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, sweety 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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TRUEFOODKITCHEN.COM

V1

SIGNATURE COCKTAILS

Hand-crafted cocktails that are exclusively True Food Kitchen

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

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

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

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

TRUE STORY...15
gray whale gin, chareau aloe, cucumber, snap pea, pineapple, lemon (120 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, chareau aloe, pomegranate, lemon (170 cal)

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

Spicy Pineapple Margarita ...14.5
casamigos reposado tequila, fresh jalapeño, lime (180 cal)

Citrus Skinny Margarita ...14.5
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)

WINE

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

SPARKLING

	6oz	9oz	Bottle
Marqués de Cáceres O (Penedés, Spain)	11	–	42
La Marca Prosecco Rosé S (Veneto, Italy)	14	–	54

WHITE

PINOT GRIGIO

	6oz	9oz	Bottle
Tangent P S (Edna Valley, CA)	10	15	38

SAUVIGNON BLANC

	6oz	9oz	Bottle
Haras de Pirque "Albaclara" O (Leyda Valley, Chile)	9	13	34
13° Celsius S (Marlborough, NZ)	11	16	42
Banshee S (Sonoma County, CA)	–	–	54

CHARDONNAY

	6oz	9oz	Bottle
Imagery S (Sonoma County, CA)	12	18	46
True Myth S (Edna Valley, CA)	14	21	54
Rombauer S (Los Carneros, CA)	20	30	78
A to Z S (Oregon)	–	–	50

RIESLING

	6oz	9oz	Bottle
Schloss Vollrads O (Rheingau, Germany)	–	–	66

ROSÉ

	6oz	9oz	Bottle
Pour les Gens P S (Vin de France)	12	18	46
Miraval "Studio" S (Méditérranée)	–	–	54

RED

PINOT NOIR

	6oz	9oz	Bottle
Rickshaw S (California)	10	15	38
Borealis O (Oregon)	14	21	54
Natura O (Chile)	–	–	46
Duckhorn "Decoy" S (California)	–	–	62

CABERNET SAUVIGNON

	6oz	9oz	Bottle
Liberty School S (Paso Robles, CA)	14	21	54
Long Meadow Ranch "Farmstead" O (Napa Valley, CA)	16	24	62
Drumheller S (Columbia Valley, WA)	–	–	38
Tribute S (California)	–	–	50

INTERESTING REDS

	6oz	9oz	Bottle
Terrazas de los Andes "Altos del Plata" Malbec S (Mendoza, ARG)	10	15	38
Alta Vita Cannonau P S (Sardinia, ITA)	10	15	38
OneHope Red Blend S (California)	–	–	46
Borgo Scopeto "Chianti Classico" S (Chianti, ITA)	–	–	46

BEER

Coors Light - *Golden, CO* | 4.2% ABV (100 cal) ...6

Stella Artois - *Leuven, Belgium* | 5% ABV (140 cal) ...7

Blue Moon - *Golden, CO* | 5.4% ABV (170 cal) ...7

Stone Buenaveza Salt & Lime Lager - *San Marcos, CA* | 4.7% ABV (140 cal) ...7

Modelo Especial - *Tacuba, Mexico* | 4.4% ABV (145 cal) ...6

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

Elysian Space Dust IPA - *Seattle, WA* | 8.2% ABV (229 cal) ...9

Athletic Brewing Run Wild IPA *(Non-Alcoholic)* - *Stratford, CT* | <0.5% ABV (65 cal) ...7

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

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TRUE FOOD KITCHEN

STARTERS & SHAREABLES

Wild Caught Tuna Lettuce Wraps* gf ...17.25
bibb lettuce, tataki rice, pomegranate relish, chili garlic crunch (520 cal)
sub organic tofu

Herb Hummus veg ...11
organic chickpea, cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette, pita (710 cal)

Edamame Dumplings veg ...13.25
white truffle oil, dashi, thai basil, toasted sesame seeds (270 cal)

Roasted Brussels Sprouts v gf ...11.5
roasted mushroom, marinated pepper, soy ginger glaze, lime (370 cal)

Edamame Guacamole v gf ...11.5
avocado, cilantro, lime, Chef Matt's Magical Dust, house-made baked tortilla chips (480 cal)

Charred Cauliflower v gf ...11.75
medjool date, harissa tahini, dill, mint, pistachio (410 cal)

Roasted Butternut Squash Soup v gf ...8.5
organic butternut squash, sage (150 cal)

