



TRUE FOOD KITCHEN

**SPRING/SUMMER 2025
NUTRITIONAL GUIDE**

TRUE FOOD KITCHEN

FOOD - STARTERS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Seasonal Tomato Soup (Bowl)	100	11.1	3	1	5	1370	13	3	9	4	Allergen Statement: Milk and Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Seasonal Tomato Soup (Cup)	50	5.5	1.5	0.5	5	670	7	1	4	2	Allergen Statement: Milk and Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Thai Shrimp Lettuce Cups*	570	63.3	39	6	275	5150	22	4	12	36	Allergen Statement: Contains Shellfish (Shrimp), Tree Nuts (Almond), Soy, and Sesame . Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Seasonal Watermelon Salad	330	36.6	17	2	0	1740	42	5	29	6	Allergen Statement: Contains Tree Nuts (Almond) and Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Guacamole	330	36.6	24	3.5	0	960	28	14	3	6	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Mediterranean Hummus	930	103.3	57	7	0	2360	53	15	17	24	Allergen Statement: Contains Wheat, Tree Nuts (Pistacios), and Sesame. Gluten Statement: Contains Gluten.Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Edamame Dumplings	270	30	15	6	25	740	25	4	4	12	Allergen Statement: Contains Egg, Milk, Wheat, Soy, and Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Charred Cauliflower	340	37.7	25	3.5	0	970	25	6	15	9	Allergen Statement: Contains Tree Nuts (Pistachios), Soy, Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.

FOOD - SALADS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Seasonal Market Salad*	550	61.1	46	13	60	890	22	6	13	16	Allergen Statement: Contains Eggs, Milk, Tree Nuts (Pistachios). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Seasonal Market Salad (No Dressing)	320	35.5	20	9	50	610	22	6	13	16	Allergen Statement: Contains Milk, Tree Nuts (Pistachios). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Chopped Salad	600	66.6	34	6	15	470	64	10	27	13	Allergen Statement: Contains Milk, Wheat, Tree Nuts (Almond). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Chopped Salad (No Dressing)	370	41.1	12	3	15	150	58	10	22	13	Allergen Statement: Contains Milk, Wheat, Tree Nuts (Almond). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Chinese Chicken Salad	700	77.7	48	7	65	780	35	12	14	36	Allergen Statement: Contains Tree Nuts (Almond, Cashew) and Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Chinese Chicken Salad (No Dressing)	580	64.4	42	6	65	360	21	10	7	33	Allergen Statement: Contains Tree Nuts (Almond) and Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Organic Tuscan Kale Salad	370	41.1	33	6	10	730	13	4	3	7	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
SZA CZA Caesar Salad*	570	63.3	39	9	40	1400	41	11	4	17	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
SZA CZA Caesar Salad (No Dressing)	330	36.6	17	4	10	760	37	11	4	12	Allergen Statement: Contains Eggs, Milk, Wheat . Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Crisp'd Green Salad	780	86.6	54	8	110	850	36	11	12	37	Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Crisp'd Green Salad (No Dressing)	600	66.6	36	6	110	610	32	11	8	37	Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Add On: Tofu	250	2.4	22	2.5	0	1910	5	0	0	12	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Add On: Chicken	160	0.7	7	1	65	150	0	0	0	23	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Grass-Fed Steak*	240	200	22	5	75	170	0	0	0	18	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*	120	30	3	0.5	195	440	1	0	0	21	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Salmon*	260	140	16	3.5	70	450	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

FOOD - PIZZAS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Spinach & Mushroom Pizza	1070	118.8	41	5	0	1970	150	10	6	30	Analysis for 1 pizza. Allergen Statement: Contains Tree nuts (Almonds), Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts.

Margherita Pizza	920	102.2	26	13	50	1660	129	4	3	37	Analysis for 1 pizza. Allergen Statement: Contains Milk, Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Pepperoni Pizza	1020	113.3	34	15	75	2070	129	4	3	43	Analysis for 1 pizza. Allergen Statement: Contains Milk, Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.

TRUE FOOD KITCHEN

FOOD - BOWLS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Wild Caught Tuna Poke Bowl*	500	55.5	18	4	35	3320	56	7	16	32	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Teriyaki QuinoaBowl	430	47.7	21	3	0	950	59	11	23	10	Allergen Statement: Contains: Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Korean Noodle Bowl	620	68.8	16	2	0	1580	110	11	14	16	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Soy, Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Ancient Grain Bowl	560	62.2	34	4.5	0	1020	57	11	16	12	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Wheat, Sesame, Tree Nuts (Pistachios). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Spicy Panang Curry Bowl	700	77.7	21	15	0	1450	121	9	68	10	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Wheat, Shellfish, Tree Nuts. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Add On: Tofu, Wok	160	90	10	1.5	0	330	8	1	2	10	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Chicken, Wok	180	0.8	8	1	65	400	3	0	2	23	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*, Wok	260	1.7	22	5	75	170	0	0	0	18	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*, Wok	160	0.6	6	1	180	480	4	0	2	20	Allergen Statement: Contains Shellfish (Shrimp), Soy, Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Salmon*	260	1.7	16	3.5	70	330	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

