



TRUE FOOD KITCHEN

*Ingredient obsessed.
Chef crafted.*

We believe in the power of whole, real food. We partner with each of our growers, ranchers and producers so that every ingredient meets our TRUE standards.

That means better food for you, your family, and the planet.



Find out more!

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, ginger soy 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 breadcrumbs (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 sprouts, 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, breadcrumbs (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 sprouts, 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)

Sustainable 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 (1160 cal)
- Chicken Sausage Pizza**
smoked gouda, roasted fennel, organic DiNapoli tomato sauce (1080 cal)
- Garden Pesto Pizza** veg
mozzarella, zucchini, organic tomato, organic arugula, red onion, cilantro & pumpkin seed pesto (1180 cal)

- Margherita Pizza** veg
fresh mozzarella, organic DiNapoli tomato sauce, basil (1040 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 (1420 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)
- True Blue 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 portobello, beet and walnut vegan burger, 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 sprouts, charred onion, sweet drop pepper, organic black rice, peruvian pepper sauce (840 cal)

Grilled Sustainable Salmon* gf
roasted brussels sprouts, 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
roasted organic 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, microgreens (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) or lemon lime (50 cal)

Green or Black Iced Tea (0 cal)

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

DESSERTS

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

Squash Pie v gf
graham cracker crust, whipped coconut 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)

Kid’s 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 fruit juice

choose from fresh fruit juice:

lemon-lime (5 cal)

grapefruit (10 cal)

orange (15 cal)

pineapple (15 cal)

pomegranate (20 cal)

COFFEES & TEAS

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)

SIGNATURE COCKTAILS

Handcrafted 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 handmade 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

dulce vida organic 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 Cava o (Penedès, Spain)

La Marca Prosecco Rosé s (Veneto, Italy)

WHITE

PINOT GRIGIO

Tangent p s (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 p s (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 p s (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 - Nava, 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)

p Proprietary Label s Sustainable o Organic b Biodynamic gf Gluten-Friendly

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TRUE FOOD KITCHEN

BRUNCH COCKTAILS

Cinnamon Toastini

woodford reserve, st. george spiced pear, 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 handmade vodka, jack rudy tonic, tomato water, aleppo (220 cal)

Mimosas

glass (150 cal)
full bottle (600 cal)

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

Spiked Peach Lemonade

tito's handmade vodka,
peach lemonade (230 cal)

Spiked Pink Lemonade gf

tito's handmade vodka,
pink lemonade (250 cal)

glass or pitcher

It's a full bottle
kinda day

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 potatoes, 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 sprouts,
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 potatoes (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

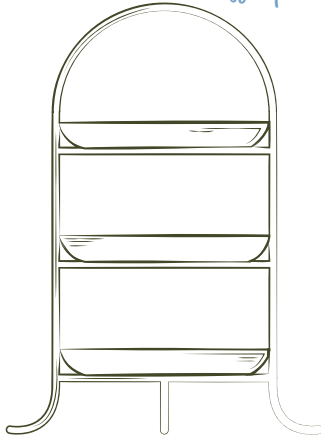
Niman Ranch uncured ham, organic quinoa brown rice, pineapple, pickled red onion, Vital Farms
pasture-raised fried egg (830 cal)
sub organic smoked tempeh / add chili garlic crunch

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

COFFEES & TEAS

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

Spritzers

house-filtered sparkling water mixed
with fresh fruit juice

choose from fresh fruit juice:

lemon-lime (5 cal)

grapefruit (10 cal)

orange (15 cal)

pineapple (15 cal)

pomegranate (20 cal)

COLD BEVERAGES

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)

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
white truffle oil, dashi, thai basil, toasted sesame seeds (270 cal)
- 

Roasted Brussels Sprouts v gf
roasted mushroom, marinated pepper, ginger soy 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 sprouts, 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)
- 

Not Your Mama's Meatloaf
Verde Farms grass-fed organic beef, herb roasted fingerling potato, honey roasted carrot, mushroom jus, microgreens (910 cal)
- Seared Tuna Tataki*** gf
roasted mushroom, carrot, organic quinoa brown rice, tataki sauce, baru nut, pomegranate (660 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 sprouts, Chef Matt's Magical Dust (550 cal)
- Tuscan Kale Salad** veg
organic kale, lemon, garlic, parmesan, breadcrumbs (350 cal)
- Teriyaki Quinoa Bowl** v gf
organic quinoa brown rice, broccoli, rainbow carrots, 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)
- Grass-Fed Steak***
(240-260 cal)
- Organic Tofu** v
(140-160 cal)
- Sustainably-Raised Shrimp***
(120-140 cal)
- Sustainable Arctic Salmon***
(260 cal)
- Organic Smoked Tempeh** v
(80 cal)

Make it next level

PIZZAS

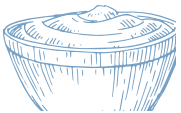
substitute gluten-friendly crust (subtract 80 cal)

- 

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)
- True Blue 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 portobello, beet and walnut vegan burger, 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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INGREDIENT *Obsessed*

We believe in the power of whole, real food. We partner with each of our growers, ranchers and producers so that every ingredient meets our TRUE standards. That means better food for you, your family, and the planet.

