



TRUE FOOD KITCHEN

STARTERS

- Edamame Dumplings** **VEG**
white truffle oil, dashi, thai basil,
sesame seeds (270 cal)
add Chili Garlic Crunch
- Charred Cauliflower** **V GF**
medjool dates, harissa tahini, dill,
mint, pistachio (340 cal)
- Seasonal/ Tomato Basil Soup**
cup or bowl **VEG GF**
parmesan & basil garnish (50-100 cal)

- Mediterranean Hummus** **V**
spicy herb sauce, red pepper & pistachio
spread, za'atar spice, served with
baked flatbread (710 cal)
swap for fresh veggies
- Thai Shrimp Lettuce Cups** *** GF**
wild-caught shrimp, butter lettuce,
cucumber, watermelon radish, asian herbs,
lemongrass almond sauce (600 cal)
sub organic tofu

- Seasonal/ Watermelon Salad** **VEG GF**
cherry tomatoes, cucumber, almond
sesame seed mix, thai basil, passion fruit
vinaigrette, avocado mousse (330 cal)
add feta
- Guacamole** **V**
avocado, lime, cilantro, cherry tomatoes,
pickled organic fresnos, served with
baked flatbread (330 cal)
swap for fresh veggies

BOWLS

- Wild-Caught Tuna Poke Bowl** *** GF**
regenerative black rice, avocado, roasted mushrooms, cucumber, jalapeño,
edamame, pickled ginger, citrus ponzu (32g protein | 500 cal)
- Teriyaki Quinoa Bowl** **V GF**
regenerative quinoa & brown rice blend, broccoli, rainbow carrots, bok choy,
snap peas, pickled shiitake, sesame seeds (430 cal)
- Korean Noodle Bowl** **V GF**
glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts (620 cal)
- Ancient Grain Bowl** **V**
organic grains, sesame miso-glazed sweet potato, charred onions, snap peas,
portobello, avocado, pistachio pesto, hemp seeds, turmeric (560 cal)
- Spicy Panang Curry Bowl** **GF**
regenerative black rice, sweet potato, bok choy, rainbow carrots, snap peas,
charred onion, thai shellfish curry broth (700 cal)

ADD PROTEIN

to any salad or bowl | grilled or blackened

- True Crisp'd™ Chicken (2pc)** **GF**
air-fried chicken tenders (380 cal)
- Grass-Fed Steak** *****
(240-260 cal)
- Antibiotic-Free Chicken**
(190-210 cal)
- Sustainable Arctic Salmon** *****
(260 cal)
- Wild-Caught Shrimp** *****
(120-140 cal)
- Organic Tofu** **V**
(140-160 cal)

SOURDOUGH PIZZAS

Gluten-Friendly Crust **VEG GF** *(contains dairy)*

- Pepperoni Pizza**
Niman Ranch uncured pepperoni, organic Bianco DiNapoli
tomato sauce, fresh mozzarella, basil (1070 cal)
- Margherita Pizza** **VEG**
fresh mozzarella, organic Bianco DiNapoli tomato sauce, basil (920 cal)

MADE FRESH
Sourdough
DAILY

- Seasonal/ Spinach and Mushroom Pizza** **V**
roasted mushrooms, organic spinach, garlic purée, lemon-almond ricotta (1070 cal)

DIP IT

House-Made Ranch: Original or Spicy (140-220 cal) **VEG GF**

ENTRÉES

- Grilled Sustainable Salmon** *** GF** *try it blackened*
Kvarøy Arctic sustainable salmon, snap peas, organic wild rice pilaf,
thai basil vinaigrette (37g protein | 640 cal)
- Grilled Grass-Fed Tenderloin** *** GF** *try it blackened*
cheesy mashed potatoes, king trumpet mushrooms, seasonal vegetables,
charred onions, peppercorn sauce (1100 cal)
- Lasagne al Pesto** **GF**
Diestel Farms turkey sausage bolognese, pistachio pesto, organic spinach,
ricotta, mozzarella, basil (750 cal)
- Chicken Parmesan** **GF**
True Crisp'd™ air-fried chicken breast, fresh mozzarella, organic Bianco
DiNapoli tomato sauce, spaghetti squash (47g protein | 820 cal)
swap for campanelle pasta
- Spaghetti Squash Casserole** **VEG GF**
squash, caramelized onions, fresh mozzarella, organic Bianco DiNapoli tomato sauce (350 cal)
- Mediterranean Wild-Caught Shrimp** ***** *try it blackened*
farro, blistered tomatoes, charred onions, organic kale, aleppo,
za'atar, dill, tzatziki (45g protein | 740 cal)
- Pesto Pasta** **VEG**
roasted mushrooms, cherry tomatoes, arugula, parmesan, pistachio pesto (840 cal)
Chef's Suggestion – add grilled chicken

