



**TRUE FOOD KITCHEN**

**WINTER 2025  
NUTRITIONAL GUIDE**

# TRUE FOOD KITCHEN

## FOOD - STARTERS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Mediterranean Hummus	930	103.3	57	7	0	2360	53	15	17	24	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.
Mediterranean Hummus (sub veggies)	1080	120	52	8	0	1330	135	53	56	34	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.
Charred Cauliflower	340	37.7	25	3.5	0	970	25	6	15	9	Allergen Statement: Contains Sesame, Tree Nuts (Pistachios), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Other Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
Edamame Dumplings	270	30	15	6	25	740	25	4	4	12	Allergen Statement: Contains Eggs, Milk, Wheat, Sesame, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Roasted Brussels Sprouts	250	27.7	23	3.5	0	1070	34	10	11	9	Allergen Statement: Contains Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Fish, Peanuts, Shellfish, Wheat, Tree Nuts, Gluten.
Roasted Butternut Squash Soup (cup)	120	13.3	4	3	0	290	23	2	16	1	Allergen Statement: Contains Tree Nuts (Coconut), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Contains Milk, Wheat, Eggs, Fish, Peanuts, Shellfish, Sesame, Other Tree Nuts, Gluten.
Roasted Butternut Squash Soup (bowl)	260	28.8	7	6	0	580	45	4	33	2	Allergen Statement: Contains Tree Nuts (Coconut), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Contains Milk, Wheat, Eggs, Fish, Peanuts, Shellfish, Sesame, Other Tree Nuts, Gluten.
Grass-Fed Meatloaf Sliders	770	85.5	53	17	135	1860	37	2	5	39	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.

True Crisp'd Buffalo Tenders

780

86.6

43

7

175

1240

40

6

8

53

Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - PIZZAS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Pepperoni Pizza	1020	113.3	34	15	75	2070	129	4	3	43	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Margherita Pizza	920	102.2	26	13	50	1660	129	4	3	37	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Treenuts, Soy, Sesame.
Seasonal Roasted Butternut Squash Pizza	1000	111.1	39	4.5	0	1880	149	11	8	27	Allergen Statement: Contains Wheat, Tree Nuts (almonds). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts, Other Treenuts, Soy, Sesame.
Gluten-Free Crust	720	80	36	6	0	680	100	0	4	4	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - BURGERS AND SANDWICHES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Grass-Fed Burger*	660	73.3	35	10	120	1390	40	4	6	51	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Milk, Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Sesame.
Turkey Burger	600	66.6	32	8	165	1270	36	4	7	43	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Plant-Based Double Cheeseburger	750	83.3	44	6	0	1810	72	9	18	20	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Tree Nuts (Walnuts), Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts, Other Tree Nuts, Sesame.
All- American Burger	720	80	41	13	135	1380	39	4	8	52	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.
Ciabatta Roll Only	230	25.5	7	1	0	440	38	0	0	5	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Eggs.
Ciabatta Bun Only	170	18.8	2.5	0	0	310	33	2	4	6	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Eggs.
Gluten-Free Bun	440	48.8	20	4	0	105	60	0	0	3	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

True Crisp'd TFK Classic Chicken Sandwich	830	92.2	31	4	105	1620	84	2	12	39	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat, Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.
TFK Classic Chicken Sandwich (grilled chicken)	540	60	18	3	120	1180	42	3	11	50	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.
Buffalo Chicken Sandwich	1090	121.1	50	7	115	1920	111	9	19	42	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.
Buffalo Chicken Sandwich (grilled chicken)	1020	113.3	63	9	95	1600	78	9	15	40	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.

# TRUE FOOD KITCHEN

## FOOD - SALADS & BOWLS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Crisp'd Green Salad	780	86.6	54	8	110	850	36	11	12	37	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy, Gluten.
Crisp'd Green Salad (No Dressing)	600	66.6	36	6	110	610	32	11	8	37	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy, Gluten.
SZA CZA Salad	570	63.3	39	9	40	1400	41	11	4	17	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs, Milk. Gluten Statement: Contains Gluten. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.
SZA CZA Salad (No Dressing)	330	36.6	17	4	10	760	37	11	4	12	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.
Chopped Salad	600	66.6	34	6	15	470	64	10	27	13	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk, Wheat, Tree Nuts (Almonds). Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Shellfish, Peanuts, Other Tree Nuts, Sesame, Soy.
Chopped Salad (No Dressing)	370	41.1	12	3	15	150	58	10	22	13	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk, Wheat, Tree Nuts (Almonds). Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Shellfish, Peanuts, Other Tree Nuts, Sesame, Soy.
Organic Tuscan Kale Salad	370	41.1	33	6	10	730	13	4	3	7	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs. Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.