Creamy Tomato Soup veg ...8.5
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 ...15
roasted organic butternut squash, cauliflower, sweet potato, brussels sprout, cannellini bean, horseradish vinaigrette, pomegranate seeds, mulberry (420 cal)

Chopped Salad veg ...14.75
medjool date, jicama, organic apple, white cheddar, farro, champagne vinaigrette, dried cranberry, marcona almond (570 cal)

Tuscan Kale Salad veg ...12.5
organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)

Ancient Grains Bowl v ...16.5
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 ...16
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 ...16
anasazi bean, avocado, organic quinoa brown rice, cotija, peruvian pepper sauce, charred scallion salsa verde (560 cal)

Spicy Panang Curry Bowl gf ...17.75
sweet potato, bok choy, rainbow carrots, snap pea, green bean, organic black rice, thai shellfish curry broth (600 cal)

Korean Noodle Bowl v gf ...15.75
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)

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

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

Fair Trade Arctic Salmon* 9
(260 cal)

Organic Tofu v 4
(140-160 cal)

Organic Smoked Tempeh v 4
(80 cal)

Make it next level

PIZZAS

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

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

Chicken Sausage Pizza ...17.25
smoked gouda, roasted fennel, organic DiNapoli tomato sauce (860 cal)

Garden Pesto Pizza veg ...16
mozzarella, zucchini, organic tomato, organic arugula, red onion, cilantro pumpkin seed pesto (910 cal)

Margherita Pizza veg ...15
fresh mozzarella, organic DiNapoli tomato sauce, basil (820 cal)

Southwest Bison Sausage Pizza ...18.75
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) ...1

Dip it

BURGERS & HANDHELDS

choice of kale or simple green salad / sub herb-roasted fingerling potatoes or roasted seasonal vegetables ...1
served on a flaxseed bun / substitute gluten-friendly bun (subtract 90 cal) ...2.5

The O.G. Grass-Fed Burger* ...18.75
organic grass-fed beef, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, umami (780 cal)

Peruvian Grass-Fed Burger* ...19.25
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 ...17
kale-jicama slaw, pickled jalapeño, house-made bbq sauce (710 cal)

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

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

Grilled Chicken & Mozzarella Panini ...16.5
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 ...28.75
roasted brussels sprout, charred onion, sweety drop pepper, organic black rice, peruvian pepper sauce (840 cal)

Grilled Sustainable Salmon* gf ...27.75
roasted brussels sprout, organic wild rice pilaf, pomegranate vinaigrette (730 cal)

Lasagna Bolognese gf ...19.25
fennel chicken sausage, mushroom, organic spinach, ricotta, basil (450 cal)

Wild Caught Tuna Poke* gf ...23.5
organic black rice, avocado, roasted mushroom, cucumber, jalapeño, edamame, citrus ponzu, Chef Matt's Magical Dust (410 cal)

Seared Tuna Tataki* gf ...31.25
roasted mushroom, carrot, organic quinoa brown rice, tataki sauce, baru nut, pomegranate (660 cal)

Idaho Rainbow Trout* gf ...26.5
organic roasted red pepper, artichoke, regenerative quinoa, lemon oregano vinaigrette (690 cal)

Spaghetti Squash Casserole veg gf ...15.5
caramelized onion, zucchini, fresh mozzarella, organic DiNapoli tomato sauce (410 cal)

Hawaiian Fried Rice gf ...17.75
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 ...1

Pesto Pasta veg ...18.75
roasted mushroom, artichoke, parmesan, cilantro pumpkin seed pesto (1040 cal)
add chicken ...6

Not Your Mama's Meatloaf ...22.5
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 ...5.5 pitcher ...14

Kale Aid v gf ...9.75
organic kale, ginger, apple, celery, cucumber, lemon (100 cal)

Bright Eyes v gf ...9.75
pineapple, carrot, organic apple, ginger, turmeric, beet, lemon (170 cal)

The O.G. veg gf ...6.75
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) ...4.5

Mountain Valley Water spring or sparkling, 1L (0 cal) ...7

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)

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 ...10
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)

Scoop of Vegan Vanilla Ice Cream v gf (120 cal) ...4

Scoop of Cosmic Bliss Ice Cream veg gf (120 cal) ...5

COFFEE & TEA

Espresso (5 cal) ...3.5

Americano (5 cal) ...4.5

Cappuccino (80 cal) ...5

Caffè Latte (80 cal) ...5.5

Hazelnut Mocha (90 cal) ...6.5

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

Organic Fair Trade Coffee
(0 cal) ...4

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

Adaptogenic Tulsi Tea ...5
holy basil, ginger, honey (60 cal)

