



**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

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

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

So good you may not want to share!

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

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

Charred Cauliflower **V GF**
medjool dates, harissa tahini, dill, mint,
pistachio (370 cal)

Guacamole **V GF** **♥**
house-baked tortilla chips, avocado, lime,
edamame, pistachio pesto (480 cal)

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

SALADS

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

Simple Green Salad **V GF**
organic mixed greens, cucumber, cherry tomatoes, avocado,
lemon oregano dressing (470 cal)

Chopped Salad **VEG** **☀**
aged white cheddar, farro, medjool date, jicama, organic apple,
dried cranberry, marcona almond, champagne vinaigrette (570 cal)
add Salmon or Grilled Chicken*

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

Citrus Salmon Salad* **GF** **♥**
orange glazed sustainable salmon, feta, organic mixed greens,
grapefruit, spiced nuts, citrus vinaigrette (530 cal)

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

BOWLS

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

Thai Peanut Noodle Bowl **VEG GF**
spicy peanut sauce, glass noodles, Vital Farms pasture-raised egg,
roasted mushrooms, carrots, cabbage, jalapeño (970 cal)
add Shrimp

Teriyaki Quinoa Bowl **V GF**
regenerative quinoa brown rice blend, broccoli, rainbow carrots,
bok choy, snap peas, pickled shiitake, sesame seeds (480 cal)

Korean Noodle Bowl **V GF** **♥**
glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts,
Chef Matt's Magical Dust (550 cal)

Ancient Grain Bowl **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 **GF**
sweet potato, bok choy, rainbow carrots, snap peas, charred onion,
regenerative black rice, thai shellfish curry broth (600 cal)

ADD PROTEIN

True Crisp'd Chicken (2pc)
(280 cal)
Grass-Fed Steak*
(240-260 cal)

Sustainably-Raised Shrimp
(120-140 cal)
Antibiotic-Free Chicken
(190-210 cal)

Sustainable Arctic Salmon*
(260 cal)
Organic Tofu **V**
(140-160 cal)

BURGERS

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

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

Turkey Burger
Diestel Farms turkey, smoked gouda, avocado,
organic tomato, butter lettuce, jalapeño
remoulade (530 cal)

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

Plant-Based Double Cheeseburger **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**, **Street Corn** or **Mac And Cheese**; Sub **Gluten-Friendly Bun** or **Pita**

Pot Roast Beef Dip **☀**
slow braised Verde Farms organic
100% grass-fed beef, caramelized onion,
horseradish aioli, parmesan, au jus (690 cal)

Grilled Chicken Ranch Wrap **☀**
avocado, roasted red pepper, organic
mixed greens, hatch chili ranch (710 cal)

Mediterranean Wrap **V** **♥**
hummus, spicy herb sauce, red pepper pistachio
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

Shrimp imported from Ecuador. A 2000-calorie daily intake is standard advice, but individual needs vary. Our restaurants use gluten and all major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, sesame, soy, and wheat). Shared cooking areas mean we cannot ensure any item is allergen-free. Ingredient changes may occur due to suppliers, recipe updates, methods, or seasons. Inform your server of allergies or dietary needs before ordering, and we'll do our best to accommodate. *Consuming raw or undercooked items may increase the risk of foodborne illness, especially if you have certain medical conditions.

SOURDOUGH PIZZAS

Sub Gluten-Friendly Crust v GF

Bougie Blanco Pizza **VEG**
parmesan cream, black truffle, organic arugula, house-made hot honey (1220 cal)

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

Spinach and Mushroom Pizza **v**
lemon almond ricotta, garlic purée, organic spinach, roasted mushroom (1190 cal)

Margherita Pizza **VEG**
fresh mozzarella, organic DiNapoli tomato sauce, basil (1040 cal)

Grass-Fed Bison Sausage Pizza*
Force of Nature regenerative bison sausage, charred scallion salsa, mozzarella, cotija, jalapeño, organic DiNapoli tomato sauce, Vital Farms pasture-raised fried egg (1430 cal)



DIP IT

Hatch Chili Ranch **GF** (150 cal)