- Seasonal Market Salad** *** VEG GF**
organic strawberries, feta, snap peas, cucumber, organic mixed greens, arugula,
pistachios, thai basil vinaigrette (560 cal)
*Chef's Suggestion – add salmon**
- Chinese Chicken Salad** **GF**
grilled chicken, bok choy, cabbage, organic mixed greens, avocado, watermelon radish,
snap peas, cilantro, pickled ginger, toasted quinoa, almond & sesame blend,
carrot ginger dressing (36g protein | 700 cal)
- Organic Tuscan Kale Salad** **VEG**
organic kale, parmesan, breadcrumbs, lemon, garlic (370 cal)
*Chef's Suggestion – add shrimp**
- Chopped Salad** **VEG**
organic mixed greens, romaine, aged white cheddar, farro, medjool dates, jicama,
organic apple, raisins, almonds, champagne vinaigrette (600 cal)
Chef's Suggestion – add grilled chicken

BURGERS

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

- Upgrade your side! **True Crisp'd™ Air-Fried French Fries** or **Any Premium Side**;
Gluten-Friendly Bun **VEG GF** *(contains dairy)*
- Grass-Fed Burger** *****
Verde Farms organic 100% grass-fed beef, roasted mushrooms, caramelized onions,
organic arugula, parmesan, umami sauce (660 cal)

- Turkey Burger**
Diestel Farms turkey, smoked gouda, avocado, organic tomato, butter lettuce,
jalapeño rémoulade (43g protein | 600 cal)

- Plant-Based Double Cheeseburger** **V**
house-made portobello, beet & walnut vegan patty, butter lettuce, pickled onions,
organic tomato, vegan cheese, jalapeño rémoulade (750 cal)

- All-American Burger** *****
Verde Farms organic 100% grass-fed beef, aged white cheddar, TFK special sauce,
butter lettuce, organic tomato (720 cal)

TRUE CRISP'D™

AIR-FRIED | GLUTEN-FREE | 100% SEED OIL-FREE



AIR-FRIED CHICKEN

Tenders

Tender Plate | **GF**
four tenders served with kale slaw (960 -1170 cal)
upgrade your side! True Crisp'd™ Air-Fried French Fries or Any Premium Side;
served with choice of one sauce:
TFK Special Sauce, BBQ, Spicy Ranch

Salads

Crisp'd™ Green Salad **GF**
True Crisp'd™ air-fried chicken, cucumber, cherry tomatoes, avocado,
organic mixed greens, lemon oregano dressing (780 cal)

Sandwiches *Choice of Kale Salad or Simple Green Salad; Served on a Ciabatta Roll*
Upgrade your side! **True Crisp'd™ Air-Fried French Fries** or **Any Premium Side**;
Gluten-Friendly Bun **VEG GF** *(contains dairy)*

TFK Classic Chicken Sandwich
house-made pickles, TFK special sauce,
lettuce (830 cal)

Buffalo Chicken Sandwich
house-made hot sauce, pickles,
apple-cabbage slaw (1090 cal)

AIR-FRIED FRENCH FRIES

True Crisp'd™ Air-Fried French Fries **V GF**
served with house-made peri peri ketchup (310 cal)
try 'em with Tuscan Dust **VEG**
inspired by our Organic Tuscan Kale Salad (60 cal)



SIDES

- Cheesy Mashed Potatoes** **VEG GF** (200 cal)
- Honey Roasted Carrots** **VEG GF** (100 cal)
- Kale Salad** **VEG** (140 cal)
- Simple Salad** **V GF** (130 cal)

- Seasonal Veggies** **VEG GF** (150 cal)
- Sweet Potato Hash** **V GF** (160 cal)

- Sweet Potato Chips** **V GF** (230 cal)
- Pesto Pasta** **VEG** (420 cal)

