

# TRUE FOOD KITCHEN

## STARTERS & SHAREABLES

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

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

**Edamame Dumplings** veg  
white truffle oil, dashi, thai basil, toasted  
sesame seeds

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

**Edamame Guacamole** v gf  
avocado, cilantro, lime, Chef Matt's Magical Dust,  
house-made baked tortilla chips (480 cal)

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

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

**Creamy Tomato Soup** veg  
topped with whipped parmesan and  
toasted sourdough breadcrumb (420 cal)

*Ode to a classic grilled  
cheese & tomato soup*

## SALADS & BOWLS

**Seasonal Harvest Salad** v gf  
roasted organic butternut squash, cauliflower, sweet potato, brussels sprout,  
cannellini bean, horseradish vinaigrette, pomegranate seeds, mulberry (420 cal)

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

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

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

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

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

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

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

## ADD PROTEIN

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

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

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

**Fair Trade Arctic Salmon\***  
(260 cal)

**Organic Tofu** v  
(140-160 cal)

**Organic Smoked Tempeh** v  
(80 cal)

*Make it next level*

## PIZZAS

*substitute gluten-friendly crust (subtract 80 cal)*

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

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

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

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

**Southwest Bison Sausage Pizza**  
Force of Nature regenerative grass-fed bison sausage, mozzarella, cotija,  
jalapeño, organic DiNapoli tomato sauce, charred scallion salsa verde,  
Vital Farms pasture-raised fried egg (1200 cal)

Add a side of  
**Hatch chili ranch** (150 cal)

*Dip it*



## BURGERS & HANDHELDS

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

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

**Peruvian Grass-Fed Burger\***  
organic grass-fed beef, caramelized onion,  
Point Reyes blue cheese, peruvian pepper sauce,  
Vital Farms pasture-raised fried egg (810 cal)

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

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

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

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

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

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

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.

# TRUE FOOD KITCHEN

## ENTRÉES

**Grilled Grass-Fed Steak\* gf**  
roasted brussels sprout, charred onion, sweet drop pepper, organic black rice, peruvian pepper sauce (840 cal)

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

**Lasagna Bolognese gf**  
fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)

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

**Seared Tuna Tataki\* gf**  
roasted mushroom, carrot, organic quinoa brown rice, tataki sauce, baru nut, pomegranate (660 cal)

**Idaho Rainbow Trout\* gf**  
organic roasted red pepper, artichoke, regenerative quinoa, lemon oregano vinaigrette (690 cal)

**Spaghetti Squash Casserole veg gf**  
caramelized onion, zucchini, fresh mozzarella, organic DiNapoli tomato sauce (410 cal)

**Hawaiian Fried Rice gf**  
Niman Ranch uncured ham, organic quinoa brown rice, pineapple, pickled red onion, Vital Farms pasture-raised fried egg (830 cal)  
*sub organic smoked tempeh / add chili garlic crunch*

**Pesto Pasta veg**  
roasted mushroom, artichoke, parmesan, cilantro pumpkin seed pesto (1040 cal)  
*add chicken*

**Not Your Mama's Meatloaf**  
Verde Farms grass-fed organic beef, herb-roasted fingerling potato, honey roasted carrot, mushroom jus, micro-greens (910 cal)

## SIDES

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

**Kale-Jicama Slaw veg gf**  
(170 cal)

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

**Wild Rice Pilaf v gf**  
(140 cal)

**Kale Salad veg**  
(120 cal)

*Slaw what*

## KID'S ENTRÉES

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

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

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

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

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

## COLD BEVERAGES

**Peach Lemonade**  
peach, lemon (140 cal)

**Pink Lemonade**  
dragon fruit, lemon (160 cal)

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

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

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

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

**Green or Black Iced Tea (0 cal)**

**Mountain Valley Water** spring or sparkling, 1L (0 cal)

## SPRITZERS

house-filtered sparkling water mixed with fresh squeezed fruit juice

choose from:

lemon-lime (5 cal)

grapefruit (10 cal)

orange (15 cal)

pineapple (15 cal)

pomegranate (20 cal)