TRUE
CRISP'D™
CHICKEN
AIR-FRIED & CRISP'D TO PERFECTION

Buffalo Chicken Ranch Salad **GF**
organic mixed greens, Point Reyes blue cheese, avocado, cherry tomatoes, cucumber, organic sunflower seeds (730 cal)

Tender Plate **GF**
four tenders served with kale slaw (800-1070 cal)
sub *Umami Potatoes*
served with choice of one sauce:
awesome sauce, BBQ, hot honey, hella ranch

The Original Chicken Sandwich
house-made pickles, awesome sauce (420-520 cal)
served with choice of *Kale Salad* or *Simple Green Salad*
sub *Grilled Chicken*; sub *Gluten-Friendly Bun*

Spicy Korean Chicken Sandwich
house-made pickles, korean bbq sauce, kale slaw (600-700 cal)
served with choice of *Kale Salad* or *Simple Green Salad*
sub *Grilled Chicken*; sub *Gluten-Friendly Bun*

HORMONE
FREE

ANTIBIOTIC
FREE

GLUTEN
FREE

HAND
BREADED

12-HOUR
HERB-BRINED

ENTRÉES

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

Grilled Grass-Fed Steak* **GF** ☀️
Cape Grim 100% grass-fed beef, grilled corn, asparagus, sweetie drop peppers, regenerative black rice, black garlic vinaigrette (600 cal)

Grilled Sustainable Salmon* **GF** ☀️ ❤️
Kvarøy Arctic sustainable salmon, snap peas, organic wild rice pilaf, thai basil vinaigrette (710 cal)

Pan Roasted Rainbow Trout **GF** ❤️
Riverence sustainably-raised Idaho trout, roasted red peppers, artichoke, regenerative quinoa, lemon oregano vinaigrette (690 cal)

Lasagna Bolognese **GF**
Diestel Farms turkey sausage, mushrooms, organic spinach, ricotta, basil (450 cal)

Seared Wild Tuna Tataki* **GF** ☀️
wild-caught tuna, roasted mushrooms, carrots, regenerative quinoa brown rice blend, tataki sauce, baru nut, pineapple (650 cal)

Spaghetti Squash Casserole **VEG GF** ❤️
organic squash, caramelized onions, fresh mozzarella, organic DiNapoli tomato sauce (400 cal)

SIDES

Mac and Cheese **VEG** (470 cal)

Chef Matt's Lentil Salad **v GF** ❤️ (340 cal)

Grilled Street Corn **VEG GF** (380 cal)

Simple Salad **v GF** ❤️ (150 cal)

Kale Caesar Salad* **VEG** ❤️ (190 cal)

Umami Potatoes **v GF** (220 cal)

Grilled Asparagus **v GF** (60 cal)

Creamy Tomato Soup, cup **VEG** (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

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

O.G. Drop

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

Crime of Passion

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

Summer Porch Tea

tito's handmade vodka, chamomile, thai basil, orange, lemon (140 cal)

make it a Maker's Mark Kentucky Tea

Rosé Sangria

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

The Indigo

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

Smoke Show Old Fashioned

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

Peach Mojito

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

Citrus Skinny Margarita

lalo blanco tequila, cucumber, mint (170 cal)

Spicy Pineapple Margarita

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

Espresso Martini

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

ZERO-PROOF

Athletic Fauxjito

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

Clean Margarita

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

Blueberry 75

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

COLD BEVERAGES & REFRESHERS

Peach Lemonade

peach, lemon (140 cal)

Pink Lemonade

dragon fruit, lemon (160 cal)

Green or Black Iced Tea

spring or sparkling, 1L (0 cal)

Kale Aid

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

Bright Eyes

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

Sparkling Prickly Pear Tisane

prickly pear, hibiscus, lime (70 cal)

Hangover Rx

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

The O.G.

ginger, honey, lime (120 cal)

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)

