



TRUE FOOD KITCHEN

BOWLS

- Wild-Caught Tuna Poke Bowl*** **GF**
regenerative black rice, avocado, roasted wild 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 (10g protein | 430 cal)
- Korean Noodle Bowl** **v GF**
glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts (14g protein | 620 cal)
- Spicy Panang Curry Bowl** **GF**
regenerative black rice, sweet potato, bok choy, rainbow carrots, snap peas, charred onions, thai shellfish curry broth (10g protein | 700 cal)
- Ancient Grain Bowl** **v**
organic grains, miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, pistachio pesto, hemp seeds, turmeric (12g protein | 560 cal)

ADD PROTEIN to any salad or bowl | grilled or blackened

- True Crisp'd™ Chicken (2pc)** **GF**
air-fried tenders (30g protein | 390 cal)
- Grass-Fed Steak*** **GF**
(29g protein | 315 cal)
- Antibiotic-Free Chicken** **GF**
(37g protein | 260 cal)
- Sustainable Arctic Salmon*** **GF**
(29g protein | 290 cal)
- Wild-Caught Shrimp*** **GF**
(36g protein | 200 cal)
- Organic Tofu** **v GF**
(14g protein | 160 cal)

POWER YOUR MEAL WITH DOUBLE PROTEIN

SOURDOUGH PIZZAS Gluten-Friendly Crust +2.75 VEG GF (contains dairy)

- Pepperoni Pizza**
Niman Ranch uncured pepperoni, DiNapoli tomato sauce, fresh mozzarella, basil (43g protein | 1070 cal)
- Margherita Pizza** **VEG**
fresh mozzarella, DiNapoli tomato sauce, basil (38g protein | 920 cal)
- Seasonal/ Roasted Butternut Squash Pizza** **v**
butternut squash, lemon almond ricotta, caramelized onions, organic kale, raisins (26g protein | 1000 cal)
- Spinach and Wild Mushroom Pizza** **v**
roasted wild mushrooms, organic spinach, garlic purée, lemon almond ricotta (29g protein | 1070 cal)

MADE FRESH
Sourdough
DAILY

DIP IT House-Made Ranch: Original or Spicy (160-220 cal) | +1 VEG GF

ENTRÉES

- Steak Frites*** **GF** *try it blackened*
Verde Farms organic 100% grass-fed NY strip, peppercorn sauce, True Crisp'd™ Air-Fried French Fries, simple salad (78g protein | 1190 cal)
Pair it with – a glass of Tablas Creek Patelin Rouge wine or a Sparkling Sangria (NA)
- Chicken Parmesan**
True Crisp'd™ air-fried chicken breast, fresh mozzarella, DiNapoli tomato sauce, campanelle pasta (50g protein | 900 cal)
- Asian Wild-Caught Shrimp*** **GF**
regenerative black rice, roasted wild mushrooms, edamame, snap peas, pickled organic fresnos, cilantro, thai basil, scallions, ginger soy vinaigrette (42g protein | 830 cal)
Pair it with – a Ginger Margarita or an OG Refresher (NA)
- Jambalaya Pasta***
chicken and pork andouille sausage, wild-caught shrimp, antibiotic-free chicken, holy trinity, campanelle pasta (50g protein | 680 cal)
Pair it with – a Smoky Ginger Margarita or a Blueberry 75 (NA)
- Lasagne al Pesto** **GF**
Diestel Farms turkey sausage bolognese, pistachio pesto, organic spinach, ricotta, fresh mozzarella, basil (32g protein | 750 cal)
- Grilled Sustainable Salmon*** **GF** *try it blackened*
Kvarøy Arctic sustainable salmon, snap peas, organic wild rice pilaf, thai basil vinaigrette (37g protein | 640 cal)
- Spaghetti Squash Casserole** **VEG GF**
caramelized onions, fresh mozzarella, DiNapoli tomato sauce (19g protein | 350 cal)

STARTERS

- Edamame Dumplings** **VEG**
white truffle oil, dashi, thai basil, sesame seeds (12g protein | 270 cal)
add Chili Garlic Crunch +1
- Seasonal/ Roasted Butternut Squash Soup** **bowl | v GF**
garnished with sage (2g protein | 260 cal)
- Charred Cauliflower** **v GF**
medjool dates, harissa tahini, dill, mint, pistachio (9g protein | 340 cal)
- Mediterranean Hummus** **v**
spicy herb sauce, red pepper pistachio spread, za'atar spice, served with baked flatbread (19g protein | 710 cal)
swap for fresh veggies +2

- Roasted Brussels Sprouts** **v GF**
roasted wild mushroom, pickled organic fresnos, ginger soy glaze, lime (9g protein | 350 cal)
- Guacamole** **v**
avocado, lime, cilantro, cherry tomatoes, pickled organic fresnos, served with baked flatbread (6g protein | 330 cal)
swap for fresh veggies +2

SALADS

- Seasonal/ Market Salad** **VEG GF**
honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy tahini apple cider vinaigrette (11g protein | 600 cal)
Pair it with – a Juniper Rose or a Grapefruit Spritzer (NA)
- Organic Tuscan Kale Salad** **VEG**
organic kale, parmesan, breadcrumbs, lemon, garlic (9g protein | 370 cal)
Chef's Suggestion – add shrimp +7.95*
- 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 (34g protein | 700 cal)
- Chopped Salad** **VEG**
organic mixed greens, romaine, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette (13g protein | 600 cal)
Chef's Suggestion – add grilled chicken +6.95