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

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

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,
organic Wandering Bear cold brew (170 cal)

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

Mimosas
glass ...13 (150 cal)
full bottle ...54 (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 ...12 pitcher ...36

SMOOTHIES & REFRESHERS

Green Goddess veg gf ...9
organic kale, avocado, pineapple, greek yogurt, moringa leaf (170 cal)

Açaí veg gf ...9
banana, greek yogurt, maca (430 cal)

Kale Aid v gf ...9.75
organic kale, ginger, apple, celery, cucumber, lemon (100 cal)

Bright Eyes v gf ...9.75
pineapple, carrot, organic apple, ginger, turmeric, beet, lemon (170 cal)

The O.G. veg gf ...6.75
ginger, honey, lime (120 cal)

Juiced fresh daily

BRUNCH

ENTRÉES

Blueberry Pancakes veg gf ...14
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, organic 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 / add 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, Force of Nature regenerative grass-fed bison & beef breakfast sausage or Niman Ranch uncured ham (1120 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)
add avocado ...4 / add breakfast sausage ...5

The Breakfast Sandwich ...15
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)

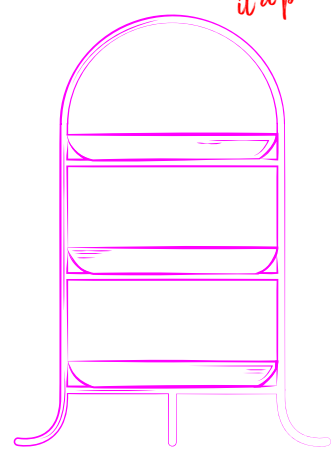
Smoked Salmon Toast* ...17.5
smoked salmon, marinated cucumber, pickled onion, lemon ricotta, Chef Matt's Magical Dust, served with mixed greens (720 cal)

Avocado Toast* veg ...13.5
smashed avocado, marinated pepper, Vital Farms pasture-raised jammy egg, parmesan, chili garlic crunch, served with mixed greens (820 cal)

Hawaiian Fried Rice gf ...17.5
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 ...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

For the table

Blueberry Pancake *Single* (340 cal) veg gf ...8

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

Chicken Sausage (110 cal) gf ...4

COFFEE & TEA

Espresso (5 cal) ...3.5

Americano (5 cal) ...4.5

Cappuccino (80 cal) ...5

Caffè Latte (80 cal) ...5.5

Hazelnut Mocha (90 cal) ...6.5

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

Organic Fair Trade Coffee
(0 cal) ...4

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

Adaptogenic Tulsi Tea ...5
holy basil, ginger, honey (60 cal)

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

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

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 ...5.5 pitcher ...14
peach, lemon (140 cal)

Pink Lemonade glass ...5.5 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) ...4.5

Mountain Valley Water (0 cal) ...7
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 ...8.5
organic butternut squash, sage (150 cal)

Wild Caught Tuna Lettuce Wraps* gf ...17.25
bibb lettuce, tataki rice, pomegranate relish, chili garlic crunch (520 cal) *sub organic tofu*

Edamame Dumplings veg ...13.25
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
organic chickpea, cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette, pita (710 cal)

Edamame Guacamole v gf ...11.5
avocado, cilantro, lime, Chef Matt's Magical Dust, house-made baked tortilla chips (480 cal)

Charred Cauliflower v gf ...11.75
medjool date, harissa tahini, dill, mint, pistachio (410 cal)

LUNCH

ENTRÉES

Grilled Sustainable Salmon* gf ...27.75
roasted brussels sprout, organic wild rice pilaf, pomegranate vinaigrette (730 cal)

Wild Caught Tuna Poke* gf ..23.5
organic black rice, avocado, roasted mushroom, cucumber, jalapeño, edamame, citrus ponzu, Chef Matt's Magical Dust (410 cal)

Seared Tuna Tataki* gf ...31.25
roasted mushroom, carrot, organic quinoa brown rice, tataki sauce, baru nut, pomegranate (660 cal)

Not Your Mama's Meatloaf ...22.5
Verde Farms grass-fed organic beef, herb-roasted fingerling potato, honey roasted carrot, mushroom jus, micro-greens (910 cal)

SALADS & BOWLS

Chopped Salad veg ...14.75
medjool date, jicama, organic apple, white cheddar, farro, champagne vinaigrette, dried cranberry, marcona almond (570 cal)

