



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\* *served with Simple Green Salad*

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

#### TFK Classic Chicken Sandwich *served with Simple Green Salad*

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)

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