## DESSERT

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

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

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

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

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

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

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

**Scoop of Vegan Vanilla Ice Cream v gf (120 cal)**

**Scoop of Cosmic Bliss Ice Cream veg gf (120 cal)**

## COFFEE & TEA

**Espresso (5 cal)**

**Americano (5 cal)**

**Cappuccino (80 cal)**

**Caffè Latte (80 cal)**

**Hazelnut Mocha (90 cal)**

**Organic Wandering Bear Cold Brew (5 cal)**

**Organic Fair Trade Coffee (0 cal)**

**Iced Matcha Horchata**  
oat milk, vanilla (150 cal)

**Adaptogenic Tulsi Tea**  
holy basil, ginger, honey (60 cal)

**Jasmine Pearl Green Tea (5 cal)**

**Passport Loose Leaf Tea choice of:**

Darjeeling (5 cal)

Classic Chai (5 cal)

Peppermint Herbal (5 cal)

Chamomile Herbal (5 cal)



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## SIGNATURE COCKTAILS

Hand-crafted cocktails that are exclusively True Food Kitchen



### DAZZLING EYES

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



### EL POMELO MARGARITA

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



### CIAO BELLA

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



### CLEAR MARY

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



### TRUE STORY

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



### COWBOY JAM

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



### SMOKE SHOW OLD FASHIONED

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

## LEGENDS

### Moscow Mule

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

### POM Collins

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

### Peach Mojito

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

### Spicy Pineapple Margarita

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

### Citrus Skinny Margarita

lalo blanco tequila, cucumber, mint (170 cal)

### Mezcal Sour

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

### Paper Crane

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

### The Brooklyn Cocktail

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

### White Negroni

amass gin, cocchi americano, suze (170 cal)

