



**TRUE
FOOD
KITCHEN**

Real Food for Real Life

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.

STARTERS & SHAREABLES

Loaded Fingerling Potatoes | 10.50 **VEG GF**
hatch chili ranch, chili garlic crunch, cotija,
Chef Matt's Magical Dust (400 cal)

Creamy Tomato Soup | 8.50 **VEG**
topped with whipped parmesan and
toasted sourdough breadcrumbs (340 cal)

Edamame Dumplings | 14.95 **VEG** **♥**
white truffle oil, dashi, thai basil,
Chef Matt's Magical Dust (270 cal)

Wild-Caught Tuna Lettuce Wraps* | 18.95 **GF** **☀**
bibb lettuce, tataki rice, pineapple relish,
chili garlic crunch (520 cal) *sub Organic Tofu*

Sourdough Street Corn Flatbread | 13.50 **VEG**
roasted corn, yogurt crema, cotija, cilantro,
aleppo pepper (600 cal)

Charred Cauliflower | 12.95 **v GF**
medjool dates, harissa tahini, dill, mint,
pistachio (410 cal)

Turkey Meatballs | 14.25
Diestel Farms turkey, parmesan fondue,
chili glaze, grilled artisan bread (570 cal)

Mediterranean Hummus | 12.95 **v ♥**
spicy herb sauce, red pepper pistachio
muhammara spread, crispy chickpeas,
za'atar spice, ancient grain pita (870 cal)

So good you may not want to share!

SALADS

Kale Caesar Salad* | 14.75 **VEG** **♥**
snap peas, garlic croutons, avocado, parmesan (390 cal)
add Salmon +10.5 or Grilled Chicken +6.5*

Tuscan Kale Salad | 13.75 **VEG** **♥**
organic kale, lemon, garlic, parmesan, breadcrumbs (350 cal)

Citrus Salmon Salad* | 24.35 **GF** **♥**
orange glazed sustainable salmon, toasted walnuts and almonds,
feta, grapefruit, citrus vinaigrette, organic mixed greens (530 cal)

Organic Strawberry and Arugula Salad* | 14.75 **VEG GF** **☀**
thai basil vinaigrette, feta, asparagus, mulberries, cucumber,
organic sunflower seeds (420 cal)
add Steak +8.5 or Shrimp +7.5*

Southwest Steak Cobb Salad* | 24.35 **GF** **☀**
Cape Grim grilled grass-fed steak, romaine, cherry tomatoes,
avocado, grilled corn, Point Reyes blue cheese,
roasted organic peppers, Vital Farms pasture-raised
jammy egg, hatch chili ranch (770 cal)

BOWLS

Burrito Bowl | 17.95 **VEG GF** **♥**
charred scallion salsa verde, anasazi bean, avocado,
regenerative quinoa brown rice, cotija, peruvian pepper sauce (520 cal)

Wild-Caught Tuna Poke Bowl* | 24.75 **GF**
regenerative black rice, avocado, roasted mushrooms, cucumber,
jalapeño, edamame, citrus ponzu, Chef Matt's Magical Dust (410 cal)

Teriyaki Remix Bowl | 18.95 **v GF** **☀**
regenerative black rice, zucchini, snap peas, pineapple,
red onions, pickled carrots, asian herbs (560 cal)
add Chili Garlic Crunch +1

Thai Peanut Noodle Bowl | 18.95 **VEG GF**
spicy peanut sauce, glass noodles, Vital Farms pasture-raised egg,
roasted mushrooms, carrots, cabbage, jalapeño (900 cal)
add Shrimp +7.5

Spicy Panang Curry Bowl | 18.95 **GF**
sweet potato, red cabbage, rainbow carrots, snap peas, charred onion,
regenerative black rice, thai shellfish curry broth (600 cal)

Ancient Grain Bowl | 18.35 **v ♥**
miso sesame glazed sweet potato, charred onions, snap peas,
portobello, avocado, organic grains, pistachio pesto, hemp seeds,
turmeric (560 cal)

ADD PROTEIN

Antibiotic-Free Chicken | 6.5
(190-210 cal)

Grass-Fed Steak* | 8.5
(240-260 cal)

Organic Smoked Tempeh | 4.5 **v**
(80 cal)

Sustainably-Raised Shrimp | 7.5
(120-140 cal)

Organic Tofu | 4.5 **v**
(140-160 cal)

Sustainable Arctic Salmon* | 10.5
(260 cal)

BURGERS

Served on a **Crème Ale Bun** / Choice of **Kale Salad** or **Simple Green Salad**

Upgrade your side! **Umami Potatoes +1**, **Street Corn +2** or **Mac And Cheese +2**; Sub **Gluten-Friendly Bun +2.5**

Smoked Gouda Turkey Burger | 18.85
Diestel Farms turkey, avocado, organic tomato, butter lettuce,
jalapeño remoulade (530 cal)

True Blue Grass-Fed Burger* | 20.25
Verde Farms organic 100% grass-fed beef, Point Reyes blue cheese,
peruvian pepper sauce, caramelized onions, Vital Farms pasture-raised
fried egg (770 cal)

The O.G. Grass-Fed Burger* | 19.95
Verde Farms organic 100% grass-fed beef, mushroom,
caramelized onions, organic arugula, parmesan, umami sauce (710 cal)

Vegan Double Cheeseburger | 19.65 **v**
house-made portobello, beet and walnut vegan burger,
served with lettuce, pickled onions, organic tomatoes,
vegan cheese, jalapeño remoulade (720 cal)



