



TRUE  
FOOD  
KITCHEN

# TRUE TRIO \$19<sup>50</sup>

## 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)

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

**Peach or Pink Dragon Fruit Lemonade**  
(140-160 cal)

**Kale Aid +\$4**

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

### 2. MAINS

#### Grilled Chicken Ranch Wrap

avocado, organic roasted red pepper, organic mixed greens, hatch chili ranch (680 cal)

#### Mediterranean Wrap **v**

hummus, spicy herb sauce, red pepper pistachio spread, cucumber, snap peas, charred onions, organic spring mix, lemon oregano vinaigrette (510 cal)

#### Lemon-Oregano Grilled Chicken Wrap

organic mixed greens, cucumber, carrots, snap peas, tomatoes, lemon-oregano vinaigrette (550 cal)

#### All-American Burger\* **+\$5**

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

#### TFK Classic Chicken Sandwich **+\$5**

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

### 3. PAIRINGS

#### Cup of *Seasonal*/ Roasted Butternut Squash Soup **v GF**

organic butternut squash, sage (120 cal)

#### ½ Chopped Salad **VEG**

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

#### ½ *Seasonal*/ Market Salad **VEG GF**

honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy apple cider vinaigrette (300 cal)

#### ½ Organic Tuscan Kale Salad **VEG**

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

#### ½ Chinese Chicken Salad **GF +\$2**

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

#### Edamame Dumplings **VEG +\$5**

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

#### ADD A CHOCOLATE CHIP COOKIE **v GF +\$2**

TCHO 68% chocolate, almond (400 cal)

Dine-in only. Price does not include additional proteins or other add-ons, which may be ordered at an additional cost. Substitutions are not permitted. Offer valid Monday-Friday until 3 PM. Not available with other promotions or discounts. 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.

\*These items are served raw, undercooked or cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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