Organic Tuscan Kale Salad (No Dressing)	90	10	3.5	1.5	10	240	11	4	2	7	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Chinese Chicken Salad	700	77.7	48	7	65	780	35	12	14	36	Allergen Statement: Contains Tree Nuts (Almonds), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Fish, Shellfish, Other Tree Nuts, Eggs, Wheat, Peanuts, Soy, Gluten.
Chinese Chicken Salad (No Dressing)	580	64.4	42	6	65	360	21	10	7	33	Allergen Statement: Contains Tree Nuts (Almonds), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Fish, Shellfish, Other Tree Nuts, Eggs, Wheat, Peanuts, Soy, Gluten.
Seasonal Market Salad	600	66.6	52	11	25	1250	27	7	16	11	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk, Tree Nuts (Pistachios), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Other Tree Nuts, Egg, Fish, Shellfish, Peanuts, Soy, Gluten.
Seasonal Market Salad (No Dressing)	280	31.1	17	6	25	800	26	6	16	9	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk, Tree Nuts (Pistachios). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Other Tree Nuts, Egg, Fish, Shellfish, Peanuts, Soy, Sesame, Gluten.
Add On: Organic Tofu	250	2.4	22	2.5	0	1910	5	0	0	12	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Antibiotic-free Chicken	160	0.7	7	1	65	150	0	0	0	23	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*	180	1.7	16	4	65	60	0	0	0	16	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Sustainably Raised Shrimp	140	0.6	6	1	180	230	1	0	0	20	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.



Add On: Sustainable Arctic Salmon*	260	1.7	16	3.5	70	330	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: True Crisp'd Chicken (2 pc)	380	42.2	19	3	110	470	14	0	3	32	Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spicy Panang Curry Bowl	700	77.7	21	15	0	1450	121	9	68	10	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Fish (Fish Sauce), Shellfish, Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Sesame, Other Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Ancient Grains Bowl	560	62.2	34	4.5	0	1020	57	11	16	12	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Sesame, Soy, Wheat, Tree Nuts (Pistachio). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts.
Wild-Caught Tuna Poke Bowl*	500	55.5	18	4	35	3320	56	7	16	32	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Fish (Tuna), Tree Nuts (Coconut), Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
Teriyaki Quinoa Bowl	430	47.7	21	3	0	950	59	11	23	10	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Peanuts, Fish, Milk, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Korean Noodle Bowl	620	68.8	16	2	0	1580	110	11	14	16	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Add On: Tofu, Wok	250	2.1	19	2.5	0	360	9	0	2	13	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Chicken, Wok	180	0.8	8	1	65	400	3	0	2	23	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.

Add On: Grass-fed Steak*, Wok	260	1.7	22	5	75	170	0	0	0	18	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*, Wok	160	0.6	6	1	180	480	4	0	2	20	Allergen Statement: Contains Sesame, Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - TRUE CRISP'D CHICKEN

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Crisp'd Green Salad	780	86.6	54	8	110	850	36	11	12	37	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy, Gluten.
Crisp'd Green Salad (No Dressing)	600	66.6	36	6	110	610	32	11	8	37	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy, Gluten.
Tender Plate	960-1170	106.6-130	46-60	8-9	220	1490-1620	46-56	7	13-20	70	Allergen Statement: Contains Egg, Sesame (in Hella Ranch). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Peanuts,, Shellfish, Soy, Tree Nuts, Gluten.
True Crisp'd TFK Classic Chicken Sandwich	820	91.1	47	7	120	880	54	3	11	40	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat, Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.
Buffalo Chicken Sandwich	1090	121.1	50	7	115	1920	111	9	19	42	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Milk, Wheat., Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.