SANDWICHES & WRAPS

Choice of **Kale Salad** or **Simple Green Salad**

Upgrade your side! **Umami Potatoes +1**, **Street Corn +2** or **Mac And Cheese +2**; Sub **Gluten-Friendly Bun** or **Pita +2.5**

Italian Meatball Sub | 20.25 **☀**
organic DiNapoli tomato sauce, mozzarella,
parmesan, Diestel Farms turkey, ciabatta
(750 cal)
TRUFFLE IT! +1

Yam and Cheese Sandwich | 18.25 **VEG** **♥**
black garlic vinaigrette, smoked gouda,
roasted sweet potatoes, pickled carrots, cabbage,
jalapeño peppers, asian herbs (540 cal)

The Ultimate Pot Roast Beef Dip | 24.95 **☀**
braised Verde Farms organic 100% grass-fed
beef, horseradish aioli, parmesan, au jus
(690 cal)

TFK Original Chicken Sandwich | 18.25
grilled antibiotic-free chicken, kale slaw,
pickled jalapeño, house-made bbq sauce
(640 cal)

Grilled Chicken Ranch Wrap | 17.75 **☀**
avocado, organic roasted red pepper,
organic mixed greens, hatch chili ranch (720 cal)
make it vegan - sub Organic Smoked Tempeh

Mediterranean Wrap | 17.75 **v ♥**
hummus, spicy herb sauce, red pepper
pistachio muhammara spread, cucumber,
olives, artichoke, organic spring mix,
lemon oregano vinaigrette (490 cal)

☀ Seasonal Highlight | **v** Vegan **VEG** Vegetarian **GF** Gluten-Friendly | **♥** What The Doc Ordered... Founder Dr. Andrew Weil's Favorites

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.

SOURDOUGH PIZZAS

Sub **Gluten-Friendly Crust +2.5 v GF**



Sourdough makes everything better

Bougie Blanco Pizza | 17.95 **VEG**

parmesan cream, black truffle, organic arugula, house-made hot honey (1220 cal)

Heritage Pepperoni Pizza | 19.75

Niman Ranch uncured pepperoni, organic DiNapoli tomato sauce, mozzarella, basil (1180 cal)

Spinach and Mushroom Pizza | 17.45 **v**

lemon almond ricotta, garlic purée, spinach, roasted mushroom (1190 cal)

Margherita Pizza | 16.95 **VEG**

fresh mozzarella, organic DiNapoli tomato sauce, basil (1040 cal)

Southwest Bison Sausage Pizza | 19.75

Force of Nature regenerative grass-fed bison sausage, charred scallion salsa verde, mozzarella, cotija, jalapeño, organic DiNapoli tomato sauce, Vital Farms pasture-raised fried egg (1420 cal)

DIP IT

Hatch Chili Ranch +1 **v GF**
(150 cal)



ENTRÉES

Not Your Mama's Meatloaf | 24.45

Verde Farms organic 100% grass-fed beef, herb roasted fingerling potatoes, honey roasted carrots, mushroom jus, microgreens (910 cal)

Grilled Grass-Fed Steak* | 29.95 **GF** ☀️

Cape Grim 100% grass-fed bavette, grilled corn, asparagus, sweetie drop peppers, regenerative black rice, black garlic vinaigrette (600 cal)

Grilled Sustainable Salmon* | 29.95 **GF** ☀️ ♥️

Kvarøy Arctic salmon, snap peas, organic wild rice pilaf, thai basil vinaigrette (710 cal)

Hawaiian Fried Rice | 20.75 **GF**

Niman Ranch uncured ham, regenerative quinoa brown rice, pineapple, pickled red onions, Vital Farms pasture-raised fried egg (830 cal)
make it veg - sub Organic Smoked Tempeh; try it with Chili Garlic Crunch +1

Idaho Rainbow Trout | 27.75 **GF** ♥️

Riverence sustainably-raised trout, roasted organic red peppers, artichoke, regenerative quinoa, lemon oregano vinaigrette (690 cal)

Seared Tuna Tataki* | 32.15 **GF** ☀️

wild-caught tuna, roasted mushrooms, carrots, regenerative quinoa brown rice, tataki sauce, baru nut, pineapple (650 cal)

Spaghetti Squash Casserole | 17.25 **VEG GF** ♥️

organic squash, caramelized onions, zucchini, fresh mozzarella, organic DiNapoli tomato sauce (410 cal)

Creamy Bucatini Pasta | 19.15 **VEG** ☀️

parmesan sauce, oven-roasted tomato, snap peas (880 cal)

TRUFFLE IT! +1; add Shrimp +7.5

SIDES

Classic Mac and Cheese | 6.00 **VEG**

parmesan cream and toasted sourdough breadcrumbs (470 cal)

TRUFFLE IT! +1

Chef Matt's Lentil Salad | 6.00 **v GF** ♥️

regenerative lentils, black garlic vinaigrette, sweetie drop peppers (340 cal)

Thai Peanut Noodle Salad | 6.00 **v GF**

thai peanut vinaigrette, baru nuts, cabbage, carrots, sweet potato noodle (270 cal)

Grilled Street Corn | 6.00 **VEG GF**

cotija, house-made tatin, cilantro, lime (380 cal)

Simple Salad | 4.00 **v GF** ♥️

cucumber, organic mixed greens, lemon oregano dressing (150 cal)

Kale Caesar Salad* | 4.00 **VEG** ♥️

snap peas, garlic croutons, avocado, parmesan (190 cal)

Umami Potatoes | 7.00 **v GF**

black garlic vinaigrette, herbs (220 cal)

Grilled Asparagus | 7.00 **v GF**

lemon sauce (60 cal)

Creamy Tomato Soup, cup | 4.00 **VEG**

topped with whipped parmesan and toasted sourdough breadcrumbs (260 cal)

Real Food for Real Life

ORGANIC THAT MATTERS

We prioritize organic certification for ingredients with potential toxin concerns.