## ZERO PROOF COCKTAILS

### What's Up Doc?!

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

### Fauxjito

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

### Blueberry 75

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

### Non-Collins

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

## WINE

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

### SPARKLING

**Marqués de Cáceres** o (Penedés, Spain)

**La Marca Prosecco Rosé** s (Veneto, Italy)

### WHITE

#### PINOT GRIGIO

**Tangent** ps (Edna Valley, CA)

#### SAUVIGNON BLANC

**Haras de Pirque "Albaclara"** o  
(Leyda Valley, Chile)

**13° Celsius** s (Marlborough, NZ)

**Banshee** s (Sonoma County, CA)

#### CHARDONNAY

**Imagery** s (Sonoma County, CA)

**True Myth** s (Edna Valley, CA)

**Rombauer** s (Los Carneros, CA)

**A to Z** s (Oregon)

#### RIESLING

**Schloss Vollrads** o (Rheingau, Germany)

### ROSÉ

**Pour les Gens** ps (Vin de France)

**Miraval "Studio"** s (Méditerranée)

### RED

#### PINOT NOIR

**Rickshaw** s (California)

**Borealis** o (Oregon)

**Natura** o (Chile)

**Duckhorn "Decoy"** s (California)

#### CABERNET SAUVIGNON

**Liberty School** s (Paso Robles, CA)

**Long Meadow Ranch "Farmstead"** o  
(Napa Valley, CA)

**Drumheller** s (Columbia Valley, WA)

**Tribute** s (California)

#### INTERESTING REDS

**Terrazas de los Andes "Altos del Plata" Malbec** s  
(Mendoza, ARG)

**Alta Vita Cannonau** ps (Sardinia, ITA)

**OneHope Red Blend** s (California)

**Borgo Scopeto "Chianti Classico"** s (Chianti, ITA)

## BEER

**Coors Light** - Golden, CO | 4.2% ABV (100 cal)

**Stella Artois** - Leuven, Belgium | 5% ABV (140 cal)

**Blue Moon** - Golden, CO | 5.4% ABV (170 cal)

**Stone Buenaveza Salt & Lime Lager** -  
San Marcos, CA | 4.7% ABV (140 cal)

**Modelo Especial** - Tacuba, Mexico | 4.4% ABV (145 cal)

**Voodoo Ranger Imperial IPA** - Fort Collins, CO | 9% ABV (250 cal)

**Elysian Space Dust IPA** - Seattle, WA | 8.2% ABV (229 cal)

**Athletic Brewing Run Wild IPA (Non-Alcoholic)** -  
Stratford, CT | <0.5% ABV (65 cal)

ps Proprietary Label s Sustainable o Organic bs Biodynamic GF Gluten Friendly

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# TRUE FOOD KITCHEN

## STARTERS & SHAREABLES

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

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

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

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

**Edamame Guacamole** v gf  
avocado, cilantro, lime, Chef Matt's Magical Dust, house-made baked tortilla chips (480 cal)

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

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

**Creamy Tomato Soup** veg  
topped with whipped parmesan and toasted sourdough breadcrumb (420 cal)

*Ode to a classic grilled cheese & tomato soup*

## SALADS & BOWLS

**Seasonal Harvest Salad** v gf  
roasted organic butternut squash, cauliflower, sweet potato, brussels sprout, cannellini bean, horseradish vinaigrette, pomegranate seeds, mulberry (420 cal)

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

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

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

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

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

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

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

## ADD PROTEIN

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

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

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

**Fair Trade Arctic Salmon\***  
(260 cal)

**Organic Tofu** v  
(140-160 cal)

**Organic Smoked Tempeh** v  
(80 cal)

*Make it next level*

## PIZZAS

*substitute gluten-friendly crust (subtract 80 cal)*

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

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

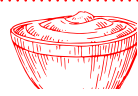
**Garden Pesto Pizza** veg  
mozzarella, zucchini, organic tomato, organic arugula, red onion, cilantro pumpkin seed pesto (910 cal)

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

**Southwest Bison Sausage Pizza**  
Force of Nature regenerative grass-fed bison sausage, mozzarella, cotija, jalapeño, organic DiNapoli tomato sauce, charred scallion salsa verde, Vital Farms pasture-raised fried egg (1200 cal)

Add a side of  
**Hatch chili ranch** (150 cal)

*Dip it*



## BURGERS & HANDHELDS

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

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

**Peruvian Grass-Fed Burger\***  
organic grass-fed beef, caramelized onion, Point Reyes blue cheese, peruvian pepper sauce, Vital Farms pasture-raised fried egg (810 cal)

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

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

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

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

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

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

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## ENTRÉES

**Grilled Grass-Fed Steak\*** gf  
roasted brussels sprout, charred onion, sweet drop pepper, organic black rice, peruvian pepper sauce (840 cal)

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

**Lasagna Bolognese** gf  
fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)

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

**Seared Tuna Tataki\*** gf  
roasted mushroom, carrot, organic quinoa brown rice, tataki sauce, baru nut, pomegranate (660 cal)

**Idaho Rainbow Trout\*** gf  
organic roasted red pepper, artichoke, regenerative quinoa, lemon oregano vinaigrette (690 cal)

**Spaghetti Squash Casserole** veg gf  
caramelized onion, zucchini, fresh mozzarella, organic DiNapoli tomato sauce (410 cal)

**Hawaiian Fried Rice** gf  
Niman Ranch uncured ham, organic quinoa brown rice, pineapple, pickled red onion, Vital Farms pasture-raised fried egg (830 cal)  
*sub organic smoked tempeh / add chili garlic crunch*

**Pesto Pasta** veg  
roasted mushroom, artichoke, parmesan, cilantro pumpkin seed pesto (1040 cal)  
*add chicken*

**Not Your Mama's Meatloaf**  
Verde Farms grass-fed organic beef, herb-roasted fingerling potato, honey roasted carrot, mushroom jus, micro-greens (910 cal)

