilled chicken ...6 or grass-fed steak ...8)
- Grass-Fed Steak Breakfast Burrito*** ...15.5
Vital Farms pasture-raised scrambled eggs, queso, anasazi bean, charred scallion salsa verde, cilantro (1120 cal)
- TFK Two Egg Breakfast*** ...18
Vital Farms pasture-raised over-easy eggs, served with herb-roasted fingerling potato, toast and choice of: smoked salmon, breakfast sausage or uncured ham (1120 cal)
- Garden Harvest Plate** veg gf ...14
Vital Farms pasture-raised scrambled eggs, avocado, served with seasonal fruit and mixed greens (700 cal)
- Farmer's Market Scramble** veg gf ...16
Vital Farms pasture-raised scrambled eggs, sweet potato, charred onion, roasted brussels sprout, smoked gouda, parmesan (800 cal)
- The Breakfast Sandwich** ...15.5
Vital Farms pasture-raised scrambled eggs, breakfast sausage, smoked gouda, avocado, organic tomato, served with herb-roasted fingerling potato (1110 cal)
- Smoked Salmon Toast*** ...18
Kvarøy smoked salmon, marinated cucumber, pickled onion, lemon ricotta, Chef Matt's Magical Dust, served with mixed greens (720 cal)
- Avocado Toast*** veg ...14.5
smashed avocado, marinated pepper, Vital Farms pasture-raised jammy egg, parmesan, chili garlic crunch, served with mixed greens (820 cal)
- Hawaiian Fried Rice** gf ...18
quinoa brown rice, uncured ham, pineapple, pickled red onion, Vital Farms pasture-raised fried egg (830 cal)
sub smoked tempeh / add chili garlic crunch ...1

Brunch Tasting Tower*

serves 2
(2020 cal) ...38

Mimosas make it a party



- quiche bites, yogurt parfait
- lemon blueberry ricotta muffins, apple crumble coffee cake
- smoked salmon toast, avocado toast

Sharing is caring

À LA CARTE

- Apple Crumble Coffee Cake** (570 cal) veg
single cake ...4 three cakes ...10
- Lemon Blueberry Ricotta Muffin** (180 cal) veg
single muffin ...4 three muffins ...10
- Blueberry Pancake Single** (340 cal) veg gf ...7.5
- Herb-Roasted Fingerling Potatoes** (150 cal) v ...6
- Avocado** (80 cal) v gf ...4
- Fruit Bowl** (100 cal) v gf ...4
- Breakfast Sausage** gf ...5
made with bison and beef (330 cal)
- Chicken Sausage** (110 cal) gf ...4

COFFEE & TEA

- Espresso** (5 cal) ...3
- Americano** (5 cal) ...4
- Cappuccino** (80 cal) ...4.5
- Caffè Latte** (80 cal) ...4.5
- Hazelnut Mocha** (90 cal) ...6
- Wandering Bear Cold Brew** (5 cal) ...4.5
- Organic Fair Trade Coffee** (0 cal) ...3.5
- Iced Matcha Horchata** ...6.5
oat milk, vanilla (150 cal)
- Jasmine Pearl Green Tea** (5 cal) ...6
- Passport Loose Leaf Tea** choice of:
Darjeeling (5 cal) ...5
Classic Chai (5 cal) ...5
Peppermint Herbal (5 cal) ...4
Chamomile Herbal (5 cal) ...5

COLD BEVERAGES

- Spritzers**
house-filtered sparkling water mixed with fresh squeezed fruit juice ...5
choose from:
lemon-lime (5 cal)
grapefruit (10 cal)
orange (15 cal)
pineapple (15 cal)
pomegranate (20 cal)
- Peach Lemonade** glass ...5 pitcher ...14
peach, lemon (140 cal)
- Pink Lemonade** glass ...5 pitcher ...14
dragon fruit, lemon (160 cal)
- OLIPOP** 12 oz. can ...4
choice of: classic root beer (35 cal), lemon lime (50 cal), crisp apple (50 cal)
- Green or Black Iced Tea** (0 cal) ...4

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

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TRUE FOOD KITCHEN

SAVORY STARTERS

- Roasted Butternut Squash Soup** v gf ...8
butternut squash, sage (150 cal)

Edamame Dumplings veg ...13
dashi, white truffle oil, herbs (270 cal)

Roasted Brussels Sprouts v gf ...11.5
roasted mushroom, marinated pepper, soy ginger glaze, lime (370 cal)
- Herb Hummus** veg ...11
cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette, pita (710 cal)

Charred Cauliflower v gf ...12
medjool date, harissa tahini, dill, mint, pistachio (410 cal)