Spicy Panang Curry Bowl gf ...17.75
sweet potato, bok choy, rainbow carrots, snap pea, green bean, organic black rice, thai shellfish curry broth (600 cal)

Korean Noodle Bowl v gf ...15.75
glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, Chef Matt's Magical Dust (550 cal)

Tuscan Kale Salad veg ...12.5
organic kale, lemon, garlic, parmesan, breadcrumb (350 cal)

Teriyaki Quinoa Bowl v gf ...16
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 ...16.5
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 6
(190-210 cal)

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

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

Fair Trade Arctic Salmon* 9
(260 cal)

Organic Tofu v 4
(140-160 cal)

Organic Smoked Tempeh v 4
(80 cal)

Make it next level

PIZZAS

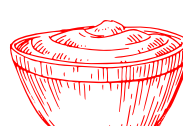
substitute gluten-friendly crust (subtract 80 cal) ...2.5

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

Margherita Pizza veg ...15
fresh mozzarella, organic DiNapoli tomato sauce, basil (820 cal)

Southwest Bison Sausage Pizza ...18.75
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) ...1



Dip it

BURGERS & HANDHELDS

choice of kale or simple green salad / sub herb-roasted fingerling potatoes or roasted seasonal vegetables ...1
served on a flaxseed bun | substitute gluten-friendly bun (subtract 90 cal) ...2.5

The O.G. Grass-Fed Burger* ...18.75
organic grass-fed beef, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, umami (780 cal)

Peruvian Grass-Fed Burger* ...19.25
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 ...17
avocado, organic tomato, butter lettuce, jalapeño remoulade (590 cal)

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

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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V3B

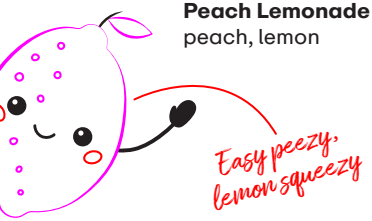
TRUE FOOD KITCHEN

KIDS MENU

DRINKS

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

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



ENTRÉES

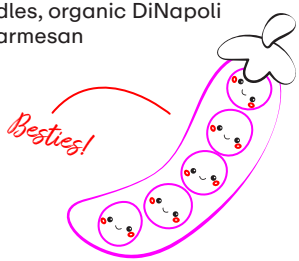
Mozzarella & Organic Tomato Pizza
(740 cal) veg ...10
fresh mozzarella, organic DiNapoli
tomato sauce

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 | **v** Vegan **veg** Vegetarian **gf** Gluten Friendly

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

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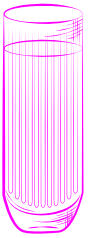
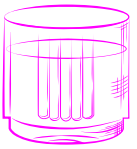
SIGNATURE COCKTAILS

Hand-crafted cocktails that are exclusively True Food Kitchen



DAZZLING EYES...14

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

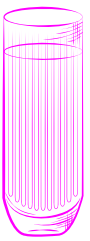


EL POMELO MARGARITA...14

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

CIAO BELLA...16

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

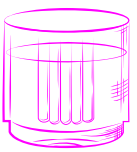


CLEAR MARY...14

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

TRUE STORY...15

gray whale gin, chareau aloe, cucumber, snap pea, pineapple, lemon (120 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, chareau aloe, pomegranate, lemon (170 cal)

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

Spicy Pineapple Margarita ...14.5
casamigos reposado tequila, fresh jalapeño, lime (180 cal)

Citrus Skinny Margarita ...14.5
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)

BEER

Coors Light - *Golden, CO* | 4.2% ABV (100 cal) ...6

Stella Artois - *Leuven, Belgium* | 5% ABV (140 cal) ...7

Blue Moon - *Golden, CO* | 5.4% ABV (170 cal) ...7

Stone Buenaveza Salt & Lime Lager -
San Marcos, CA | 4.7% ABV (140 cal) ...7

Modelo Especial - *Tacuba, Mexico* | 4.4% ABV (145 cal) ...6

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

Elysian Space Dust IPA - *Seattle, WA* | 8.2% ABV (229 cal) ...9

Athletic Brewing Run Wild IPA *(Non-Alcoholic)* -
Stratford, CT | <0.5% ABV (65 cal) ...7

V4B

WINE

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

SPARKLING

	6oz	9oz	Bottle
Marqués de Cáceres O (Penedés, Spain)	11	–	42
La Marca Prosecco Rosé S (Veneto, Italy)	14	–	54