- V** Vegan
- VEG** Vegetarian
- GF** Gluten-Friendly

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SIGNATURE COCKTAILS

- Watermelon Mojito**
don q rum, watermelon, pineapple, lime (160 cal)

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

Crime of Passion
prairie organic vodka, cappelletti aperitivo, passion fruit, lime, elderflower & rhubarb foam (190 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)

- Moscow Mule**
tito's handmade vodka, fever-tree blood orange ginger beer, lime (160 cal)

Espresso Martini
prairie organic vodka, caffè borghetti espresso liqueur, organic espresso (170 cal)

Citrus Skinny Margarita
lunazul blanco tequila, cucumber, mint (170 cal)

Smoky Passion Fruit Margarita
illegal mezcal, passion fruit, lime (190 cal)

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

Passion Fruit Margarita
tres agaves organic reposado, passion fruit, lime (130 cal)

ZERO-PROOF

- Spicy Clean Margarita**
clean & co. tequila, pineapple, lime, jalapeño, mint (180 cal)

Sparkling Sangria
lyre's sparkling, pineapple, lime (200 cal)

Blueberry 75
lyre's sparkling, seedlip grove 42, lemon (50 cal)

BEER

- Michelob Ultra**
4.2% ABV St. Louis, MO (95 cal)

Stella Artois
5% ABV Leuven, Belgium (140 cal)

Modelo Especial
4.4% ABV Nava, Mexico (145 cal)
- Voodoo Ranger Juicy Haze IPA**
7.5% ABV Fort Collins, CO (210 cal)

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

WINE

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, California) **P s**

SAUVIGNON BLANC

13° Celsius (Marlborough, New Zealand) **s**

Blindfold (Sonoma County, California)

CHARDONNAY

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

Benziger “Running Wild” (San Benito County, California) **s**

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

RIESLING

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

ROSÉ

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

Miraval “Studio” (Méditerranée, France) **s**

PINOT NOIR

Borealis (Oregon) **o**

Duckhorn “Decoy” (California) **s**

CABERNET SAUVIGNON

Tribute (California) **s**

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

The Prisoner (Napa Valley, California)

Robert Mondavi (Napa Valley, California)

INTERESTING REDS

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

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

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



WINE BOTTLE OF THE MONTH

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

HAPPINESS HOUR™
MONDAY–FRIDAY | 3PM–6PM

\$2 OFF DUMPLINGS & MEDITERRANEAN HUMMUS | **\$3 OFF** ALL PIZZAS

\$5 BEERS AND GLASSES OF PROPRIETARY WINE | **\$3 OFF** ALL COCKTAILS

COLD BEVERAGES

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

Watermelon or Pink Dragon Fruit Lemonade (80-160 cal)

Seasonal Iced Tea – Hibiscus Green Tea (0 cal)

Green or Black Iced Tea (0 cal)

Spritzers
house-filtered sparkling water mixed with fresh fruit juice, choose from:
Lemon-Lime (5 cal), **Pineapple** (15 cal), **Pomegranate** (20 cal)
Try it spiked with tito's handmade vodka

ORGANIC MATCHA

- Iced Lavender Matcha Latte**
almond milk, butterfly lavender (80 cal)

Iced Matcha Horchata
almond milk, vanilla (120 cal)
- Matcha Latte**
matcha, choice of almond or whole milk (100 cal)

TEA & ORGANIC COFFEE

- Adaptogenic Tulsi Tea**
holy basil, ginger, honey (60 cal)

Jasmine Pearl Green Tea
(5 cal)

Passport Loose Leaf Tea (5 cal)
choice of Darjeeling, Classic Chai, Peppermint, Chamomile
- Iced Shakerato**
organic espresso, brown sugar (170 cal)

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Organic Coffee (0 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)
- Kale Aid**
organic kale, ginger, organic apple, celery, cucumber, lemon (100 cal)

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

GUT HEALTH **HYDRATION** **NUTRIENT DENSE** **ANTIOXIDANTS**



TRUE FOOD KITCHEN × **mindbodygreen**

Bright Eyes: Powered by mindbodygreen
electrolytes+ with creatine, lemon-lime (175 cal)

mindbodygreen On The Rocks
electrolytes+ with creatine, lemon-lime (5 cal)

0 SUGAR

Our True Promise

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.