## SIDES

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

**Kale-Jicama Slaw**  
veg gf  
(170 cal)

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

**Wild Rice Pilaf** v gf  
(140 cal)

**Kale Salad** veg  
(120 cal)

*Slaw what*

## COLD BEVERAGES

**Peach Lemonade**  
peach, lemon (140 cal)

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

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

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

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

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

**Green or Black Iced Tea** (0 cal)

**Mountain Valley Water** spring or sparkling, 1L (0 cal)

## DESSERT

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

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

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

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

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

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

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

**Scoop of Vegan Vanilla Ice Cream** v gf (120 cal)

**Scoop of Cosmic Bliss Ice Cream** veg gf (120 cal)

## SPRITZERS

house-filtered sparkling water mixed with fresh squeezed fruit juice

choose from:

lemon-lime (5 cal)

grapefruit (10 cal)

orange (15 cal)

pineapple (15 cal)

pomegranate (20 cal)

## COFFEE & TEA

**Espresso** (5 cal)

**Americano** (5 cal)

**Cappuccino** (80 cal)

**Caffè Latte** (80 cal)

**Hazelnut Mocha** (90 cal)

**Organic Wandering Bear Cold Brew** (5 cal)

**Organic Fair Trade Coffee** (0 cal)

**Iced Matcha Horchata**  
oat milk, vanilla (150 cal)

**Adaptogenic Tulsi Tea**  
holy basil, ginger, honey (60 cal)

**Jasmine Pearl Green Tea**  
(5 cal)

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

# TRUE FOOD KITCHEN

## BRUNCH COCKTAILS

### Cinnamon Toastini

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

### Berry Cerealtini

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

### Cold Brew Martini

prairie organic vodka, borghetti espresso liqueur, organic Wandering Bear cold brew (170 cal)

### Clear Mary

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

### Mimosas

glass (150 cal)  
full bottle (600 cal)

*It's a full bottle kinda day*

Marqués de Cáceres Cava with choice of:  
fresh squeezed orange, fresh squeezed grapefruit, pomegranate

### Spiked Peach Lemonade

tito's vodka, peach lemonade (230 cal)

### Spiked Pink Lemonade gf

tito's vodka, pink lemonade (250 cal)

glass or pitcher

## SMOOTHIES & REFRESHERS

### Green Goddess veg gf

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

### Açaí veg gf

banana, greek yogurt, maca (430 cal)

### Kale Aid v gf

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

### Bright Eyes v gf

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

### The O.G. veg gf

ginger, honey, lime (120 cal)

*Juiced fresh daily*

## BRUNCH

### ENTRÉES

#### Blueberry Pancakes veg gf

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

#### Smoked Gouda Crustless Quiche\* veg gf

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

#### Huevos Rancheros\* veg gf

Vital Farms pasture-raised fried eggs, queso, anasazi bean, corn tortilla, ranchero sauce (700 cal)

*add grilled chicken / add grass-fed steak*

#### Grass-Fed Steak Breakfast Burrito\*

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

#### TFK Two Egg Breakfast\*

Vital Farms pasture-raised over-easy eggs, served with herb-roasted fingerling potato, toast and choice of: smoked salmon, Force of Nature regenerative grass-fed bison & beef breakfast sausage or Niman Ranch uncured ham (1120 cal)

#### Farmer's Market Scramble veg gf

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

*add avocado / add breakfast sausage*

#### The Breakfast Sandwich

Vital Farms pasture-raised scrambled eggs, Force of Nature regenerative grass-fed bison & beef breakfast sausage, smoked gouda, avocado, organic tomato, served with herb-roasted fingerling potato (1110 cal)

#### Smoked Salmon Toast\*

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

#### Avocado Toast\* veg

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

#### Hawaiian Fried Rice gf

Niman Ranch uncured ham, organic quinoa brown rice, pineapple, pickled red onion, Vital Farms pasture-raised fried egg (830 cal)

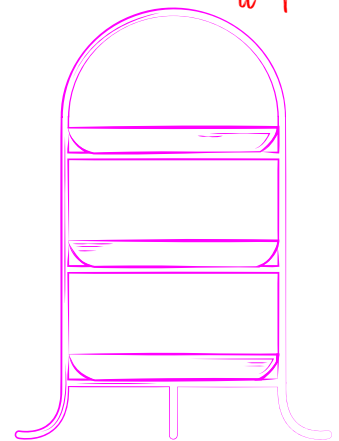
*sub organic smoked tempeh / add chili garlic crunch*