HEALTHY FOR PASTURE, PLATE, AND PLANET

All our animal proteins are antibiotic and hormone-free. We seek the highest standard of animal proteins and demand third party certifications.

FUTURE-FORWARD FARMING

We are leading the way in seeking regenerative organic ingredients and are actively partnering with our growers to convert more acres.

CUT THE BAD, AMP UP THE GOOD

We say "no" to food coloring, artificial sweeteners, unpronounceable preservatives and more, and "yes" to nutrient-dense ingredients.

SEE YA SEED OIL

We exclusively cook with olive and avocado oil and are working to eliminate seed oils from our menu.

SIGNATURE COCKTAILS

True Story | 15.25

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

O.G. Drop | 17.25

hanson's of sonoma organic ginger vodka, joto yuzu, lemon, the boozy version of our O.G. (240 cal)

Crime of Passion | 14.95 ☀

prairie organic vodka, cappelletti aperitivo, passion fruit, lime, elderflower-rhubarb foam (190 cal)

Summer Porch Tea | 14.50 ☀

tito's handmade vodka, chamomile, thai basil, orange, lemon (140 cal)
make it a *Makers Mark Kentucky Tea +1*

Rosé Sangria | 13.95

la vieille ferme organic rosé, pineapple, lime (260 cal)

The Indigo | 16.50 ☀

empress 1908 indigo gin, empress 1908 elderflower rose gin, fiorente elderflower, lime (220 cal)

Smoke Show Old Fashioned | 17.75

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

Peach Mojito | 13.95

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

Citrus Skinny Margarita | 14.75

lalo blanco tequila, cucumber, mint (170 cal)

Spicy Pineapple Margarita | 15.25

ana maria rosa tequila, fresh jalapeño, lime (180 cal)

ZERO-PROOF

Athletic Fauxjito | 12.25 ☀

athletic run wild ipa na, mint, lime (90 cal)

Clean Margarita | 12.25

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

Blueberry 75 | 12.25

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

COLD BEVERAGES

Peach Lemonade peach, lemon (140-320 cal) glass | 5.50

Pink Lemonade dragon fruit, lemon (160-320 cal) pitcher | 14.95

Spritzers | 5.00

house-filtered sparkling water mixed with fresh fruit juice
choose from fresh fruit juice: **Lemon-lime** (5 cal), **Grapefruit** (10 cal), **Pineapple** (15 cal), **Pomegranate** (20 cal)

Green or Black Iced Tea | 4.50 (0 cal)

Mountain Valley Water | 7.00 spring or sparkling, 1L (0 cal)

CRAFT COFFEES & MATCHAS

Full espresso, coffee & tea list available in our tabletop menu.

Iced Oat Shakerato | 5.75

organic espresso, oat milk, dark brown sugar (170 cal)

Coconut Cream Cold Brew | 6.25

Wandering Bear organic cold brew, cascara syrup, coconut foam (120 cal)

DESSERTS

Blueberry Crumble Sundae | 10.00 VEG GF ☀

Cosmic Bliss organic grass-fed ice cream, organic blueberry compote, marcona almond & date crumble (650 cal)

Chocolate Pot de Crème | 9.25 VEG

68% dark chocolate, whipped coconut cream, macerated organic strawberries, mint (280 cal)

Strawberry Crumble | 9.75 VEG ☀

organic strawberry & lemon filling, shortbread crumble, Cosmic Bliss organic grass-fed ice cream (410 cal)

Espresso Martini | 13.50

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

Colossal Cookie and Ice Cream | 9.75 VEG

sourdough batter, TCHO 68% chocolate, Cosmic Bliss organic grass-fed ice cream (890 cal)

WINES

6 oz (150 cal) | 9 oz (220 cal) | Bottle (620 cal)

6 oz | 9 oz | Bottle

SPARKLING

Marqués de Cáceres Cava (Penedès, Spain) o 11 - 40

La Marca Prosecco Rosé (Veneto, Italy) s 14 - 52

PINOT GRIGIO

Tangent (Edna Valley, CA) P S 10 13 36

SAUVIGNON BLANC

13° Celsius (Marlborough, NZ) s 11 15 38

Banshee (Sonoma County, CA) s - - 52

CHARDONNAY

Imagery (Sonoma County, CA) s 12 16 44

Rombauer (Los Carneros, CA) s 22 28 76

Lioco (Sonoma, CA) s 16 22 60

RIESLING

Schloss Vollrads (Rheingau, Germany) o - - 64

ROSÉ

Pour les Gens (Vin de France) P S 12 16 43

Miraval "Studio" (Méditerranée) s - - 52

PINOT NOIR

True Myth (SLO Coast, CA) s 13 18 50

Borealis (Oregon) o 14 19 52

Natura (Chile) o - - 43

Duckhorn "Decoy" (California) s - - 56

CABERNET SAUVIGNON

Liberty School (Paso Robles, CA) s 14 19 52

The Prisoner (Napa Valley, CA) 20 28 76

Tribute (California) s - - 46

INTERESTING REDS

Terrazas de los Andes "Altos del Plata" Malbec (Mendoza, ARG) s 11 13 36

Alta Vita Cannonau (Sardinia, ITA) P S 11 13 36

OneHope Red Blend (California) s - - 42

Borgo Scopeto Chianti Classico (Chianti, ITA) s - - 46

P Proprietary Label S Sustainable O Organic

Full beer and cocktail list available in our table top menu.