ORGANIC THAT MATTERS

HEALTHY FOR PASTURE, PLATE AND PLANET

FUTURE-FORWARD FARMING

CUT THE BAD, AMP UP THE GOOD

PROUDLY 100% SEED OIL-FREE

TRUEFOODKITCHEN.COM/TRUESTORY



We are proud to partner with Verde Farms! We ♥ them because:

- ✓ 100% Grass-Fed & Finished Beef
- ✓ Verified Regenerative
- ✓ Organic



TRUE
FOOD
KITCHEN

TRUETRIO

MAIN + PAIRING + BEVERAGE

Available Monday-Friday until 3pm

1. BEVERAGES

Spritzers

house-filtered sparkling water mixed with fresh fruit juice, choose from:

Lemon-Lime (5 cal)

Pineapple (15 cal)

Pomegranate (20 cal)

Seasonal, Green, or Black Iced Tea (0 cal)

Watermelon or Pink Dragon Fruit Lemonade (80-160 cal)

Kale Aid

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

2. MAINS

Grilled Chicken Ranch Wrap

avocado, organic roasted red pepper, organic mixed greens, house-made original ranch (610 cal)

Mediterranean Wrap **v**

hummus, spicy herb sauce, red pepper & pistachio spread, cucumber, snap peas, charred onions, organic mixed greens, lemon oregano vinaigrette (450 cal)

Thai Basil Chicken Wrap*

organic strawberries, feta, snap peas, cucumber, organic mixed greens, arugula, pistachios, thai basil vinaigrette (600 cal)

All-American Burger*

Verde Farms organic 100% grass-fed beef, aged white cheddar, TFK special sauce, butter lettuce, organic tomato (720 cal)

TFK Classic Chicken Sandwich

True Crisp'd™ air-fried chicken, house-made pickles, TFK special sauce, lettuce (830 cal)

3. PAIRINGS

Cup of *Seasonal* Tomato Basil Soup **VEG GF**

parmesan and basil garnish (50 cal)

½ Chopped Salad **VEG**

organic mixed greens, romaine, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette (300 cal)

½ *Seasonal* Market Salad* **VEG GF**

organic strawberries, feta, snap peas, cucumber, organic mixed greens, arugula, pistachios, thai basil vinaigrette (280 cal)

½ Organic Tuscan Kale Salad **VEG**

organic kale, parmesan, breadcrumbs, lemon, garlic (185 cal)

½ Chinese Chicken Salad **GF**

grilled chicken, bok choy, cabbage, organic mixed greens, avocado, watermelon radish, snap peas, cilantro, pickled ginger, toasted quinoa almond & sesame blend, carrot & ginger dressing (350 cal)

Edamame Dumplings **VEG**

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

ADD A CHOCOLATE CHIP COOKIE **v GF**

organic TCHO 68% chocolate (400 cal)

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v Vegan **VEG** Vegetarian **GF** Gluten-Friendly



TRUE
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DINNERDUO

STARTER + MAIN

Available Monday-Friday 5pm-Close

STARTERS

Bowl of *Seasonal* Tomato Basil Soup **VEG GF**

parmesan and basil garnish (100 cal)

½ *Seasonal* Market Salad* **VEG GF**

organic strawberries, feta, snap peas, cucumber, organic mixed greens, arugula, pistachios, thai basil vinaigrette (280 cal)

½ Chopped Salad **VEG**

organic mixed greens, romaine, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette (300 cal)

Edamame Dumplings **VEG**

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

Mediterranean Hummus **V**

spicy herb sauce, red pepper pistachio spread, za'atar spice, served with baked flatbread (710 cal)

MAINS

Teriyaki Quinoa Bowl **V GF** *choice of chicken or organic tofu*

regenerative quinoa brown rice blend, broccoli, rainbow carrots, bok choy, snap peas, pickled shiitake, sesame seeds (430 cal)

Korean Noodle Bowl **V GF** *choice of chicken or organic tofu*

glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts (620 cal)

All-American Burger*

Verde Farms organic 100% grass-fed beef, aged white cheddar, TFK special sauce, butter lettuce, organic tomato (720 cal)

Turkey Burger

Diestel Farms turkey, smoked gouda, avocado, organic tomato, butter lettuce, jalapeño rémoulade (43g protein | 600 cal)