# TRUE FOOD KITCHEN

## FOOD - ENTRÉES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Lasagne al Pesto	750	83.3	46	12	110	2080	50	6	8	32	Allergen Statement: Contains Eggs, Milk, Tree Nuts (Pistachio) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Other Tree Nuts, Soy, Sesame, Gluten.
Grilled Sustainable Salmon*	640	71.1	48	8	95	2790	14	3	4	37	Allergen Statement: Contains Eggs, Fish (Salmon). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain EWheat, Other Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.
Grass-Fed Meatloaf	760	84.4	58	16	130	1720	29	5	7	34	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Spaghetti Squash Casserole	350	38.8	17	9	45	880	31	6	13	19	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Tender Plate	960-1170	106.6-130	46-60	8-9	220	1490-1620	46-56	7	13-20	70	Allergen Statement: Contains Egg, Sesame (in Hella Ranch). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Peanuts,, Shellfish, Soy, Tree Nuts, Gluten.
Grilled Grass-Fed Tenderloin	1150	127.7	93	34	205	2830	28	5	6	48	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Chicken Parmesan	820	91.1	41	13	140	2950	52	4	12	47	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Pesto Pasta	840	93.3	61	9	5	2900	62	8	7	18	Allergen Statement: Contains Eggs, Milk. Wheat, Tree Nuts (Pistachio) Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts.

# TRUE FOOD KITCHEN

## FOOD - SIDES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Pesto Pasta	420	46.6	30	4	0	1160	21	3	3	7	Allergen Statement: Contains Eggs, Milk, Wheat, Tree Nuts (Pistacios). Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts.
Simple Salad	130	14.4	12	1.5	0	160	4	0	3	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Cheesy Mashed Potatoes	200	22.2	13	8	35	390	18	2	2	5	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Kale Salad	140	15.5	12	2	5	270	5	2	1	3	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Honey Roasted Carrots	100	11.1	6	1	0	500	11	3	6	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Seasonal Veggies	160	17.7	15	2	0	410	7	3	3	2	Allergen Statement: Contains Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Sweet Potato Hash	160	17.7	6	1	0	590	25	4	8	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Cup Seasonal Soup	120	13.3	4	3	0	290	23	2	16	1	Allergen Statement: Contains Tree Nuts (Coconut), Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Sesame, Gluten.
Baked Sweet Potato (Scottsdale Only)	280	31.1	5	3	15	480	35	5	10	9	Allergen Statement: Contains Milk, Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Sesame, Gluten.
Chili Garlic Crunch (1 oz)	250	27.7	26	3.5	0	560	5	1	2	1	Allergen Statement: Contains Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Thai Basil Aioli (1.5 oz)	230	25.5	26	3.5	10	280	0	0	0	0	Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Awesome Sauce (2 oz)	280	31.1	28	4	0	780	9	1	5	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Hatch Chilli Ranch (2 oz)	220	24.4	21	3	5	480	4	1	2	3	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Hella Ranch (2 oz)	220	24.4	22	3	5	480	4	1	2	3	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - DESSERTS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Flourless Chocolate Cake	660	73.3	47	29	125	290	67	6	57	8	Allergen Statement: Contains Eggs, Milk, Tree Nuts (Almonds). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Soy, Gluten.
Kid's Cookies & Ice Cream	290	32.2	19	6	0	300	57	1	33	2	Allergen Statement: Contains Tree Nuts (Almond). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Peanuts, Shellfish, Soy, Other Tree Nuts, Gluten.
Cosmic Bliss Ice Cream	270	30	19	12	85	90	21	0	19	4	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.
Vegan Vanilla Ice Cream	320	35.5	20	17	0	20	33	1	31	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.
Chocolate Peanut Butter Tart	720	80	45	15	0	710	68	14	42	20	Allergen Statement: Contains Peanuts, Tree Nuts (Almonds) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Shellfish, Soy, Other Tree Nuts, Gluten.
Chocolate Chip Cookie w/ Ice Cream	530	58.8	28	22	0	300	74	4	44	4	Allergen Statement: Contains Tree Nuts (Almond). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Peanuts, Shellfish, Soy, Other Tree Nuts, Gluten.
Chocolate Chip Cookie	400	44.4	20	14	0	290	59	4	29	3	Allergen Statement: Contains Tree Nuts (Almond). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Peanuts, Shellfish, Soy, Other Tree Nuts, Gluten.

Sorbet

170

18.8

1

0.5

0

0

43

1

32

0

Allergen Statement: Does not contain any of the 9 major food allergens.  
Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.