### Brunch Tasting Tower\*

serves 2

(2020 cal)

*Mimosas make it a party*



quiche bites, yogurt parfait

lemon blueberry ricotta muffins, apple crumble coffee cake

smoked salmon toast, avocado toast

*Sharing is caring*

### À LA CARTE

**Apple Crumble Coffee Cake** (570 cal) veg  
single cake or three cakes

**Lemon Blueberry Ricotta Muffin** (180 cal) veg  
single muffin or three muffins

*For the table*

**Blueberry Pancake Single** (340 cal) veg gf

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

**Avocado** (80 cal) v gf

**Fruit Bowl** (100 cal) v gf

**Breakfast Sausage** gf

Force of Nature regenerative grass-fed bison & beef (330 cal)

**Chicken Sausage** (110 cal) gf

## COFFEE & TEA

**Espresso** (5 cal)

**Americano** (5 cal)

**Cappuccino** (80 cal)

**Caffè Latte** (80 cal)

**Hazelnut Mocha** (90 cal)

**Organic Wandering Bear**

**Cold Brew** (5 cal)

**Organic Fair Trade Coffee**  
(0 cal)

**Iced Matcha Horchata**

oat milk, vanilla (150 cal)

**Adaptogenic Tulsi Tea**

holy basil, ginger, honey (60 cal)

**Jasmine Pearl Green Tea** (5 cal)

**Passport Loose Leaf Tea** (5 cal)

*choice of:*

Darjeeling, Classic Chai,

Peppermint Herbal, Chamomile Herbal

## COLD BEVERAGES

### Spritzers

house-filtered sparkling water mixed with fresh squeezed fruit juice

choose from:

lemon-lime (5 cal)

grapefruit (10 cal)

orange (15 cal)

pineapple (15 cal)

pomegranate (20 cal)

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

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

**OLIPOP** 12 oz. can

choice of: classic root beer (35 cal), lemon lime (50 cal), crisp apple (50 cal)

**Green or Black Iced Tea** (0 cal)

**Mountain Valley Water** (0 cal)  
spring or sparkling, 1L

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

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# TRUE FOOD KITCHEN

## SAVORY STARTERS

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

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

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

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

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

**Edamame Guacamole** v gf  
avocado, cilantro, lime, Chef Matt's Magical Dust,  
house-made baked tortilla chips (480 cal)

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

## LUNCH

### ENTRÉES

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

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

### SALADS & BOWLS

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

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

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

**Seared Tuna Tataki\*** gf  
roasted mushroom, carrot, organic quinoa brown rice, tataki sauce,  
baru nut, pomegranate (660 cal)

**Not Your Mama's Meatloaf**  
Verde Farms grass-fed organic beef, herb-roasted fingerling potato,  
honey roasted carrot, mushroom jus, micro-greens (910 cal)

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

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

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

### ADD PROTEIN

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

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

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

**Fair Trade Arctic Salmon\***  
(260 cal)

**Organic Tofu** v  
(140-160 cal)

**Organic Smoked Tempeh** v  
(80 cal)

*Make it next level*

## PIZZAS

*substitute gluten-friendly crust (subtract 80 cal)*

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

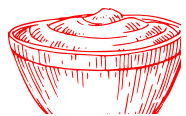
**Margherita Pizza** veg  
fresh mozzarella, organic DiNapoli tomato sauce, basil (820 cal)

**Southwest Bison Sausage Pizza**  
Force of Nature regenerative grass-fed bison sausage, mozzarella, cotija,  
jalapeño, organic DiNapoli tomato sauce, charred scallion salsa verde,  
Vital Farms pasture-raised fried egg

Add a side of

**Hatch chili ranch** (150 cal)

*Dip it*



## BURGERS & HANDHELDS

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

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

**Peruvian Grass-Fed Burger\***  
organic grass-fed beef, caramelized onion, Point Reyes blue cheese,  
peruvian pepper sauce, Vital Farms pasture-raised fried egg (810 cal)