Lasagne al Pesto **GF**

Diestel Farms turkey sausage bolognese, pistachio pesto, organic spinach, ricotta, mozzarella, basil (750 cal)

Pesto Pasta **VEG** *choice of chicken or organic tofu*

roasted mushrooms, cherry tomatoes, arugula, parmesan, pistachio pesto (840 cal)

Wild-Caught Tuna Poke Bowl* **GF**

regenerative black rice, avocado, roasted mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzu (32g protein | 500 cal)

Grilled Sustainable Salmon* **GF**

Kvarøy Arctic sustainable salmon, snap peas, organic wild rice pilaf, thai basil vinaigrette (37g protein | 640 cal)

Grilled Grass-Fed Tenderloin* **GF**

cheesy mashed potatoes, king trumpet mushrooms, seasonal vegetables, charred onions, peppercorn sauce (1100 cal)

COMPLETE YOUR MEAL

Cookie À La Mode or Sorbet | 6oz Glass of Proprietary Wine

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V Vegan **VEG** Vegetarian **GF** Gluten-Friendly

TRUE FOOD KITCHEN

BRUNCH

Served Saturday & Sunday until 3pm

MIMOSAS

made with *marqués de cáceres cava* | *glass or full bottle*
[150-600 cal]

served with choice of:
fresh-squeezed orange or pomegranate juice
make it zero-proof – enjoy with lyre's sparkling

*It's a full bottle
kinda day*

BRUNCH COCKTAILS

Espresso Martini

prairie organic vodka, caffè borghetti espresso liqueur, organic espresso [170 cal]

Bloody Mary

tito's handmade vodka, organic tomato, house spice blend, lemon [150 cal]

Spiked Seltzers

tito's handmade vodka, choice of: pomegranate, pineapple, lemon-lime juice [120 cal]

Rosé Sangria

la vieille ferme organic rosé, pineapple, lime [260 cal]

Blueberry 75 *zero-proof*

lyre's sparkling, seedlip grove 42, lemon [50 cal]

Sparkling Sangria *zero-proof*

lyre's sparkling, pineapple, lime [200 cal]

COLD BEVERAGES

Mountain Valley Water spring or sparkling, 1L [0 cal]

Watermelon or Pink Dragon Fruit Lemonade [80-160 cal]

Seasonal Iced Tea – Hibiscus Green [0 cal]

Black or Green Iced Tea [0 cal]

Spritzers

house-filtered sparkling water mixed with fresh fruit juice

choose from: **Lemon-Lime** [5 cal], **Pineapple** [15 cal], **Pomegranate** [20 cal]

ORGANIC MATCHA

Iced Lavender Matcha Latte

almond milk, butterfly lavender [80 cal]

Matcha Latte

matcha, choice of almond or whole milk [100 cal]

Iced Matcha Horchata

almond milk, vanilla [120 cal]

TEA & ORGANIC COFFEE

Choice of **almond or whole milk**

Adaptogenic Tulsi Tea

holy basil, ginger, honey [60 cal]

Jasmine Pearl Green Tea

[5 cal]

Passport Loose Leaf Tea [5 cal]

choice of Darjeeling, Classic Chai,
Peppermint, Chamomile

Iced Shakerato

organic espresso, brown sugar [170 cal]

Espresso [5 cal]

Americano [5 cal]

Cappuccino [80 cal]

Caffè Latte [80 cal]

Organic Coffee [0 cal]

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BRUNCH

Served Saturday & Sunday until 3pm

FOR THE TABLE

Lemon Blueberry Muffin **VEG**

one or three

house-made ricotta olive oil batter, organic blueberries, lemon zest (280-830 cal)

BRUNCH ENTRÉES

Avocado Toast* **VEG**

smashed avocado, sourdough toast, Vital Farms pasture-raised jammy egg, pickled organic fresnos, parmesan, chili garlic crunch, served with organic mixed greens (930 cal)

Organic Strawberry Parfait **VEG GF**

greek yogurt, almonds, hemp seeds, cacao nibs, honey (300 cal)

Blueberry Pancakes **VEG GF**

organic blueberry compote, greek yogurt, maple syrup (780 cal)

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

Vital Farms pasture-raised scrambled eggs, roasted sweet potato, charred onions, organic roasted red peppers, aged white cheddar (760 cal)

add avocado

Rancher's Hash*

Vital Farms pasture-raised sunny-side up eggs, 100% grass-fed beef, roasted sweet potato, organic roasted red peppers, aged white cheddar, avocado, cherry tomatoes, charred onions, charred scallion salsa, sourdough toast (930 cal)