CRAFT COFFEES & MATCHAS

Iced Oat Shakerato

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

Coconut Cream Cold Brew

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

WINES

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

SPARKLING

Marqués de Cáceres Cava (Penedès, Spain) **o**

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

PINOT GRIGIO

Tangent (Edna Valley, CA) **P s**

SAUVIGNON BLANC

13° Celsius (Marlborough, NZ) **s**

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

CHARDONNAY

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

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

Lioco (Sonoma, CA) **s**

RIESLING

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

ROSÉ

Pour les Gens (Vin de France) **P s**

Miraval “Studio” (Méditerranée) **s**

PINOT NOIR

True Myth (SLO Coast, CA) **s**

Borealis (Oregon) **o**

Natura (Chile) **o**

Duckhorn “Decoy” (California) **s**

CABERNET SAUVIGNON

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

The Prisoner (Napa Valley, CA)

Tribute (California) **s**

INTERESTING REDS

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

Alta Vita Cannonau (Sardinia, ITA) **P s**

OneHope Red Blend (California) **s**

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

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

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

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

Iced Lavender Matcha Latte

oat milk, butterfly lavender (180 cal)

Iced Matcha Horchata

oat milk, vanilla (150 cal)

TRUE FOOD KITCHEN

BRUNCH

Served Saturday & Sunday until 3pm

BRUNCH COCKTAILS

Cinnamon Toastini

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

Espresso 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)

Mimosa glass or full bottle
(150-600 cal)

Marqués de Cáceres Cava with choice of:
fresh-squeezed orange, fresh-squeezed grapefruit, pomegranate
make it zero proof – sub Lyre's

*It's a full bottle
kinda day*



Spiked Peach Lemonade

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

Spiked Pink Lemonade

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

CRAFT COFFEES & MATCHAS

Iced Oat Shakerato

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

Iced Lavender Matcha Latte ♥

oat milk, butterfly lavender (180 cal)

Coconut Cream Cold Brew

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

Iced Matcha Horchata

oat milk, vanilla (150 cal)

REFRESHERS

Kale Aid

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

Bright Eyes

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

Sparkling Prickly Pear Tisane

prickly pear, hibiscus, lime (70 cal)

Hangover Rx *Try it spiked with Tito's vodka*

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

The O.G.

ginger, honey, lime (120 cal)

*Juiced
fresh
daily*

COLD BEVERAGES

Peach Lemonade

peach, lemon (140 cal)

Pink Lemonade

dragon fruit, lemon (160 cal)

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)

Green or Black Iced Tea (0 cal)

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

COFFEES & TEAS

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Organic Wandering Bear Cold Brew (5 cal)

Organic Fair Trade Coffee (0 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 (5 cal)

Chamomile (5 cal)

BRUNCH ENTRÉES

Avocado Toast* **VEG**

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

Blueberry Pancakes **VEG GF**

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

Farmer's Market Scramble* **VEG GF** ☀️

Vital Farms pasture-raised scrambled eggs, sweet potato, charred onions, asparagus, smoked gouda, parmesan (800 cal)

add Avocado or Breakfast Sausage

Grass-Fed Steak Breakfast Burrito*

Cape Grim organic 100% grass-fed steak, Vital Farms pasture-raised scrambled eggs, queso, charred scallion salsa, cilantro, served with herb roasted fingerling potatoes (1000 cal)

Southwest Tofu Scramble | 16.25 **v GF** ❤️

silken tofu, caramelized onions, roasted red peppers, organic spinach, charred scallion salsa, corn tortilla, avocado (510 cal)

Grass-Fed Bison Sausage Pizza*

Force of Nature regenerative bison sausage, charred scallion salsa, mozzarella, cotija, jalapeño, organic DiNapoli tomato sauce, Vital Farms pasture-raised fried egg (1430 cal)

Smoked Salmon Toast*

smoked Kvarøy Arctic sustainable salmon, sourdough toast, marinated cucumber, pickled onions, lemon ricotta, Chef Matt's Magical Dust, served with organic mixed greens (720 cal)

Classic Egg Breakfast*

two Vital Farms pasture-raised over-easy eggs, served with herb roasted fingerling potatoes, sourdough toast and choice of: smoked salmon, Force of Nature regenerative grass-fed bison & beef breakfast sausage patty (1120 cal)

The Breakfast Burger*

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 (1050 cal)

FOR THE TABLE

Strawberry Crumble Cake **VEG** ☀️

single cake or three cakes
shortbread crumble, organic strawberry & lemon filling (270-800 cal)

Lemon & Blueberry Ricotta Muffin **VEG**

single muffin or three muffins (180-540 cal)

Loaded Fingerling Potatoes **VEG GF**

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

À LA CARTE

Avocado **v GF** (80 cal)

Blueberry Pancake **VEG GF**

single (340 cal)

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

Breakfast Sausage **GF**

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



Seasonal Highlight | **v** Vegan **VEG** Vegetarian **GF** Gluten-Friendly



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

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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

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.