FOOD - BURGERS & SANDWICHES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Grass-Fed Burger*	660	73.3	35	10	120	1390	40	4	6	51	Analysis and allergens do not include choice of side. Allergen Statement: Contains Egg, Milk, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Plant-Based Double Cheeseburger	750	83.3	44	6	0	1810	72	9	18	20	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Soy, Tree Nuts (Walnuts, Coconut). Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
All-American Burger*	720	80	41	13	135	1380	39	4	8	52	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Milk. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Turkey Burger	600	66.6	32	8	165	1270	36	4	7	43	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Buffalo Chicken Sandwich	1090	121.1	50	7	115	1920	111	9	19	42	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Buffalo Chicken Sandwich (Grilled)	1020	113.3	63	9	95	1600	78	9	15	40	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
TFK Classic Chicken Sandwich	830	92.2	31	4	105	1620	84	2	12	39	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
TFK Classic Chicken Sandwich (Grilled)	540	60	18	3	120	1180	42	3	11	50	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.

FOOD - SIDES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Kale Salad	140	15.5	12	2	5	270	5	2	1	3	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Sweet Potato Hash	160	17.7	6	1	0	590	25	4	8	3	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Seasonal Vegetables	150	16.6	12	1.5	0	370	11	3	4	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Simple Salad	130	14.4	12	1.5	0	160	4	0	3	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pesto Pasta	420	46.6	30	4	0	1160	21	3	3	7	Allergen Statement: Contains Wheat, Eggs, Milk, Tree Nuts (Pistachios). Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.

TRUE FOOD KITCHEN

FOOD - ENTRÉES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Grilled Grass-fed Tenderloin*	1150	127.7	93	34	205	2830	28	5	6	48	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Lasagne al Pesto	750	83.3	46	12	110	2080	50	6	8	32	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Chicken Parmesan	820	91.1	41	13	140	2950	52	4	12	47	Allergen Statement: Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grilled Sustainable Salmon*	640	71.1	48	8	95	2790	14	3	4	37	Allergen Statement: Contains Eggs, Fish (Salmon). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Spaghetti Squash Casserole	350	38.8	17	9	45	880	31	6	13	19	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pesto Pasta	840	93.3	61	9	5	2900	62	8	7	18	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Mediterranean Wild-Caught Shrimp*	710	78.8	33	6	275	5900	50	8	11	45	Allergen Statement: Contains Milk, Wheat, Shellfish (Shrimp). Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
True Crisp'd Tender Plate	960-1170	106.6-130	46-60	45878	220	1490-1620	46-56	7	13-20	70	is this with sides?

TRUE FOOD KITCHEN

FOOD - DESSERTS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Chocolate Chip Cookie	400	44.4	20	14	0	290	59	4	29	3	Allergen Statement: Contains Tree Nuts (Almond). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
Chocolate Chip Cookie A la Mode	530	58.8	28	22	0	300	74	4	44	4	Allergen Statement: Contains Egg, Milk, Soy, Tree Nuts (Almonds, Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
Cookies & Ice Cream	590	250	28	23	0	340	82	2	50	3	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Chocolate Chip Cookie	170	60	7	6	0	160	27	1	13	1	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Vanilla Ice Cream	220	110	12	10	0	20	28	0	25	0	Analysis includes blueberry & raspberry as typical seasonal fruit. Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.

FOOD - KIDS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Grass-Fed Cheeseburger	570	63.3	23	8	120	2370	44	6	8	51	Allergen Statement: Contains Sesame, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Mozzarella & Organic Tomato Pizza	740	230	26	11	50	920	99	6	6	28	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Chicken Teriyaki Bowl	630	70	36	5	65	1130	47	9	24	33	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Tree Nuts.

TRUE FOOD KITCHEN

FOOD - BREAKFAST

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Blueberry Pancakes	820	91.1	37	6	100	1200	113	5	59	10	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Avocado Toast*	930	103.3	80	12	20	1240	46	8	3	9	Allergen Statement: Contains Egg, Dairy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Organic Strawberry Parfait	300	33.3	11	3	95	29	3	20	22	9	Allergen Statement: Contains Milk, Tree Nuts (Almond). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Farmer's Market Scramble*	760	84.4	58	19	790	2750	21	3	8	39	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Rancher's Hash*	930	103.3	58	16	445	2910	62	9	11	40	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Southwest Tofu Scramble	580	64.4	32	5	0	2020	41	11	8	34	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts.
Mediterranean Breakfast Bowl*	480	53.3	26	3.5	35	1430	43	10	13	22	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Kid's Blueberry Pancake	450	50	18	9	85	630	67	2	40	7	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts.