REFRESHERS

Kale Aid | 9.75

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

Bright Eyes | 9.75

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

Sparkling Prickly Pear Tisane | 6.75

prickly pear, hibiscus, lime (70 cal)

Hangover Rx | 8.50

pineapple, orange, coconut water, aloe vera, organic sea moss (140 cal)

The O.G. | 6.75

ginger, honey, lime (120 cal)

Iced Lavender Matcha Latte | 6.50 ♥

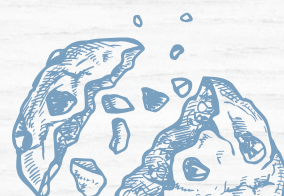
oat milk, butterfly lavender (180 cal)

Iced Strawberry Matcha Tonic | 7.00 ☀

butterfly lavender, jack rudy tonic, oat milk (250 cal)

Iced Matcha Horchata | 6.50

oat milk, vanilla (150 cal)



**TRUE
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BRUNCH

Served Saturday & Sunday until 3pm

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BRUNCH COCKTAILS

Cinnamon Toastini | 12.95

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

Berry Cerealtini | 12.95

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

Espresso Martini | 13.50

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

Clear Mary | 14.25

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

Mimosa | 12.25 glass | 45.00 full bottle
(150-600 cal)

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

*It's a full bottle
kinda day*



Spiked Peach Lemonade

tito's handmade vodka, peach lemonade (230-1030 cal)

glass | 12.25

Spiked Pink Lemonade

tito's handmade vodka, pink lemonade (250-1050 cal)

pitcher | 36.25

BRUNCH ENTRÉES

Avocado Toast* | 14.50 VEG

smashed avocado, sourdough toast, Vital Farms pasture-raised jammy egg, sweet drop peppers, parmesan, chili garlic crunch, served with organic mixed greens (820 cal)

Blueberry Pancakes | 15.35 VEG GF

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

Farmer's Market Scramble* | 16.75 VEG GF

Vital Farms pasture-raised scrambled eggs, sweet potato, charred onions, asparagus, smoked gouda, parmesan (800 cal)
add Avocado +4 or Breakfast Sausage +5

Grass-Fed Beef Breakfast Burrito* | 16.95

grilled Cape Grim organic 100% grass-fed steak, Vital Farms pasture-raised scrambled eggs, queso, anasazi beans, charred scallion salsa verde, cilantro (930 cal)

Southwest Tofu Scramble | 16.75 v GF

silken tofu, caramelized onions, roasted red peppers, spinach, ranchero sauce, corn tortilla, avocado (630 cal)

Hawaiian Fried Rice | 20.75 GF

Niman Ranch uncured ham, regenerative quinoa brown rice, pineapple, pickled red onion, Vital Farms pasture-raised fried egg (830 cal)
make it veg - sub Organic Smoked Tempeh; try it with Chili Garlic Crunch +1

Huevos Rancheros* | 15.25 VEG GF

Vital Farms pasture-raised fried eggs, queso, anasazi beans, corn tortilla, ranchero sauce (700 cal)
add Grilled Chicken +6.5 or Steak* +8.5

FOR THE TABLE

Strawberry Crumble Cake

single | 4.00 three | 10.00 VEG
organic strawberry & lemon filling, shortbread crumble (270-810 cal)

Lemon & Blueberry Ricotta Muffin

single | 4.00 three | 10.00 VEG
(180-540 cal)

Loaded Fingerling Potatoes | 10.50 VEG GF

hatch chili ranch, chili garlic crunch, cotija, Chef Matt's Magical Dust (400 cal)

COFFEES & TEAS

Espresso (5 cal) | 3.50

Americano (5 cal) | 4.50

Cappuccino (80 cal) | 5.00

Caffè Latte (80 cal) | 5.50

Organic Wandering Bear Cold Brew (5 cal) | 5.00

Organic Fair Trade Coffee (0 cal) | 4.00

Adaptogenic Tulsi Tea | 5.00

holy basil, ginger, honey (60 cal)

Jasmine Pearl Green Tea (5 cal) | 6.00

Passport Loose Leaf Tea | 5.00 choice of:

Darjeeling (5 cal)

Classic Chai (5 cal)

Peppermint (5 cal)

Chamomile (5 cal)

COLD BEVERAGES

Peach Lemonade peach, lemon (140-320 cal)

glass | 5.50

Pink Lemonade dragon fruit, lemon (160-320 cal)

pitcher | 14.95

Spritzers | 5.00

house-filtered sparkling water mixed with fresh fruit juice
choose from fresh fruit juice: **Lemon-lime (5 cal)**, **Grapefruit (10 cal)**, **Pineapple (15 cal)**, **Pomegranate (20 cal)**

Green or Black Iced Tea | 4.50 (0 cal)

Mountain Valley Water | 7.00 spring or sparkling, 1L (0 cal)

☀ Seasonal Highlight | v Vegan VEG Vegetarian GF Gluten-Friendly | ♥ What The Doc Ordered... Founder Dr. Andrew Weil's Favorites

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BRUNCH

Served Saturday & Sunday until 3pm

STARTERS & SHAREABLES

Creamy Tomato Soup | 8.50 VEG

topped with whipped parmesan and toasted sourdough breadcrumbs (340 Cal)