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

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

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

## SIDES

*A little something extra*

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

**Wild Rice Pilaf** v gf  
(140 cal)

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

**Kale Salad** veg  
(120 cal)

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

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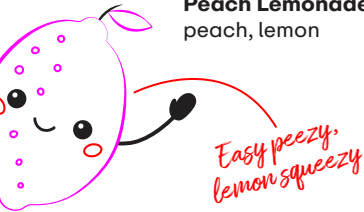
# TRUE FOOD KITCHEN

## KIDS MENU

### DRINKS

**Peach Lemonade** (140 cal)  
peach, lemon

**Pink Lemonade** (160 cal)  
dragon fruit, lemon



### ENTRÉES

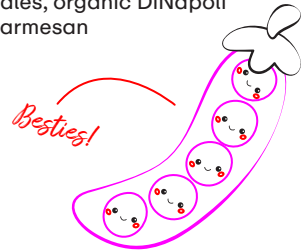
**Mozzarella & Organic Tomato Pizza** (740 cal) veg  
fresh mozzarella, organic DiNapoli tomato sauce

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

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

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

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



### DESSERT

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

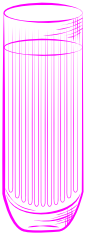
 Seasonal Highlight |  Vegan  Vegetarian  Gluten Friendly

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.

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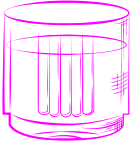
# SIGNATURE COCKTAILS

Hand-crafted cocktails that are exclusively True Food Kitchen



## DAZZLING EYES

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



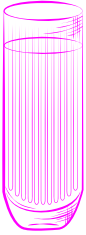
## EL POMELO MARGARITA

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



## CIAO BELLA

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



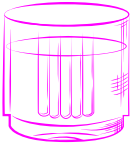
## CLEAR MARY

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



## TRUE STORY

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



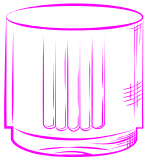
## COWBOY JAM

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



## SMOKE SHOW OLD FASHIONED

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



# LEGENDS

## **Moscow Mule**

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

## **POM Collins**

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

## **Peach Mojito**

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

## **Spicy Pineapple Margarita**

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

## **Citrus Skinny Margarita**

lalo blanco tequila, cucumber, mint (170 cal)

## **Mezcal Sour**

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

## **Paper Crane**

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

## **The Brooklyn Cocktail**

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

## **White Negroni**

amass gin, cocchi americano, suze (170 cal)

# ZERO PROOF COCKTAILS

## **What's Up Doc?!**

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

## **Fauxjito**

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

## **Blueberry 75**

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

## **Non-Collins**

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

# BEER

**Coors Light** - Golden, CO | 4.2% ABV (100 cal)

**Stella Artois** - Leuven, Belgium | 5% ABV (140 cal)

**Blue Moon** - Golden, CO | 5.4% ABV (170 cal)

**Stone Buenaveza Salt & Lime Lager** -

San Marcos, CA | 4.7% ABV (140 cal)

**Modelo Especial** - Tacuba, Mexico | 4.4% ABV (145 cal)

**Voodoo Ranger Imperial IPA** - Fort Collins, CO | 9% ABV (250 cal)

**Elysian Space Dust IPA** - Seattle, WA | 8.2% ABV (229 cal)

**Athletic Brewing Run Wild IPA (Non-Alcoholic)** -

Stratford, CT | <0.5% ABV (65 cal)