# TRUE FOOD KITCHEN

## FOOD - KIDS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Buttered Noodles	520	57.7	14	7	30	40	85	6	2	15	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Chicken Teriyaki Bowl	630	70	36	5	65	1130	47	9	24	33	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Sesame, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Grass-fed Cheeseburger*	570	63.3	23	8	120	2370	44	6	8	51	Allergen Statement: Contains Milk, Wheat, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
Tomato Sauce Noodles	440	48.8	2.5	0	0	260	89	7	5	16	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
True Crisp'd Chicken Tender Plate	650	72.2	23	4	110	1520	71	13	33	37	Allergen Statement: Contains Eggs, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Soy, Fish, Peanuts, Shellfish, Tree Nuts, Gluten.
Cheese Pizza	850	94.4	20	8	35	1680	131	4	4	33	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.

# TRUE FOOD KITCHEN

## FOOD - BRUNCH

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Lemon & Blueberry Ricotta Muffin (1)	280	31.1	5	1.5	20	240	53	1	36	5	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Lemon & Blueberry Ricotta Muffin (3)	830	92.2	15	4.5	65	720	160	2	107	14	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Blueberry Pancakes	820	91.1	37	6	100	1200	113	5	59	10	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Avocado Toast*	930	103.3	80	12	20	1240	46	8	3	9	Allergen Statement: Eggs, Milk, Wheat, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Southwest Tofu Scramble	590	65.5	29	5	0	1870	52	14	9	35	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Farmer's Market Scramble*	760	84.4	58	19	790	2750	21	3	8	39	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Rancher's Hash	930	103.3	58	16	445	2910	62	9	11	40	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.

Breakfast Tacos*	620	68.8	32	8	265	2410	55	14	6	33	Allergen Statement: Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Fish, Peanuts, Shellfish, Soy, Wheat, Sesame, Tree Nuts, Gluten.
Kid's Blueberry Pancake	450	50	18	9	85	630	67	2	40	7	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Avocado	110	12.2	10	1.5	0	0	6	5	0	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Blueberry Pancake (single)	450	50	18	9	85	630	67	2	40	7	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Fruit Bowl	110	12.2	0	0	0	0	29	4	18	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - CATERING

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Organic Tuscan Kale Salad (8-10 ppl)	2640	293.3	218	40	75	5740	131	39	24	68	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Soy.
Simple Greens Salad (8-10 ppl)	3660	406.6	336	45	0	4080	144	39	85	21	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Chopped Salad - No Dressing (8-10 ppl)	1950	216.6	103	45	225	2170	189	49	68	84	Allergen Statement: Contains Milk, Wheat, Tree Nuts (Almond). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Soy.
Chinese Salad (8-10 ppl)	2340	260	165	22	0	3580	187	59	73	50	Allergen Statement: Contains Sesame, Tree Nuts (Almonds, Cashews). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Soy, Milk, Wheat, Gluten.
Chinese Salad - No Dressing (8-10 ppl)	1640	182.2	130	16	0	1080	100	49	28	37	Allergen Statement: Contains Sesame, Tree Nuts (Almonds, Cashews). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Soy, Milk, Wheat, Gluten.
Seasonal Market Salad (8-10)	5180	575.5	499	87	125	9350	121	33	64	72	Allergen Statement: Contains Milk, Tree Nuts (Pistachio). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Soy, Sesame, Wheat, Gluten.
Added Protein: Grilled Chicken	3320	368.8	236	37	755	5690	13	1	11	275	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.

Added Protein: Organic Tofu	1960	217.7	123	24	0	1120	29	25	3	174	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Added Protein: Grass-Fed Steak	3310	367.7	220	86	1155	620	0	0	0	311	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Added Protein: Shrimp	1200	133.3	29	7	1935	10930	15	0	0	209	Allergen Statement: Contains Fish, Shellfish (Shrimp). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Peanuts, Sesame, Other Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Mediterranean Wrap (8 wraps)	4190	465.5	239	29	0	5260	161	34	120	89	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Soy, Gluten.
Grilled Chicken Ranch Wrap (8 wraps)	5470	607.7	262	39	795	6100	135	40	109	374	Allergen Statement: Contains Milk, Wheat, Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Wheat, Sesame, Soy, Gluten.
Caprese Sandwich (8 ea)	6220	691.1	422	141	485	9280	382	18	26	233	Allergen Statement: Contains Milk, Wheat, Tree Nuts (Pistachios). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Soy.
Lemon Oregano Wrap (8-10 ppl)	4450	494.4	256	33	270	6040	102	21	110	165	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Eggs, Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Soy.
Teriyaki Quinoa Bowl (8-10 ppl)	2140	237.7	71	10	0	4250	349	80	114	66	Allergen Statement: Contains Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Tree Nuts, Eggs, Fish, Peanuts, Shellfish, Tree Nuts, Gluten.
Turkey Bolognese (8-10 ppl)	8190	910	92	23	270	5020	1544	116	59	327	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Peanuts, Fish, Shellfish, Sesame, Soy, Tree Nuts.