Edamame Dumplings | 14.95 VEG ♥

white truffle oil, dashi, thai basil, Chef Matt's Magical Dust (270 Cal)

Charred Cauliflower | 12.95 v GF

medjool dates, harissa tahini, dill, mint, pistachio (410 Ca)

Turkey Meatballs | 14.25

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

Sourdough Street Corn Flatbread | 13.50 VEG

roasted corn, yogurt crema, cotija, cilantro, aleppo pepper (600 cal)

Mediterranean Hummus | 12.95 v ♥

spicy herb sauce, red pepper pistachio muhammara spread, crispy chickpeas, za'atar spice, ancient grain pita (870 cal)

*So good you may
not want to share!*

SALADS

Organic Strawberry and Arugula Salad* | 14.75 VEG GF ☀

thai basil vinaigrette, feta, asparagus, mulberries, cucumber, organic sunflower seeds (420 cal)
add Steak* +8.5 or Shrimp +7.5

Tuscan Kale Salad | 13.75 VEG ♥

organic kale, lemon, garlic, parmesan, breadcrumbs (350 cal)

BOWLS

Ancient Grain Bowl | 18.35 v ♥

miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, organic grains, pistachio pesto, hemp seeds, turmeric (560 cal)

Spicy Panang Curry Bowl | 18.95 GF

sweet potato, red cabbage, rainbow carrots, snap peas, charred onion, regenerative black rice, thai shellfish curry broth (600 cal)

Teriyaki Remix Bowl | 18.95 v GF ☀

regenerative black rice, zucchini, snap peas, pineapple, red onions, pickled carrots, asian herbs (560 cal)
add Chili Garlic Crunch +1

Thai Peanut Noodle Bowl | 18.95 VEG GF

spicy peanut sauce, glass noodles, Vital Farms pasture-raised egg, roasted mushrooms, carrots, cabbage, jalapeño (900 cal)
add Shrimp +7.5

Wild-Caught Tuna Poke Bowl* | 24.75 GF

regenerative black rice, avocado, roasted mushrooms, cucumber, jalapeño, edamame, citrus ponzu, Chef Matt's Magical Dust (410 cal)

ADD PROTEIN

Antibiotic-Free Chicken | 6.5
(190-210 cal)

Grass-Fed Steak* | 8.5
(240-260 cal)

Organic Smoked Tempeh | 4.5 v
(80 cal)

Sustainably-Raised Shrimp | 7.5
(120-140 cal)

Organic Tofu | 4.5 v
(140-160 cal)

Sustainable Arctic Salmon* | 10.5
(260 cal)

ENTRÉES

Not Your Mama's Meatloaf | 24.45

Verde Farms organic 100% grass-fed beef, herb roasted fingerling potatoes, honey roasted carrots, mushroom jus, microgreens (910 cal)

Grilled Sustainable Salmon* | 29.95 GF ☀ ♥

Kvarøy Arctic salmon, snap peas, organic wild rice pilaf, thai basil vinaigrette (710 cal)

Hawaiian Fried Rice | 20.75 GF

Niman Ranch uncured ham, regenerative quinoa brown rice, pineapple, pickled red onions, Vital Farms pasture-raised fried egg (830 cal)
make it veg - sub Organic Smoked Tempeh; try it with Chili Garlic Crunch +1

Seared Tuna Tataki* | 32.15 GF ☀

wild-caught tuna, roasted mushrooms, carrots, regenerative quinoa brown rice, tataki sauce, baru nut, pineapple (650 cal)

BURGERS

Served on a Crème Ale Bun / Choice of Kale Salad or Simple Green Salad

Upgrade your side! **Umami Potatoes +1, Street Corn +2 or Mac And Cheese +2;** Sub **Gluten-Friendly Bun +2.5**

Smoked Gouda Turkey Burger | 18.85

Diestel Farms turkey, avocado, organic tomato, butter lettuce, jalapeño remoulade (530 cal)

The O.G. Grass-Fed Burger* | 19.95

Verde Farms organic 100% grass-fed beef, mushroom, caramelized onions, organic arugula, parmesan, umami sauce (710 cal)

SOURDOUGH PIZZAS

Sub **Gluten-Friendly Crust +2.5 v GF**

Bougie Blanco Pizza | 17.95 VEG

parmesan cream, black truffle, organic arugula, house-made hot honey (1220 cal)

Heritage Pepperoni Pizza | 19.75

Niman Ranch uncured pepperoni, organic DiNapoli tomato sauce, mozzarella, basil (1180 cal)

Spinach and Mushroom Pizza | 17.45 v

lemon almond ricotta, garlic purée, spinach, roasted mushroom (1190 cal)

Margherita Pizza | 16.95 VEG

fresh mozzarella, organic DiNapoli tomato sauce, basil (1040 cal)

Southwest Bison Sausage Pizza | 19.75

Force of Nature regenerative grass-fed bison sausage, charred scallion salsa verde, mozzarella, cotija, jalapeño, organic DiNapoli tomato sauce, Vital Farms pasture-raised fried egg (1420 cal)

DIP IT

Hatch Chili Ranch +1 v GF
(150 cal)



True Blue Grass-Fed Burger* | 20.25

Verde Farms organic 100% grass-fed beef, Point Reyes blue cheese, peruvian pepper sauce, caramelized onions, Vital Farms pasture-raised fried egg (770 cal)

Vegan Double Cheeseburger | 19.65 v

house-made portobello, beet and walnut vegan burger, served with lettuce, pickled onions, organic tomatoes, vegan cheese, jalapeño remoulade (720 cal)

Real Food for Real Life

ORGANIC THAT MATTERS

We prioritize organic certification for ingredients with potential toxin concerns.