TrueFoodKitchen.com/true

OUR TRUE

Ingredient Standards

Pick Organic That Matters.

Be smart about what needs to be organic. We demand organic certification on items where there is more risk of ingesting an unhealthy amount of toxins (The Dirty Dozen and beyond).

Avoid Seed Oils.

We only cook with olive oil and avocado oil, and are striving to reduce and eliminate seed oils across our whole menu.

No Bad Stuff. Add More Goodness.

We believe in the power of whole, minimally processed foods. That means no food coloring, artificial sweeteners or colors, high fructose corn syrup, unpronounceable preservatives, or nitrates. We're always looking for ways to add more veggies and nutrient dense ingredients into our meals.

Think Regenerative.

We are leading the way in seeking regenerative organic ingredients which meet the highest standards in the world for soil health, animal welfare, and farmworker fairness. Today, our bison, quinoa and rice meet this standard and we are actively partnering with our growers to convert more acres.

Healthy Animals = Healthy Food & Healthy Planet.

All our animal proteins are antibiotic and hormone free. We look for the highest standard of animal proteins we can get our hands on and demand 3rd party certifications. Our beef is all organic and grass-fed. Our eggs are pasture-raised. Our bison is regenerative organic.

We do the hard work so you don't have to.



Find out more online



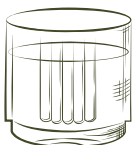
SIGNATURE COCKTAILS

Handcrafted 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)



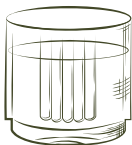
CLEAR MARY

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



TRUE STORY

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



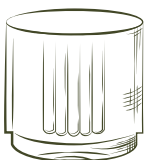
COWBOY JAM

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

dulce vida organic 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)

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 Cava ○ (Penedès, Spain)

La Marca Prosecco Rosé s (Veneto, Italy)

WHITE

PINOT GRIGIO

Tangent p s (Edna Valley, CA)

SAUVIGNON BLANC

Haras de Pirque “Albaclara” ○
(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 ○ (Rheingau, Germany)

ROSÉ

Pour les Gens p s (Vin de France)

Miraval “Studio” s (Méditerranée)

RED

PINOT NOIR

Rickshaw s (California)

Borealis ○ (Oregon)

Natura ○ (Chile)

Duckhorn “Decoy” s (California)

CABERNET SAUVIGNON

Liberty School s (Paso Robles, CA)

Long Meadow Ranch “Farmstead” ○
(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 p s (Sardinia, ITA)

OneHope Red Blend s (California)

Borgo Scopeto Chianti Classico s (Chianti, ITA)

SPIRITS

Bourbon/Rye

Maker's Mark Bourbon

Woodford Reserve Bourbon

High West Double Rye

Gin

Gray Whale Gin

Amass Gin

Vodka

Prairie Organic Vodka

Tito's Handmade Vodka

Rum

Don Q Rum

Tequila

Lalo Blanco (select markets)

Dulce Vida Blanco (select markets)

Casamigos Reposado

Ana Maria Rosa

Mezcal

Illegal

Cordials

Nonino Amaro

Ramazzotti Amaro

Borghetti Espresso Liqueur

Luxardo Maraschino Cherry Liqueur

Borgo Scopeto Vin Santo

Carpano Bianco Vermouth

Carpano Antica Formula 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, breadcrumbs (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)

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, FRA

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)

DESSERTS

-  **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)
- Kid's 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)

COFFEES & TEAS

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

choose from fresh fruit juice:

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

TRUE FOOD KITCHEN

KID'S MENU

DRINKS



Peach Lemonade (140 cal)
peach, lemon

Pink Lemonade (160 cal)
dragon fruit, lemon

ENTRÉES

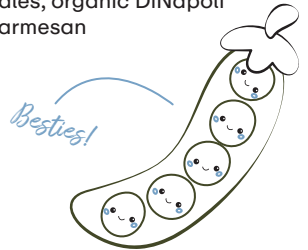
Mozzarella & Organic Tomato Pizza
(740 cal) veg
fresh mozzarella, organic DiNapoli
tomato sauce

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

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

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

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



DESSERT

Kid's Cookies & Ice Cream Sundae (420 cal) v gf
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.

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.