BURGERS Choice of Kale Salad or Simple Green Salad

- Upgrade your side! **True Crisp'd™ Air-Fried French Fries +2.5 or Any Premium Side +2; Gluten-Friendly Bun +2.5 VEG GF (contains dairy)**
- Grass-Fed Burger***
Verde Farms organic 100% grass-fed beef, roasted wild mushrooms, caramelized onions, organic arugula, parmesan, umami sauce (51g protein | 660 cal)

- Turkey Burger**
Diestel Farms turkey, smoked gouda, avocado, tomato, butter lettuce, jalapeño rémoulade (43g protein | 600 cal)

- Plant-Based Double Cheeseburger** **v**
house-made portobello, beet, and walnut vegan patty, butter lettuce, pickled onions, tomato, vegan cheese, jalapeño rémoulade (20g protein | 750 cal)

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

TRUE CRISP'D™

AIR-FRIED | GLUTEN-FREE | 100% SEED OIL-FREE

AIR-FRIED CHICKEN Tenders



Tender Plate **GF**
four tenders served with simple salad (65g protein | 870 -1140 cal)
upgrade your side! True Crisp'd™ Air-Fried French Fries +2.5 or Any Premium Side +2;
served with choice of one sauce:
TFK special sauce, peri peri ketchup, BBQ, spicy ranch

Sandwiches

Choice of Kale Salad or Simple Green Salad; Served on a Ciabatta Roll

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

Buffalo Chicken Sandwich
house-made hot sauce, pickles, apple-cabbage slaw (51g protein | 900 cal)

AIR-FRIED FRENCH FRIES

True Crisp'd™ Air-Fried Table Fries **v GF**
shareable portion served with house-made peri peri ketchup (6g protein | 670 cal)

True Crisp'd™ Air-Fried French Fries **v GF**
served with house-made peri peri ketchup (3g protein | 310 cal)
try 'em with Tuscan Dust VEG inspired by our Organic Tuscan Kale Salad (60 cal)



SIDES

- Kale Salad** **VEG** (3g protein | 120 cal)
- Sweet Potato Chips** **v GF** (2g protein | 230 cal)
- Seasonal Veggies** **VEG GF** (2g protein | 150 cal)
- Honey Roasted Carrots** **VEG GF** (1g protein | 100 cal)
- Cheesy Mashed Potatoes** **VEG GF** (5g protein | 200 cal)
- Seasonal/ Roasted Butternut Squash Soup** **Cup** **v GF** (1g protein | 190 cal)
- Simple Salad** **v GF** (0g protein | 130 cal)

- v** Vegan
- VEG** Vegetarian
- GF** Gluten-Friendly

OUR TRUE PROMISE: TRUEFOODKITCHEN.COM/TRUESTORY

ORGANIC THAT
MATTERS

HEALTHY FOR PASTURE,
PLATE AND PLANET

FUTURE-FORWARD
FARMING

CUT THE BAD,
AMP UP THE GOOD

PROUDLY 100%
SEED OIL-FREE

SIGNATURE COCKTAILS

Smoke Show Old Fashioned

high west double rye, honey syrup, bitters, enveloped in hickory smoke for a rich flavor experience (230 cal)

Grapefruit Martini

prairie organic vodka, grapefruit, lime, thai basil (200 cal)

Ginger Margarita

tres agaves organic reposado, fiorente elderflower, ginger honey, orange, lime (140 cal)

Common Bond

high west double rye, apple, lemon, chai (140 cal)
chai smoke it and put it over a large cube! +2

Rosé Sangria

la vieille ferme organic rosé, pineapple, lime (260 cal)

Espresso Martini

prairie organic vodka, borghetti espresso liqueur, organic espresso (170 cal)

Moscow Mule

tito's handmade vodka, fever-tree blood orange ginger beer, lime (160 cal)

Smoky Ginger Margarita

illegal mezcal, fiorente elderflower, ginger honey, orange, lime (210 cal)

Pomegranate Mojito

don q rum, pomegranate, lime, mint (170 cal)

Juniper Rose

empress 1908 elderflower rose gin, giffard pamplemousse, grapefruit, lime, thyme (180 cal)

Spicy Pineapple Margarita

ana maria rosa tequila, fresh jalapeño, lime (180 cal)

Citrus Skinny Margarita

lunazul blanco tequila, cucumber, mint (170 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)

BEER

Michelob Ultra

4.2% ABV St. Louis, MO (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)

WINE

6 oz (150 cal) | 9 oz (220 cal) | Bottle (620 cal)

6 oz | 9 oz | Bottle

SPARKLING

Marqués de Cáceres Cava (Penedès, Spain)

La Marca Prosecco Rosé (Veneto, Italy)

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) P S

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

Tablas Creek Patelin Rouge (Paso Robles, CA) Regenerative Organic

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

P Proprietary Label S Sustainable O Organic

HAPPY 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



Sparkling Prickly Pear Tisane GF

prickly pear, hibiscus, lime (70 cal)

Kale Aid GF

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

The O.G. GF

ginger, honey, lime (120 cal)

Hangover Rx

pineapple, orange, coconut water, aloe vera, organic sea moss (140 cal)

Bright Eyes

pineapple, carrot, organic apple, ginger, turmeric, beet, lemon (170 cal)

GUT HEALTH

HYDRATION

NUTRIENT DENSE

ANTIOXIDANTS

COLD BEVERAGES

Mountain Valley Water

spring or sparkling, 1L (0 cal)

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

Green, Black or Seasonal/ Black Iced Tea (0 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 (25-100 cal)

TEA & ORGANIC COFFEE

Choice of almond or whole milk (15-100cal)

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

Iced Shakerato

organic espresso, brown sugar (130-170 cal)

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Organic Coffee (0 cal)

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)

Try it spiked with tito's handmade vodka | 12.25