# WINE

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

## SPARKLING

**Marqués de Cáceres** **O** (Penedés, Spain)

**La Marca Prosecco Rosé** **S** (Veneto, Italy)

## WHITE

### PINOT GRIGIO

**Tangent** **PS** (Edna Valley, CA)

### SAUVIGNON BLANC

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

**13° Celsius** **S** (Marlborough, NZ)

**Banshee** **S** (Sonoma County, CA)

### CHARDONNAY

**Imagery** **S** (Sonoma County, CA)

**True Myth** **S** (Edna Valley, CA)

**Rombauer** **S** (Los Carneros, CA)

**A to Z** **S** (Oregon)

### RIESLING

**Schloss Vollrads** **O** (Rheingau, Germany)

## ROSÉ

**Pour les Gens** **PS** (Vin de France)

**Miraval “Studio”** **S** (Méditerranée)

## RED

### PINOT NOIR

**Rickshaw** **S** (California)

**Borealis** **O** (Oregon)

**Natura** **O** (Chile)

**Duckhorn “Decoy”** **S** (California)

### CABERNET SAUVIGNON

**Liberty School** **S** (Paso Robles, CA)

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

**Drumheller** **S** (Columbia Valley, WA)

**Tribute** **S** (California)

### INTERESTING REDS

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

**Alta Vita Cannonau** **PS** (Sardinia, ITA)

**OneHope Red Blend** **S** (California)

**Borgo Scopeto “Chianti Classico”** **S** (Chianti, ITA)

# SPIRITS

## *Bourbon/Rye*

Maker's Mark Whisky

Woodford Reserve Bourbon

High West Double Rye

## *Gin*

Gray Whale Gin

Amass Gin

## *Vodka*

Prairie Organic Vodka

Tito's Vodka

## *Rum*

Don Q Rum

## *Tequila*

Lalo Blanco (select markets)

Dulce Vida Blanco (select markets)

Casamigos Reposado

Ana Maria Rosa

## *Mezcal*

Illegal Mezcal

## *Cordials*

Nonino Amaro

Ramazotti Amaro

Borgetti Espresso Liqueur

Luxardo Maraschino Cherry Liqueur

Borgo Scopeto Vin Santo

Carpano Bianco Vermouth

Carpano Antica Vermouth

# HAPPY HOUR

Monday - Friday | 3 - 6pm

## BITES

### 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)

### 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)

### 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 house-made baked tortilla chips and pita (570 cal)

### Not Your Mama's Meatloaf Sliders

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

## SIPS

### Spritzers

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

### Beer

#### 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

#### Pour les Gens Vin de

France *glass or bottle*  
rosé (150/620 cal)

#### Tangent Edna Valley, CA

*glass or bottle*  
pinot grigio (150/620 cal)

#### 13° Celsius Marlborough,

NZ *glass or bottle*  
sauvignon blanc (150/620 cal)

#### Alta Vita Sardinia, ITA

*glass or bottle*  
cannonau (150/620 cal)

### Cocktails

#### 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)

#### Rosé Sangria

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

#### 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)

#### Citrus Skinny Margarita

blanco tequila, cucumber, mint (170 cal)

#### A True Story

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

## DESSERT

- Carrot Cake** veg  
ricotta frosting, vegan vanilla ice cream, toasted walnut (760 cal)
- Squash Pie** v gf  
graham cracker crust, coconut whipped cream (470 cal)
- Flourless Chocolate Cake** veg gf  
vegan vanilla ice cream, caramel, almond, cacao nib (510 cal)
- Spiced Apple Crumble Cake** veg  
Cosmic Bliss organic grass-fed ice cream, caramel (760 cal)
- Turtle Sundae** veg gf  
Cosmic Bliss organic grass-fed ice cream, caramel, chocolate sauce, baru nut (740 cal)
- Root Beer Float** v gf  
OLIPOP root beer, vegan vanilla ice cream (400 cal)
- Kids Cookies & Ice Cream Sundae** v gf  
chocolate chip cookie, vegan vanilla ice cream (420 cal)
- Scoop of Vegan Vanilla Ice Cream** v gf (120 cal)
- Scoop of Cosmic Bliss Ice Cream** veg gf (120 cal)

## COFFEE & TEA

- Espresso** (5 cal)
- Americano** (5 cal)
- Cappuccino** (80 cal)
- Caffè Latte** (80 cal)
- Hazelnut Mocha** (90 cal)
- Organic Wandering Bear Cold Brew** (5 cal)
- Organic Fair Trade Coffee** (0 cal)
- Iced Matcha Horchata**  
oat milk, vanilla (150 cal)
- Adaptogenic Tulsi Tea**  
holy basil, ginger, honey (60 cal)
- Jasmine Pearl Green Tea** (5 cal)
- Passport Loose Leaf Tea**  
*choice of:*  
Darjeeling (5 cal)  
Classic Chai (5 cal)  
Peppermint Herbal (5 cal)  
Chamomile Herbal (5 cal)

