

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)

Guacamole v

avocado, lime, cilantro, cherry tomatoes, pickled organic fresnos, served with baked flatbread (330 cal) swap for fresh veggies

SALADS

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*

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

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)

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 Rowl 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)

Organic Tuscan Kale Salad VEG

organic kale, parmesan, breadcrumbs, lemon, garlic (370 cal) Chef's Suggestion - add shrimp*

SZA CZA Caesar Salad* veg

organic kale, cherry tomatoes, avocado, scallions, rosemary garlic croutons, parmesan, caesar dressing (570 cal)

100% of the funds donated from the proceeds of this dish provide the proceeds of this dish provide real food for communities in need.



Choice of Kale Salad or Simple Green Salad

Upgrade your side! Sweet Potato Hash or Sweet Potato Chips or Honey Roasted Carrots; 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 remoulade (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 remoulade (750 cal)

All-American Burger*

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

ADD PROTEIN to any salad or bowl | grilled or blackened

Antibiotic-Free Chicken (190-210 cal)

Wild-Caught Shrimp* (120-140 cal)

Grass-Fed Steak* (240-260 cal)

Sustainable Arctic Salmon*

(260 cal)

Organic Tofu v (140-160 cal)

SOURDOUGH PIZZAS Gluten-Friendly Crust veg GF (contains dairy)

Pepperoni Pizza

Niman Ranch uncured pepperoni, organic DiNapoli tomato sauce, fresh mozzarella, basil (1070 cal)

Margherita Pizza veg

fresh mozzarella, organic DiNapoli tomato sauce, basil (920 cal)

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)

Spaghetti Squash Casserole veg gf

squash, caramelized onions, fresh mozzarella, organic 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

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, mint (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)

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

ilegal mezcal, passion fruit, lime (190 cal)

Spicy Pineapple Margarita

ana maría 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)

Michelob Ultra

4.2% ABV St. Louis, M0 (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)

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) Ps

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)

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

\$25 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



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)

spring or sparkling, 1L (0 cal)

Mountain Valley Water

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

Seasonal Iced Tea - Hibiscus Green Tea (0 cal)

Green or Black Iced Tea (0 cal)

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)

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

Matcha Latte

GUT HEALTH] • [HYDRATION] • [NUTRIENT DENSE] • [ANTIOXIDANTS

TRUE FOOD KITCHEN X mindbodygreen

TEA & ORGANIC COFFEE

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

lced Matcha Horchata almond milk, vanilla (120 cal)

Jasmine Pearl Green Tea

Passport Loose Leaf Tea (5 cal) choice of Darjeeling, Classic Chai, Peppermint, Chamomile

Iced Shakerato

organic espresso, brown sugar (170 cal)

Choice of almond or whole milk

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal) Caffè Latte (80 cal)

Organic Coffee (0 cal)

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.

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We are proud to partner with Verde Farms! We ♥ them because √ 100% Grass-Fed & Finished Beef √ Verified Regenerative √ Organic

ORGANIC THAT **MATTERS**

HEALTHY FOR PASTURE, PLATE AND PLANET

Bright Eyes: Powered by

electrolytes+ with creatine,

mindbodygreen

lemon-lime (175 cal)

FUTURE-FORWARD FARMING

mindbodygreen

electrolytes+ with

creatine, lemon-lime (5 cal)

On The Rocks

CUT THE BAD. AMP UP THE GOOD **PROUDLY 100% SEED OIL-FREE**



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* served with Simple Green Salad

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

3. PAIRINGS

Cup of Seasonal Tomato Basil Soup veg gr

parmesan and basil garnish (50 cal)

1/2 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 ge

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

1/2 Organic Tuscan Kale Salad veg

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

1/2 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)

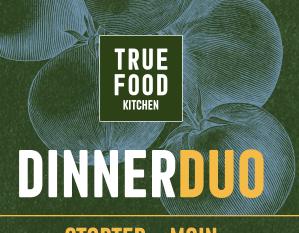
Edamame Dumplings veg

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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STARTER + MAIN

Available Monday-Friday 5pm-Close

STARTERS

Bowl of Seasonal Tomato Basil Soup veg gr parmesan and basil garnish (100 cal)

1/2 Seasonal Market Salad* veg gr

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

1/2 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* served with Simple Green Salad

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

Turkey Burger served with Simple Green Salad

Diestel Farms turkey, smoked gouda, avocado, organic tomato, butter lettuce, jalapeño remoulade (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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BRUNCH

Served Saturday & Sunday until 3pm



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



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 (O 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)

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

Choice of almond or whole milk

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 Rowl* 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)

0

The O.G.

ginger, honey, lime (120 cal)

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 0

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)

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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)

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)

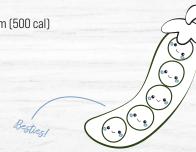
Pineapple (15 cal)

Pomegranate (20 cal)

DESSERT

Kid's Cookie and Ice Cream Sundae v GF

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



v Vegan veg Vegetarian GF Gluten-Friendly

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