HEALTHY FOR PASTURE, PLATE, AND PLANET

All our animal proteins are antibiotic and hormone-free. We seek the highest standard of animal proteins and demand third party certifications.

FUTURE-FORWARD FARMING

We are leading the way in seeking regenerative organic ingredients and are actively partnering with our growers to convert more acres.

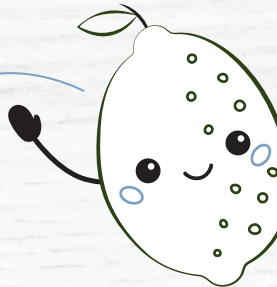
CUT THE BAD, AMP UP THE GOOD

We say "no" to food coloring, artificial sweeteners, unpronounceable preservatives and more, and "yes" to nutrient-dense ingredients.

SEE YA SEED OIL

We exclusively cook with olive and avocado oil and are working to eliminate seed oils from our menu.

*Easy peezy,
lemon squeezzy*



ENTRÉES

Buttered Noodles | 8.00 **VEG**

twisty pasta with yummy butter and a sprinkle of parmesan cheese (450 cal)

Chicken Teriyaki Bowl | 10.00 **GF**

colorful veggies including zucchini, rainbow carrots and snap peas with quinoa brown rice (410 cal)

Grass-Fed Burger* | 10.00

cheeseburger with melty cheese served with hummus and colorful rainbow carrots (630 cal)

Mac and Cheese | 9.00 **VEG**

curly pasta with fluffy parmesan cheese clouds (500 cal)

Marinara Noodles | 8.00 **VEG**

spiral noodles with a delicious tomato sauce and a sprinkle of cheesy parmesan goodness (400 cal)

Cheese Pizza | 10.00 **VEG**

yummy pizza with gooey cheese and tasty tomato sauce (950 cal)

DRINKS

Peach Lemonade | 5.50 peach, lemon (140 cal)

Pink Lemonade | 5.50 dragon fruit, lemon (160 cal)

Sparkling Prickly Pear Tisane | 6.75

prickly pear, hibiscus, lime (70 cal)

Spritzers | 5.00

fizz-tastic water with a fresh fruity kick, choose your juice adventure!

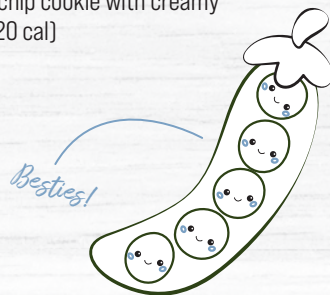
Lemon-lime (5 cal), **Grapefruit** (10 cal),

Pineapple (15 cal), **Pomegranate** (20 cal)

DESSERT

Kid's Cookie and Ice Cream Sundae | 7.00 **V GF**

delicious chocolate chip cookie with creamy vanilla ice cream (420 cal)



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.



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

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WE DO THE HARD WORK SO YOU DON'T HAVE TO.



Find out more online



SIGNATURE COCKTAILS

TRUE STORY | 15.25

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

THE INDIGO | 16.50 ☀

empress 1908 indigo gin, empress 1908 elderflower rose gin, fiorente elderflower, lime (220 cal)

O.G. DROP | 17.25

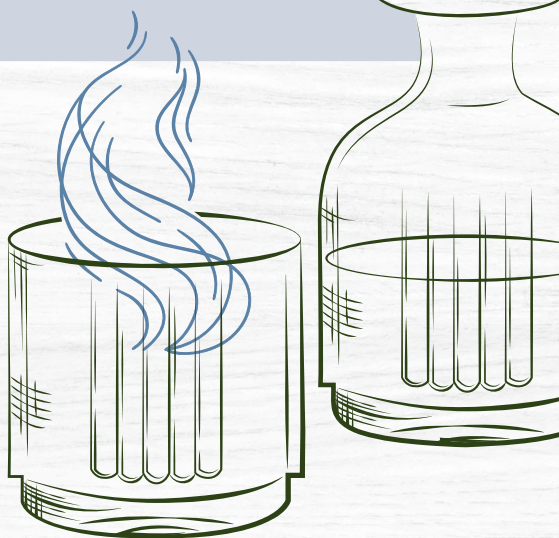
hanson's of sonoma organic ginger vodka, joto yuzu, lemon, the boozy version of our O.G. (240 cal)

CRIME OF PASSION | 15.25 ☀

prairie organic vodka, cappelletti aperitivo, passion fruit, lime, elderflower-rhubarb foam (190 cal)

SMOKE SHOW OLD FASHIONED | 17.75

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



LEGENDS

Rosé Sangria | 13.95

la vieille ferme organic rosé, pineapple, lime (260 cal)

Summer Porch Tea | 14.50 ☀

tito's handmade vodka, chamomile, thai basil, orange, lemon (140 cal)
make it a Maker's Mark Kentucky Tea +1

Moscow Mule | 13.95

prairie organic vodka, fever-tree blood orange ginger beer, lime (160 cal)

Peach Mojito | 13.95

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

Spicy Pineapple Margarita | 15.25

ana maria rosa tequila, fresh jalapeño, lime (180 cal)

Citrus Skinny Margarita | 14.75

lalo blanco tequila, cucumber, mint (170 cal)

ZERO-PROOF COCKTAILS

Clean Margarita | 12.25

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

Athletic Fauxjito | 12.25 ☀

athletic run wild ipa na, mint, lime (90 cal)