## COLD BEVERAGES

- Peach Lemonade**  
peach, lemon (140 cal)
- Pink Lemonade**  
dragon fruit, lemon (160 cal)
- glass or pitcher

- Kale Aid** v gf  
organic kale, ginger, apple, celery, cucumber, lemon (100 cal)
- Bright Eyes** v gf  
pineapple, carrot, organic apple, ginger, turmeric, beet, lemon (170 cal)
- The O.G.** veg gf  
ginger, honey, lime (120 cal)
- OLIPOP** 12 oz. can  
choice of: classic root beer (35 cal), lemon lime (50 cal), crisp apple (50 cal)
- Green or Black Iced Tea** (0 cal)
- Mountain Valley Water** spring or sparkling, 1L (0 cal)

## SPRITZERS

house-filtered sparkling water mixed  
with fresh squeezed fruit juice

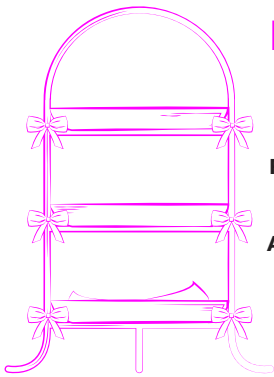
choose from:

- lemon-lime (5 cal)      pineapple (15 cal)  
grapefruit (10 cal)      pomegranate (20 cal)  
orange (15 cal)

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

# HOLIDAY MENU

*Celebrate the Holidays!*



## HOLIDAY TASTING TOWER

*Starters for 2-3 People*

**Roasted Butternut Squash Soup** v gf  
**Turkey Meatballs** gf

**Apple & Cranberry Stuffing Bites** veg  
**Charred Cauliflower** v gf

**Butternut Squash Pizza** v

Make it vegetarian! Swap roasted brussels sprouts for turkey meatballs

## HOLIDAY COCKTAILS

### **Cranberry Mule**

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

### **Chai Cold Brew Martini**

prairie organic vodka,  
borghetti espresso liqueur

## HOLIDAY DESSERTS

**Eggnog Crème Brûlée** veg gf  
eggnog flavored custard,  
caramelized sugar

**Squash Pie** v gf  
graham cracker crust,  
coconut whipped cream

## CHEF MATT'S HOLIDAY MEAL

*Three Course Menu for Two*

### **To start**

**Holiday Tasting Tower**

### **Entrées**

*One 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** gf

roasted brussels sprout, wild rice pilaf,  
pomegranate vinaigrette

#### **Cacio e Pepe** veg

bucatini pasta, parmesan cream,  
cracked black pepper

### **Dessert**

#### **Squash Pie** v gf

graham cracker crust, coconut whipped cream

#### **Eggnog Crème Brûlée** veg gf

eggnog flavored custard, caramelized sugar

### **Add a Holiday Cocktail Sampler Flight**

cranberry mule, cowboy jam,  
chai cold brew martini

v Vegan veg Vegetarian gf Gluten-Friendly  
*Holiday menu not available during brunch.*



## ROOTED IN NUTRITION

Founded with Dr. Andrew Weil's accessible nutritional ethos, we intersect ingredient expertise with culinary creativity to create dishes that defy expectations with every bite. On our menu you'll find nutrient-dense produce, lean protein, and whole grains so you can feel your best after every meal.



## SOURCED WITH INTEGRITY

Every ingredient is an opportunity to do better for ourselves and our planet. We source intentionally from the world's most responsible and sustainable growers, farmers, and producers committed to growing seasonally and giving back to our planet.



## CRAFTED BY CHEFS

Each of our restaurants has a chef at the helm to hand-chop fresh produce daily, incorporate superfood ingredients, and create flavor-forward dishes to thrill even the most adventurous palate. Together, we passionately champion the art of well-eating.