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



Find out more online



SIGNATURE COCKTAILS

TRUE STORY

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

THE INDIGO ☀

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

SMOKE SHOW OLD FASHIONED

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

CRIME OF PASSION ☀

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

O.G. DROP

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



LEGENDS

Rosé Sangria

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

Summer Porch Tea ☀️

tito's handmade vodka, chamomile, thai basil, orange, lemon (140 cal)

make it a Maker's Mark Kentucky Tea

Moscow Mule

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

Peach Mojito

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

Spicy Pineapple Margarita

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

Citrus Skinny Margarita

lalo blanco tequila, cucumber, mint (170 cal)

Espresso Martini

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

ZERO-PROOF COCKTAILS

Clean Margarita

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

Athletic Fauxjito ☀️

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

Blueberry 75

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

BEER

Coors Light

4.2% ABV

Golden, CO (100 cal)

Stella Artois

5% ABV

Leuven, Belgium (140 cal)

Blue Moon

5.4% ABV

Golden, CO (170 cal)

Stone Buenaveza

Salt & Lime Lager

4.7% ABV

San Marcos, CA (140 cal)

Modelo Especial

4.4% ABV

Nava, Mexico (145 cal)

Voodoo Ranger Imperial IPA

9% ABV

Fort Collins, CO (250 cal)

Elysian Space Dust IPA

8.2% ABV

Seattle, WA (230 cal)

Athletic Brewing Run Wild IPA

Non-Alcoholic

Stratford, CT <0.5% ABV (65 cal)



WINES

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

SPARKLING

Marqués de Cáceres Cava (Penedès, Spain) **o**

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

PINOT GRIGIO

Tangent (Edna Valley, CA) **P S**

SAUVIGNON BLANC

13° Celsius (Marlborough, NZ) **s**

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

CHARDONNAY

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

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

Lioco (Sonoma, CA) **s**

RIESLING

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

ROSÉ

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Natura (Chile) **o**

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CABERNET SAUVIGNON

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INTERESTING REDS

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

Alta Vita Cannonau (Sardinia, ITA) **P S**

OneHope Red Blend (California) **s**

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

TRUE FOOD PROPRIETARY WINES

Tangent Pinot Grigio

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. Fresh stone fruit and citrus aromas with flavors of pineapple, peach, grapefruit and apple.

Alta Vita Cannonau

From Sardinia, one of the five Blue Zones in the world. Made with the Cannanau 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

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, with a 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 | 1/2 OFF WINE

Glass Bottles

Pour les Gens Rosé (Vin de France)
glass or bottle
(150/620 cal)

Alta Vita Cannonau (Sardinia, ITA)
glass or bottle
(150/620 cal)

Tangent Pinot Grigio (Edna Valley, CA)
glass or bottle
(150/620 cal)

13° Celsius Sauvignon Blanc (Marlborough, NZ)
glass or bottle
(150/620 cal)

\$8 | \$25 SANGRIA

Glass Pitcher

Rosé Sangria
la vieille ferme organic rosé, pineapple, lime (260/1000 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, fever-tree blood orange ginger beer, 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)

True Story
gray whale gin, chareau aloe, cucumber, snap pea, pineapple,
lemon (120 cal)

MONDAY – FRIDAY | 3–6PM

BITES

\$4

Spiced Mixed Nuts GF

walnuts, almonds, curry spice blend
(120 cal)

Chili Cuke Crunchers v GF

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

\$6

Street Taco GF

choice of Verde Farms braised
100% grass-fed beef or grilled chicken,
cotija, guacamole, marinated peppers,
corn tortilla, lime, crispy chickpeas
(320-360 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

Dip Duo VEG

herb hummus and edamame
guacamole with house-baked tortilla
chips and ancient grain pita (570 cal)

Tuna Tostada* GF

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

Edamame Dumplings VEG ♥

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

\$12

Grass-Fed Meatloaf Sliders

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

Our restaurants use gluten and all major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, sesame, soy, and wheat). Shared cooking areas mean we cannot ensure any item is allergen-free. *Consuming raw or undercooked items may increase the risk of foodborne illness, especially if you have certain medical conditions.

