



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), **Grapefruit** (10 cal)

Pineapple (15 cal), **Pomegranate** (20 cal)

Seasonal, Green, or Black Iced Tea (0 cal)

Apple or Pink Dragon Fruit Lemonade
(60-70 cal)

Kale Aid

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

2. MAINS

Grilled Chicken Ranch Wrap

avocado, roasted red pepper, organic mixed greens, house-made original ranch (33g protein | 710 cal)

Mediterranean Wrap **v**

hummus, spicy herb sauce, red pepper pistachio spread, cucumber, snap peas, charred onions, organic mixed greens, lemon oregano vinaigrette (11g protein | 550 cal)

Lemon Oregano Chicken Wrap

organic mixed greens, cucumber, carrots, snap peas, tomatoes, lemon oregano vinaigrette (30g protein | 620 cal)

All-American Burger*

Verde Farms organic 100% grass-fed beef, aged white cheddar, TFK special sauce, butter lettuce, tomato (51g protein | 720 cal)

TFK Classic Chicken Sandwich

house-made pickles, TFK special sauce, lettuce (39g protein | 830 cal)

3. PAIRINGS

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

garnished with sage (1g protein | 190 cal)

½ Chopped Salad **VEG**

organic mixed greens, romaine, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette (7g protein | 300 cal)

½ *Seasonal* Market Salad **VEG GF**

honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy tahini apple cider vinaigrette (6g protein | 300 cal)

½ Organic Tuscan Kale Salad **VEG**

organic kale, parmesan, breadcrumbs, lemon, garlic (5g protein | 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 (18g protein | 350 cal)

Edamame Dumplings **VEG**

white truffle oil, dashi, thai basil, sesame seeds (12g protein | 270 cal)

ADD A CHOCOLATE CHIP COOKIE **v GF**

organic TCHO 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