BEVERAGE - REFRESHERS & TEA

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Strawberry Lemonade	200	0	0	0	0	20	51	1	46	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
The O.G.	120	0	0	0	0	0	31	1	27	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Wild Blackberry Limeade	210	0	0	0	0	20	51	1	47	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Sparkling Prickly Pear Tisane	70	0	0	0	0	5	18	0	16	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Sparkling Raspberry Tea	70	0	0	0	0	0	18	0	16	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Kale Aid	100	5	0.5	0	0	80	25	2	15	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Matcha Horchata	240	90	9	0.5	0	105	40	2	35	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Tea, Generic (with Lemon Wedge)	5	0	0	0	0	0	1	0	0	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

BEVERAGE - ORGANIC FAIR TRADE COFFEE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Espresso	5	0	0	0	0	10	1	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Americano	5	0	0	0	0	10	1	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Cappuccino or Caffè Latte (Oat Milk)	80	40	4.5	0	0	60	8	1	5	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Vanilla Spiced Latte	150	40	4.5	0	0	65	26	1	23	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Drip Coffee	0	0	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

TRUE FOOD KITCHEN

BEVERAGE - CRAFT COCKTAILS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Strawberry Margarita	220	0	0	0	0	0	10	27	0	23	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Berries & Bourbon	180	0	0	0	0	0	10	21	0	18	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Rosé Sangria	260	0	0	0	0	0	5	33	0	29	0	Analysis includes lime and strawberry as typical seasonal fruit.
Rising Sun	230	0	0	0	0	0	70	27	0	25	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pool Party	260	15	1.5	1.5	0	0	40	33	0	29	0	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Citrus Skinny Margarita	170	0	0	0	0	0	18	0	16	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Bramble On Rose	230	0	0	0	0	0	0	29	0	26	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Classic Mimosa	150	0	0	0	0	0	0	8	0	7	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Prairie Mary	150	5	0	0	0	0	630	5	0	3	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Garden of Eden (non-alcoholic)	50	0	0	0	0	0	0	13	0	12	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

BEVERAGE - SPARKLING, RED & WHITE WINE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Wine, 6 fl oz	150	0	0	0	0	0	10	5	0	1	0	USDA average values for table wine; analysis for 6 fl oz.
Wine, 9 fl oz	220	0	0	0	0	0	15	7	0	2	0	USDA average values for table wine; analysis for 9 fl oz.
Wine, Bottle (750 mL)	620	0	0	0	0	0	40	20	0	6	1	USDA average values for table wine; analysis for Bottle (750 mL)

BEVERAGE - BEER

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Regular, 12 fl oz	150	0	0	0	0	0	15	13	0	0	2	USDA average values for beer; analysis for 12 fl oz.
New Belgium Brewing "Fat Tire Amber Ale"	160	0	0	0	0	0	15	15	0	0	2.2	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Samuel Adams "Seasonal"	150	0	0	0	0	0	0	12	0	0	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Sierra Nevada "Hazy Little Thing IPA"	210	0	0	0	0	0	0	20	0	0	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Stella Artois	140	0	0	0	0	0	0	11	0	0	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Straine Beast Hard Kombucha: Ginger, Lemon & Hibiscus	190	0	0	0	0	0	10	14	0	12	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Straine Beast Hard Kombucha: Blueberry, Acai & Sweet Basil	180	0	0	0	0	0	15	11	0	9	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Straine Beast Hard Kombucha: Blood Orange & Passion Fruit	180	0	0	0	0	0	15	15	0	8	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Straine Beast Hard Kombucha: Blood Orange & Passion Fruit	180	0	0	0	0	0	10	10	0	7	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Values shown are for full dish. Values are current as of March 2025. The nutrition information provided is a compilation of the nutrient data from True Food Kitchen's suppliers, the USDA and nutrient database analysis of True Food Kitchen's recipes and our analysis. Please note the following: (i) Test menu items, specials, limited time offers, and/or regional items may not be included in the nutrition information contained herein. (ii) Special or customized orders will alter the nutrition information contained herein. (iii) From time to time, True Food Kitchen may have to obtain products from different or substitute suppliers which may alter the nutrition information contained herein. (iv) Menu item ingredients are based upon recipes and portions, but variations may occur based upon ordinary differences inherent in the preparation, local suppliers, region of the country, and season of the year. (v) Each of our menu items are prepared by hand, individually, so serving sizes can vary. (vi) Differences in available dishware, packaging, or containers may affect the serving size. The nutrition information is updated periodically in an attempt to reflect the current nutritional value of our menu items. *These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.