LUNCH ENTRÉES

- Grilled Sustainable Salmon*** gf ...27.5
roasted brussels sprout, wild rice pilaf, pomegranate vinaigrette (730 cal)
- Wild Caught Tuna Poke*** gf ..24
black rice, avocado, roasted mushroom, cucumber, jalapeño, edamame, citrus ponzu, Chef Matt's Magical Dust (410 cal)
- Chopped Salad** veg ...14.5
medjool date, jicama, organic apple, white cheddar, farro, champagne vinaigrette, dried cranberry, marcona almond (570 cal)
- Tuscan Kale Salad** veg ...13
organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)
- Teriyaki Quinoa Bowl** v gf ...16
quinoa brown rice, broccoli, rainbow carrot, bok choy, green bean, snap pea, pickled shiitake, Chef Matt's Magical Dust (560 cal)
- Ancient Grains Bowl** v ...16.5
miso sesame glazed sweet potato, charred onion, snap pea, portobello, avocado, cilantro pumpkin seed pesto, hemp seed, turmeric (690 cal)

ADD PROTEIN

- Antibiotic-Free Chicken** 6
(190-210 cal)

Sustainably-Raised Shrimp* 7
(120-140 cal)
- Grass-Fed Steak*** 8
(240-260 cal)

Fair Trade Arctic Salmon* 10
(260 cal)
- Organic Tofu** v 4
(140-160 cal)

Smoked Tempeh v 4
(80 cal)

Make it next level

PIZZAS

BURGERS & HANDHELDS

- substitute gluten-friendly crust or pita (subtract 80 cal) ...2.5*

Roasted Butternut Squash Pizza v ...16.5
lemon almond ricotta, caramelized onion, kale, cranberry (940 cal)

Margherita Pizza veg ...15.5
fresh mozzarella, organic DiNapoli tomato sauce, basil (820 cal)

Southwest Bison Sausage Pizza ...18
mozzarella, cotija, jalapeño, organic DiNapoli tomato sauce, charred scallion salsa verde, Vital Farms pasture-raised fried egg (1200 cal)
- choice of kale salad or herb-roasted fingerling potatoes served on a flaxseed bun / substitute gluten-friendly bun (subtract 90 cal) ...2.5*

The O.G. Grass-Fed Burger* ...18.5
mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, umami (780 cal)

Peruvian Grass-Fed Burger* ...19
caramelized onion, blue cheese, peruvian pepper sauce, Vital Farms pasture-raised fried egg (810 cal)

Smoked Gouda Turkey Burger ...17
avocado, organic tomato, butter lettuce, jalapeño remoulade (590 cal)

Grilled Chicken Ranch Wrap ...16
avocado, roasted red pepper, mixed greens, hatch chili ranch (720 cal)
sub smoked tempeh

Vegan Double Cheeseburger v ...18.5
house-made vegan burger with portobello, beet and walnut, served with lettuce, pickled onion, organic tomato, vegan cheese, jalapeño remoulade (890 cal)
- Add a side of

Hatch chili ranch (150 cal) ...1

Dip it



SIDES

A little something extra

- Herb-Roasted Fingerling Potatoes** v gf ...6
(150 cal)

Wild Rice Pilaf v gf ...6
(140 cal)

Roasted Seasonal Vegetables v gf ...6
(290 cal)

Kale Salad veg ...6
(120 cal)

Seasonal Highlight | v Vegan veg Vegetarian gf Gluten-Friendly

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TRUE FOOD KITCHEN

KIDS MENU

DRINKS



Peach Lemonade (140 cal) ...5
peach, lemon

Pink Lemonade (160 cal) ...5
dragon fruit, lemon

ENTRÉES

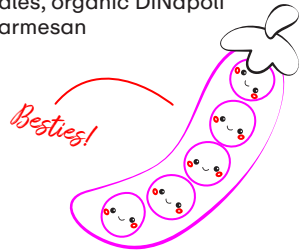
Mozzarella & Organic Tomato Pizza
(740 cal) veg ...10
fresh mozzarella, organic DiNapoli
tomato sauce

Chicken Teriyaki Bowl (320 cal) gf ...10
broccoli, rainbow carrot, green bean,
snap pea, bok choy, quinoa brown rice

Grass-Fed Burger* (670 cal) ...10
mozzarella, flaxseed bun, served with herb
hummus & rainbow carrot

Buttered Noodles (450 cal) veg ...8
campanelle noodles, organic butter,
parmesan

Marinara Noodles (400 cal) veg ...8
campanelle noodles, organic DiNapoli
tomato sauce, parmesan



DESSERT

Kids Cookies & Ice Cream Sundae (420 cal) v gf ...7
chocolate chip cookie, vegan vanilla ice cream

 Seasonal Highlight |  Vegan  Vegetarian  Gluten Friendly

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary. Additional nutrition information available upon request.