Ancient Grains (8-10 ppl)	5010	556.6	325	44	0	7430	465	103	115	109	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Other Tree Nuts, Sesame.
Korean Noodle Bowl	2820	313.3	65	9	0	7780	518	48	66	68	Allergen Statement: Contains Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Shellfish, Eggs, Peanuts, Tree Nuts, Gluten.
Side: Pesto Pasta Salad (8-10 ppl)	5420	602.2	222	28	0	4280	754	67	41	145	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Soy, Peanuts, Other Tree Nuts.
Side: Italian Pasta Salad (8-10 ppl)	2560	284.4	172	27	35	8290	209	16	37	42	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Soy, Peanuts, Tree Nuts, Sesame.
Side: Kale Slaw	1080	120	91	12	0	1210	56	17	23	15	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Side: Sweet Potato Hash (8-10 ppl)	660	73.3	25	3.5	0	2350	102	16	33	10	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Side: Roasted Brussels Sprouts	1700	188.8	117	17	0	5450	152	47	52	44	Allergen Statement: Contains Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Side: Simple Salad	1830	203.3	168	23	0	2040	72	20	42	11	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
TFK Dip Platter (8-10 ppl)	4480	497.7	285	37	15	7230	201	58	106	109	Allergen Statement: Contains Milk, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Wheat, Fish, Shellfish, Peanuts, Other Tree Nuts, Soy.

Mediterranean Hummus Platter	4740	526.6	290	37	0	11710	279	85	84	127	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Eggs, Fish, Shellfish, Peanuts, Other Tree Nuts, Soy.
Baker's Dozen Chocolate Chip Cookies (13)	5150	572.2	255	185	0	3760	763	49	379	40	Allergen Statement: Contains Tree Nuts (Almond, Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Peanuts, Shellfish, Soy, Other Tree Nuts, Gluten.
Chocolate Peanut Butter Tarts (3)	2160	351.1	136	44	0	2120	204	41	127	59	Allergen Statement: Contains Peanuts, Tree Nuts (Almonds, Coconut) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Shellfish, Soy, Other Tree Nuts, Gluten.
Lemonade (Pink) (1/2 gallon)	590	65.5	1	0	0	130	63	5	45	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Lemonade (Peach) (1/2 gallon)	730	81.1	0	0	0	150	182	7	166	4	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Iced Tea (1/2 gallon)	0	0	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Arnold Palmer (1/2 gallon)	50	5.5	0	0	0	40	13	0	10	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Matcha Horchata (1/2 gallon)	950	105.5	16	1	0	65	201	14	181	7	Allergen Statement: Contains Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## BEVERAGE - COLD BEVERAGES, REFRESHERS, SPRITZERS & TEA

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Kale Aid	100	0.05	0.5	0	0	80	25	2	15	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Bright Eyes	170	18.8	0.5	0	0	80	40	3	25	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Sparkling Prickly Pear Tisane	70	7.7	0	0	0	10	20	0	18	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Hangover Rx	140	15.5	0	0	0	20	34	0	29	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
The O.G.	120	0	0	0	0	0	32	1	27	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pink Lemonade	160	0	0	0	0	15	39	1	37	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Peach Lemonade	140	0	0	0	0	0	37	0	21	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.



Lemon-Lime Spritzer	5	0.55	0	0	0	0	1	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pineapple Spritzer	15	1.66	0	0	0	0	4	0	3	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pomegranate Spritzer	20	2.2	0	0	0	0	4	0	4	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Adaptogenic Tulsi Tea	60	0	0	0	0	15	16	0	14	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Jasmine Pearl Green Tea	5	0.55	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Passport Loose Leaf Tea	5	0.55	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

## BEVERAGE - CRAFT COFFEES & MATCHA

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Iced Oat Shakerato	170	18.8	4	2	10	60	32	1	30	4	Allergen Statement: Contains Tree Nuts (Almonds) if using Almond Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Iced Lavendar Matcha Latte	80	8.8	1.5	0	0	10	17	0	17	1	Allergen Statement: Contains Tree Nuts (Almonds) Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Othe Tree Nuts, Wheat, Gluten.

