



TRUE
FOOD
KITCHEN

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* *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

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 5 PM-Close. 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.

*This item is 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