Some ingredients are not included in the menu descriptions and our kitchen is not gluten free; please notify your server of any food allergies or dietary restrictions. *These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

HAPPY HOUR

Monday - Friday | 3 - 6pm

BITES

\$4

Spiced Mixed Nuts gf

walnut, almond, pepita, curry spice blend (120 cal)

Chili Cuke Crunchers v gf

scallion, basil, cilantro, citrus ponzu, chili garlic crunch (130 cal)

\$8

Buffalo Cauliflower veg

blue cheese, house-made buffalo sauce, breadcrumb (430 cal)

Grilled Cheese Dippers and Tomato Soup veg

DiNapoli tomato soup, artisan bread, three cheese blend (470 cal)

\$10

Turkey Meatballs

parmesan fondue, chili glaze, grilled artisan bread (570 cal)

Tuna Tostada gf

pickled onion, avocado mousse, chili garlic crunch, crispy corn tortilla (170 cal)

Dip Duo veg

herb hummus and edamame guacamole with umami cracker and pita (570 cal)

\$12

Not Your Mama's Meatloaf Sliders

caramelized onion, smoked gouda, horseradish aioli, roasted mushroom au jus (740 cal)

SIPS

Spritzers

\$3

choice of lemon-lime, grapefruit, orange, pineapple or pomegranate juice (20 cal)

Beer

\$5

Modelo Especial

Nava, Mexico (145 cal)

Blue Moon

Golden, CO (170 cal)

Coors Light

Golden, CO (100 cal)

Athletic Brewing Run Wild IPA *Non-Alcoholic*

Stratford, CT (65 cal)

Wine

\$6

Glass

Pour les Gens Vin de

France *glass ...6 bottle ...23*
rosé (150/620 cal)

13° Celsius Marlborough,

NZ *glass ...6 bottle ...19*
sauvignon blanc (150/620 cal)

1/2 OFF
Bottles

Tangent Edna Valley, CA

glass ...6 bottle ...19
pinot grigio (150/620 cal)

Alta Vita Sardinia, ITA

glass ...6 bottle ...19
cannonau (150/620 cal)

Cocktails

\$8

Peach Mojito

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

Spiked Spritzer

prairie organic vodka with choice of: lemon-lime, grapefruit, orange, pineapple or pomegranate juice (120 cal)

\$8/\$25
Glass/Pitcher

Rosé Sangria

la vieille ferme organic rosé, pineapple, lime (250/1000 cal)

\$10

Moscow Mule

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

POM Collins

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

Cowboy Jam

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

What's up Doc?! *zero proof*

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

\$12

Citrus Skinny Margarita

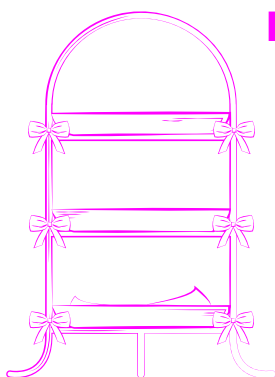
blanco tequila, cucumber, mint (170 cal)

A True Story

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

HOLIDAY MENU

Celebrate the Holidays!



HOLIDAY TASTING TOWER

Starters for 2-3 people

\$30

Roasted Butternut Squash Soup
Turkey Meatballs

Apple & Cranberry Stuffing Bites
Charred Cauliflower

Butternut Squash Pizza

Make it Vegetarian! Swap roasted brussels sprouts for turkey meatballs

CHEF MATT'S HOLIDAY MEAL

3 Course Menu for 2

\$75

To start

Holiday Tasting Tower

Entrées

1 choice per person

Not Your Mama's Meatloaf

Verde Farms grass-fed organic beef,
herb-roasted fingerling potato, honey roasted carrot,
mushroom jus, micro-greens

Grilled Sustainable Salmon

roasted brussels sprout, wild rice pilaf,
pomegranate vinaigrette

Cacio e Pepe

bucatini pasta, parmesan cream,
cracked black pepper

Dessert

Squash Pie

graham cracker crust, coconut whipped cream

Eggnog Crème Brûlée

eggnog flavored custard, caramelized sugar

Add a Holiday Cocktail Sampler Flight ...15

cranberry mule, cowboy jam,
chai cold brew martini

HOLIDAY EXTRAS

Cranberry Mule ...15

prairie organic vodka, barrow's intense ginger, cranberry, lime

Chai Cold Brew Martini ...15

prairie organic vodka, borghetti espresso liqueur

Eggnog Crème Brûlée ...10

eggnog flavored custard, caramelized sugar

Holiday menu not available during brunch.