Blueberry 75 | 12.25

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

BEER

Coors Light | 6.00

4.2% ABV
Golden, CO (100 cal)

Stella Artois | 7.00

5% ABV
Leuven, Belgium (140 cal)

Blue Moon | 7.00

5.4% ABV
Golden, CO (170 cal)

Stone Buenaveza Salt & Lime Lager | 7.00

4.7% ABV
San Marcos, CA (140 cal)

Modelo Especial | 6.00

4.4% ABV
Nava, Mexico (145 cal)

Voodoo Ranger Imperial IPA | 9.00

9% ABV
Fort Collins, CO (250 cal)

Elysian Space Dust IPA | 9.00

8.2% ABV
Seattle, WA (230 cal)

Athletic Brewing Run Wild IPA | 7.00

Non-Alcoholic
Stratford, CT <0.5% ABV (65 cal)



WINES

6 oz (150 cal) | 9 oz (220 cal) | Bottle (620 cal)

	6 oz	9 oz	Bottle
SPARKLING			
Marqués de Cáceres Cava (Penedès, Spain) o	11	-	40
La Marca Prosecco Rosé (Veneto, Italy) s	14	-	52
PINOT GRIGIO			
Tangent (Edna Valley, CA) P s	10	13	36
SAUVIGNON BLANC			
13° Celsius (Marlborough, NZ) s	11	15	38
Banshee (Sonoma County, CA) s	-	-	52
CHARDONNAY			
Imagery (Sonoma County, CA) s	12	16	44
Rombauer (Los Carneros, CA) s	22	28	76
Lioco (Sonoma, CA) s	16	22	60
RIESLING			
Schloss Vollrads (Rheingau, Germany) o	-	-	64
ROSÉ			
Pour les Gens (Vin de France) P s	12	16	43
Miraval "Studio" (Méditerranée) s	-	-	52
PINOT NOIR			
True Myth (SLO Coast, CA) s	13	18	50
Borealis (Oregon) o	14	19	52
Natura (Chile) o	-	-	43
Duckhorn "Decoy" (California) s	-	-	56
CABERNET SAUVIGNON			
Liberty School (Paso Robles, CA) s	14	19	52
The Prisoner (Napa Valley, CA)	20	28	76
Tribute (California) s	-	-	46
INTERESTING REDS			
Terrazas de los Andes "Altos del Plata" Malbec (Mendoza, ARG) s	11	13	36
Alta Vita Cannonau (Sardinia, ITA) P s	11	13	36
OneHope Red Blend (California) s	-	-	42
Borgo Scopeto Chianti Classico (Chianti, ITA) s	-	-	46

TRUE FOOD PROPRIETARY WINES

Tangent Pinot Grigio 10 6 oz | 13 9 oz | 36 Bottle

Each harvest, we meet with our friend, Master Winemaker Rob Takigawa, to develop the perfect blend of Pinot Grigio to pair with our seasonal menu. This single vineyard wine from the cool crisp Edna Valley valley. Fresh stone fruit and citrus aromas with flavors of pineapple, peach, grapefruit and apple.

Alta Vita Cannonau 11 6 oz | 13 9 oz | 36 Bottle

From Sardinia, one of the five Blue Zones in the world. Made with the Cannonau grape, which boasts more antioxidants than any other grape on the planet. A lighter-bodied red wine. Pairs well with vegetarian and light meat dishes.

Pour les Gens Rosé 12 6 oz | 16 9 oz | 43 Bottle

Handpicked and curated with love by our team. Super approachable, its name means "For the People." From the South of France, versatile, crisp, and refreshing, great balance of body and freshness. Your ultimate sidekick!

P Proprietary Label **s** Sustainable **o** Organic

HAPPY HOUR

SIPS

\$3 SPRITZERS

house-filtered sparkling water mixed with fresh fruit juice
choose from fresh fruit juice: **Lemon-lime** (5 cal), **Grapefruit** (10 cal),
Pineapple (15 cal), **Pomegranate** (20 cal)

\$5 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]

\$6 | ½ OFF WINE

Glass | Bottles

Pour les Gens Rosé (Vin de France)
glass | 6 bottle | 21
[150/620 cal]

Alta Vita Cannonau (Sardinia, ITA)
glass | 6 bottle | 17
[150/620 cal]

Tangent Pinot Grigio (Edna Valley, CA)
glass | 6 bottle | 17
[150/620 cal]

13° Celsius Sauvignon Blanc (Marlborough, NZ)
glass | 6 bottle | 17
[150/620 cal]

\$8 | \$25 SANGRIA

Glass | Pitcher

Rosé Sangria
la vieille ferme organic rosé, pineapple, lime [250/1000 cal]

\$8 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]

\$10 COCKTAILS

Summer Porch Tea
tito's handmade vodka, chamomile, thai basil, orange, lemon [140 cal]

Moscow Mule
prairie organic vodka, blood orange, lime [160 cal]

Clean Margarita (zero proof)
clean & co. tequila, carrot, orange, jalapeño, mint [180 cal]

\$12 COCKTAILS

Citrus Skinny Margarita
blanco tequila, cucumber, mint [170 cal]

House Old Fashioned [200 cal]

A True Story
gray whale gin, chateau aloe, cucumber, snap pea, pineapple,
lemon [120 cal]

MONDAY - FRIDAY | 3-6PM

BITES

\$4

Spiced Mixed Nuts **GF**

walnuts, almonds, pepitas, curry spice blend (120 cal)