DESSERTS

Blueberry Crumble Sundae VEG GF ☀️

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

Flourless Chocolate Cake VEG GF

TCHO 68% chocolate, vegan vanilla ice cream, caramel, almonds, cacao nibs (510 cal)

Strawberry Crumble Bar VEG ☀️

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

The Pink Lime Tart V GF ☀️

key lime & ube filling, marcona almond & coconut crumble (730 cal)

Colossal Cookie and Ice Cream VEG

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

Cosmic Bliss Ice Cream VEG GF

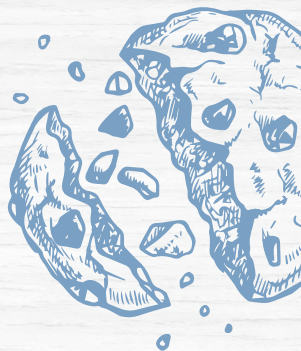
scoop of organic grass-fed ice cream (120 cal)

Vegan Vanilla Ice Cream V GF

scoop (120 cal)

Espresso Martini

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



CRAFT COFFEES & MATCHAS

Iced Oat Shakerato

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

Coconut Cream Cold Brew

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

Iced Lavender Matcha Latte ♥️

oat milk, butterfly lavender (180 cal)

Iced Matcha Horchata

oat milk, vanilla (150 cal)

COFFEES & TEAS

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Organic Wandering Bear Cold Brew (5 cal)

Organic Fair Trade Coffee (0 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 (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 cal)

Pink Lemonade dragon fruit, lemon (160 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), **Grapefruit** (10 cal),

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

REFRESHERS

Kale Aid

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

Bright Eyes

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

Sparkling Prickly Pear Tisane

prickly pear, hibiscus, lime (70 cal)

Hangover Rx

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

The O.G.

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

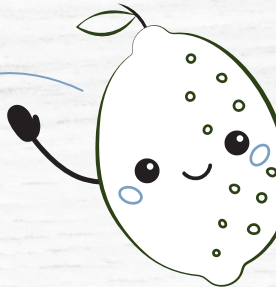
Carpano Bianco Vermouth

Fiorente Elderflower Liqueur

Cappelletti Aperitivo



*Easy peezy,
lemon squeezezy*



ENTRÉES

Buttered Noodles **VEG**

curly pasta with melted butter and a sprinkle of parmesan cheese (450 cal)

Chicken Teriyaki Bowl **GF**

mixed veggies including rainbow carrot, broccoli, bok choy, snap pea with quinoa brown rice (440 cal)

Grass-Fed Burger*

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

Mac and Cheese **VEG**

curly pasta with gooey cheese (500 cal)

Marinara Noodles **VEG**

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

True Crisp'd Chicken Tender Plate **GF**

two delicious crispy chicken tenders with a sidekick of herb hummus and rainbow carrots (480 cal)

pick your favorite sauce to dip them in:

*awesome sauce, organic ketchup,
BBQ or hatch chili ranch*

Cheese Pizza **VEG**

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

DRINKS

Peach Lemonade peach, lemon (140 cal)

Pink Lemonade dragon fruit, lemon (160 cal)

Sparkling Prickly Pear Tisane

prickly pear, hibiscus, lime (70 cal)

Spritzers

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

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

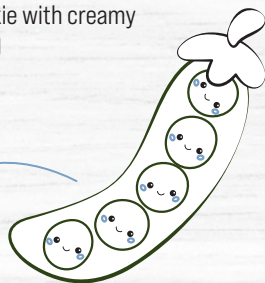
Pineapple (15 cal), **Pomegranate** (20 cal)

DESSERT

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

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

Besties!



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