Southwest Tofu Scramble **v**

organic tofu, caramelized onions, organic roasted red peppers, organic spinach, charred scallion salsa, avocado, sourdough toast (580 cal)

Mediterranean Breakfast Bowl* **VEG**

Vital Farms pasture-raised jammy eggs, cherry tomatoes, cucumber, chickpeas, watermelon radish, za'atar vinaigrette, tzatziki, dill, spicy herb sauce, lavash (590 cal)

Kid's Blueberry Pancake **VEG GF**

organic blueberry compote, greek yogurt, maple syrup (450 cal)



FRESH-SQUEEZED WELL-BEING

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)

Kale Aid

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

Bright Eyes

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

GUT HEALTH

HYDRATION

NUTRIENT DENSE

ANTIOXIDANTS

v Vegan **VEG** Vegetarian **GF** Gluten-Friendly

TRUE FOOD KITCHEN

DESSERTS

Seasonal Strawberry Passion Fruit Tart v GF

passion fruit curd, almond coconut crust, organic tofu, lime zest (650 cal)

Flourless Chocolate Cake VEG GF

organic TCHO 68% chocolate, vegan vanilla ice cream, caramel, almond, cacao nibs (660 cal)

Chocolate Chip Cookie v GF

organic TCHO 68% chocolate (400 cal)

Chocolate Chip Cookie À La Mode v GF

organic TCHO 68% chocolate served with vegan vanilla ice cream (530 cal)

Sorbet v GF

lemon sorbet, blueberry compote (170 cal)

Cosmic Bliss Ice Cream VEG GF

organic grass-fed ice cream (270 cal)

Vegan Vanilla Ice Cream v GF

(320 cal)

AFTER-DINNER DRINKS

COCKTAILS

Espresso Martini

prairie organic vodka, caffè borghetti espresso liqueur, organic espresso (170 cal)

Smoke Show Old Fashioned

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

ORGANIC COFFEE + MATCHA

Iced Shakerato

organic espresso, brown sugar, choice of almond or whole milk (170 cal)

Iced Lavender Matcha Latte

almond milk, butterfly lavender (80 cal)

Iced Matcha Horchata

almond milk, vanilla (120 cal)

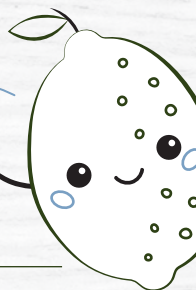
Matcha Latte

matcha, choice of almond or whole milk (100 cal)

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.

v Vegan VEG Vegetarian GF Gluten-Friendly

*Easy peasy,
lemon squeezey*



ENTRÉES

Buttered Noodles **VEG**

curly pasta with melted butter and a sprinkle of parmesan cheese (520 cal)

Chicken Teriyaki Bowl **GF**

mixed veggies including rainbow carrots, broccoli, bok choy, snap peas with quinoa & brown rice (630 cal)

Grass-Fed Cheeseburger

served with hummus and rainbow carrots (570 cal)

Tomato Sauce Noodles **VEG**

curly noodles with delicious tomato sauce and a sprinkle of cheesy parmesan goodness (440 cal)

Cheese Pizza **VEG**

pizza with gooey cheese and tasty tomato sauce (850 cal)

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

two delicious, crispy chicken tenders with a sidekick of hummus and rainbow carrots (650 cal)

pick your favorite sauce to dip them in:

bbq sauce, organic ketchup, ranch

DRINKS

Seasonal Lemonade (80 cal)

Pink Lemonade

dragon fruit, lemon (160 cal)

Prickly Pear Fizz

prickly pear, hibiscus, lime (70 cal)

Fruity Bubble Water

choose your juice adventure!

Lemon-Lime (5 cal)

Pineapple (15 cal)

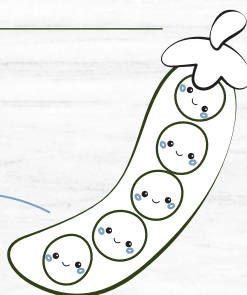
Pomegranate (20 cal)

DESSERT

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

chocolate chip cookie, vegan vanilla ice cream (500 cal)

Besties!



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