Chili Cuke Crunchers **v GF**

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

\$6

Street Taco **GF**

Cape Grim braised 100% grass-fed beef, cotija, guacamole, marinated peppers, whole wheat tortilla, lime, crispy chickpeas (300-360 cal)

\$8

Buffalo Cauliflower **VEG**

Point Reyes blue cheese, house-made buffalo sauce, breadcrumbs (430 cal)

Grilled Cheese Dippers and Tomato Soup **VEG**

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

\$10

Tuna Tostada* **GF**

wild caught tuna, pickled red onions, avocado mousse, chili garlic crunch, crispy corn tortilla (170 cal)

Turkey Meatballs

Diestel Farms turkey, parmesan fondue, chili glaze, grilled sourdough bread (570 cal)

\$12

Not Your Mama's Meatloaf Sliders

Verde Farms organic 100% grass-fed beef, caramelized onions, smoked gouda, horseradish aioli, au jus (740 cal)

DESSERTS

Blueberry Crumble Sundae | 10.00 VEG GF ☀

Cosmic Bliss organic grass-fed ice cream, organic blueberry compote, marcona almond & date crumble (650 cal)

Chocolate Pot de Crème | 9.25 V GF

68% dark chocolate, whipped coconut cream, macerated organic strawberries, mint (280 cal)

Strawberry Crumble | 9.75 VEG ☀

organic strawberry & lemon filling, shortbread crumble, Cosmic Bliss organic grass-fed ice cream (410 cal)

Colossal Cookie and Ice Cream | 9.75 VEG

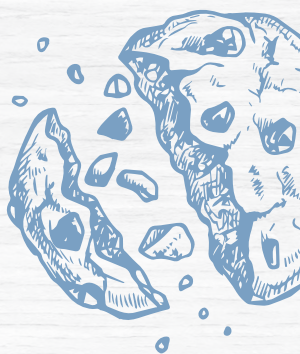
sourdough batter, TCHO 68% chocolate, Cosmic Bliss organic grass-fed ice cream (890 cal)

Cosmic Bliss Ice Cream | 5.00 VEG GF

scoop of organic grass-fed ice cream (120 cal)

Vegan Vanilla Ice Cream | 4.00 V GF

scoop (120 cal)



CRAFT COFFEES & MATCHAS

Iced Oat Shakerato | 5.75

organic espresso, oat milk, dark brown sugar (170 cal)

Coconut Cream Cold Brew | 6.25

Wandering Bear organic cold brew, cascara syrup, coconut foam (120 cal)

Iced Lavender Matcha Latte | 6.50 ♥

oat milk, butterfly lavender (180 cal)

Iced Strawberry Matcha Tonic | 7.00 ☀

butterfly lavender, jack rudy tonic, oat milk (250 cal)

Iced Matcha Horchata | 6.50

oat milk, vanilla (150 cal)

COFFEES & TEAS

Espresso (5 cal) | 3.50

Americano (5 cal) | 4.50

Cappuccino (80 cal) | 5.00

Caffè Latte (80 cal) | 5.50

Organic Wandering
Bear Cold Brew (5 cal) | 5.00

Organic Fair Trade Coffee
(0 cal) | 4.00

Adaptogenic Tulsi Tea | 5.00

holy basil, ginger, honey (60 cal)

Jasmine Pearl Green Tea

(5 cal) | 6.00

Passport Loose Leaf Tea | 5.00

choice of:

Darjeeling (5 cal)

Classic Chai (5 cal)

Peppermint (5 cal)

Chamomile (5 cal)



Seasonal Highlight | V Vegan VEG Vegetarian GF Gluten-Friendly



What The Doc Ordered... Founder Dr. Andrew Weil's Favorites

COLD BEVERAGES

Peach Lemonade peach, lemon (140-320 cal) glass | **5.50**
Pink Lemonade dragon fruit, lemon (160-320 cal) pitcher | **14.95**

Green or Black Iced Tea | **4.50** (0 cal)

Mountain Valley Water | **7.00** spring or sparkling, 1L (0 cal)

SPRITZERS

house-filtered sparkling water mixed with fresh fruit juice | **5.00**

choose from fresh fruit juice:

Lemon-lime (5 cal), **Grapefruit** (10 cal),
Pineapple (15 cal), **Pomegranate** (20 cal)

REFRESHERS

Kale Aid | **9.75**

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

Bright Eyes | **9.75**

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

Sparkling Prickly Pear Tisane | **6.75**

prickly pear, hibiscus, lime (70 cal)

Hangover Rx | **8.50**

pineapple, orange, coconut water, aloe vera, organic sea moss (140 cal)

The O.G. | **6.75**

ginger, honey, lime (120 cal)



SPIRITS

BOURBON/RYE

Maker's Mark Bourbon

Woodford Reserve Bourbon

High West Double Rye

RUM

Don Q Rum

GIN

Gray Whale Gin

Amass Gin

Empress 1908 Indigo Gin

Empress 1908 Elderflower Rose Gin

VODKA

Prairie Organic Vodka

Tito's Handmade Vodka

Hanson's of Sonoma Organic Ginger Vodka

TEQUILA

Lalo Blanco Tequila

Casamigos Reposado Tequila

Ana Maria Rosa Tequila

MEZCAL

Illegal Mezcal

CORDIALS

Nonino Amaro

Ramazzotti Amaro

Luxardo Maraschino Cherry Liqueur

Carpano Antica Formula Vermouth

Borghetti Espresso Liqueur

Carpano Bianco Vermouth

Fiorente Elderflower Liqueur,
Cappelletti Aperitivo