Iced Matcha Horchata	120	13.3	2	0	0	10	25	2	23	1	Allergen Statement: Contains Tree Nuts (Almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Matcha Latte	100	11.1	3.5	2	10	50	13	0	13	4	Allergen Statement: Contains Tree Nuts (Almonds) if using Almond Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.

## BEVERAGE - ORGANIC FAIR TRADE COFFEE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Americano	5	0.55	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Espresso	5	0	0	0	0	10	1	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Cappuccino	80	8.8	4.5	0	0	60	8	1	5	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Drip Coffee	0	0	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## BEVERAGE - SIGNATURE COCKTAILS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
The Indigo	220	24.4	0	0	0	0	20	0	18	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Smoke Show Old Fashioned	230	25.5	0	0	0	0	9	0	9	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Crime of Passion	190	21.1	0	0	0	0	15	0	12	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spicy Pineapple Margarita	180	0	0	0	0	0	19	0	16	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Peach Mojito	210	0	0	0	0	0	19	0	16	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Citrus Skinny Margarita	170	18.8	0	0	0	0	16	1	13	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Moscow Mule	160	0	0	0	0	0	18	6	11	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Blood Orange Margarita	190	21.1	0	0	0	1530	14	0	13	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Smoky Blood Orange Margarita	220	24.2	0	0	0	0	19	1	17	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Bloody Mary	170	0.05	0.5	0	0	250	10	1	5	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Mimosa (glass)	150	0	0	0	0	0	8	0	7	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Mimosa (bottle)	600	66.6	0	0	0	10	34	0	28	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spiked Peach Lemonade	230	25.2	0	0	0	0	1	0	1	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spiked Pink Lemonade	250	27.7	0	0	0	10	28	0	26	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Espresso Martini	170	18.8	0	0	0	5	16	0	16	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Rosé Sangria	260	28.8	0	0	0	5	33	0	29	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spiked Seltzers	110	12.2	0	0	0	5	3	0	2	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Sov. Tree Nuts. Wheat. Gluten.

## BEVERAGE - ZERO-PROOF

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Blueberry 75	50	0	0	0	0	5	14	0	13	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Sov. Tree Nuts, Wheat, Gluten.
Clean Margarita	180	20	0	0	0	0	23	3	19	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Sov. Tree Nuts, Wheat, Gluten.
Athletic Fauxjito	110	0	0	0	0	0	21	0	19	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.

# TRUE FOOD KITCHEN

## BEVERAGE - BEER

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Michelob Ultra	95		0	0	0	0	2.6	0	0	0.6	USDA average values for beer; analysis for 12 fl oz.
Stella Artois	140	15.5	0	0	0	0	11	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Modelo Especial	145	16.1	0	0	0	0	18	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Voodoo Ranger Imperial IPA	250	27.7	0	0	0	5	15	0	0	2	USDA average values for beer; analysis for 12 fl oz.
Athletic Brewing Run Wild IPA	65	7.2	0	0	0	0	16	0	0	0	USDA average values for beer; analysis for 12 fl oz.

## BEVERAGE - WINE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Wine, 6 fl oz	150	0	0	0	0	10	5	0	1	0	USDA average vales for table wine; analysis for 6 fl oz.
Wine, 9 fl oz	220	0	0	0	0	15	7	0	2	0	USDA average vales for table wine; analysis for 9 fl oz.
Wine, Bottle (750 mL)	620	0	0	0	0	40	20	0	6	1	USDA average vales for table wine; analysis for Bottle (750 mL)

Values shown are for full dish. Values are current as of April 2024. The nutrition information provided is a compilation of the nutrient data from True Food Kitchen's suppliers, the USDA and nutrient database analysis of True Food Kitchen's recipes and our analysis. All tamari used in our dishes is gluten free. Please note the following: (i) Test menu items, specials, limited time offers, and/or regional items may not be included in the nutrition information contained herein. (ii) Special or customized orders will alter the nutrition information contained herein. (iii) From time to time, True Food Kitchen may have to obtain products from different or substitute suppliers which may alter the nutrition information contained herein. (iv) Menu item ingredients are based upon recipes and portions, but variations may occur based upon ordinary differences inherent in the preparation, local suppliers, region of the country, and season of the year. (v) Each of our menu items are prepared by hand, individually, so serving sizes can vary. (vi) Differences in available dishware, packaging, or containers may affect the serving size. The nutrition information is updated periodically in an attempt to reflect the current nutritional value of our menu items. \*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.