WHITE

PINOT GRIGIO

Tangent P S (Edna Valley, CA)	10	15	38

SAUVIGNON BLANC

Haras de Pirque "Albaclara" O (Leyda Valley, Chile)	9	13	34
13° Celsius S (Marlborough, NZ)	11	16	42
Banshee S (Sonoma County, CA)	–	–	54

CHARDONNAY

Imagery S (Sonoma County, CA)	12	18	46
True Myth S (Edna Valley, CA)	14	21	54
Rombauer S (Los Carneros, CA)	20	30	78
A to Z S (Oregon)	–	–	50

RIESLING

Schloss Vollrads O (Rheingau, Germany)	–	–	66

ROSÉ

Pour les Gens P S (Vin de France)	12	18	46
Miraval "Studio" S (Méditérranée)	–	–	54

RED

PINOT NOIR

Rickshaw S (California)	10	15	38
Borealis O (Oregon)	14	21	54
Natura O (Chile)	–	–	46
Duckhorn "Decoy" S (California)	–	–	62

CABERNET SAUVIGNON

Liberty School S (Paso Robles, CA)	14	21	54
Long Meadow Ranch "Farmstead" O (Napa Valley, CA)	16	24	62
Drumheller S (Columbia Valley, WA)	–	–	38
Tribute S (California)	–	–	50

INTERESTING REDS

Terrazas de los Andes "Altos del Plata" Malbec S (Mendoza, ARG)	10	15	38
Alta Vita Cannonau P S (Sardinia, ITA)	10	15	38
OneHope Red Blend S (California)	–	–	46
Borgo Scopeto "Chianti Classico" S (Chianti, ITA)	–	–	46

P Proprietary Label | S Sustainable | O Organic
B Biodynamic | GF Gluten Friendly

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

Ilegal Mezcal

Cordials

Nonino Amaro

Ramazzotti 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

$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 house-made baked tortilla chips 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)

Coors Light
Golden, CO (100 cal)

Blue Moon
Golden, CO (170 cal)

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

Wine

$6 Glass
½ OFF Bottles

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)

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, chareau 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, chareau aloe, cucumber, snap pea, pineapple, lemon (120 cal)

V4B

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 ...10
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)

Scoop of Vegan Vanilla Ice Cream v gf (120 cal) ...4

Scoop of Cosmic Bliss Ice Cream veg gf (120 cal) ...5

COFFEE & TEA

Espresso (5 cal) ...3.5

Americano (5 cal) ...4.5

Cappuccino (80 cal) ...5

Caffè Latte (80 cal) ...5.5

Hazelnut Mocha (90 cal) ...6.5

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

Organic Fair Trade Coffee (0 cal) ...4

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

Adaptogenic Tulsi Tea ...5
holy basil, ginger, honey (60 cal)

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

Passport Loose Leaf Tea ...5
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 ...5.5 pitcher ...14

Kale Aid v gf ...9.75
organic kale, ginger, apple, celery, cucumber, lemon (100 cal)

Bright Eyes v gf ...9.75
pineapple, carrot, organic apple, ginger, turmeric, beet, lemon (170 cal)

The O.G. veg gf ...6.75
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) ...4.5

Mountain Valley Water spring or sparkling, 1L (0 cal) ...7

SPRITZERS

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

choose from:

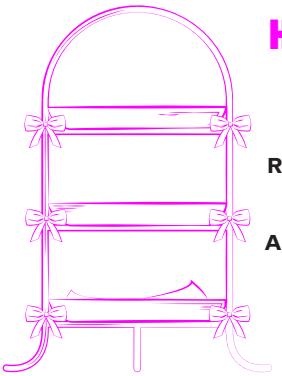
lemon-lime (5 cal)
grapefruit (10 cal)
orange (15 cal)
pineapple (15 cal)
pomegranate (20 cal)

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

V4B

HOLIDAY MENU

Celebrate the Holidays!



HOLIDAY TASTING TOWER

Starters for 2-3 People

$30

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 ...15
prairie organic vodka,
barrow's intense ginger,
cranberry, lime

Chai Cold Brew Martini ...15
prairie organic vodka,
borghetti espresso liqueur

HOLIDAY DESSERTS

Eggnog Crème Brûlée veg gf ...10
eggnog flavored custard,
caramelized sugar

Squash Pie v gf ...9
graham cracker crust,
coconut whipped cream

CHEF MATT'S HOLIDAY MEAL

Three Course Menu for Two

$75

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 ...15
cranberry mule, cowboy jam,
chai cold brew martini

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

V4B

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.