

TRUE FOOD KITCHEN

STARTERS

Edamame Dumplings **VEG**

white truffle oil, dashi, thai basil, sesame seeds (12g protein | 270 cal)
add *Chili Garlic Crunch*

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

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

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*

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

BURGERS

Choice of **Kale Salad** or **Simple Green Salad**

Upgrade your side! **True Crisp'd™ Air-Fried French Fries** or **Any Premium Side**:

Gluten-Friendly Bun **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 remoulade (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 remoulade (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** or **Any Premium Side**;

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**

Upgrade your side! **True Crisp'd™ Air-Fried French Fries** or **Any Premium Side**:

Gluten-Friendly Bun **VEG GF** (contains dairy)

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)

Seasonal Veggies **VEG GF**

(2g protein | 150 cal)

Cheesy Mashed Potatoes **VEG GF**

(5g protein | 200 cal)

Simple Salad **V GF**

(0g protein | 130 cal)

Sweet Potato Chips **V GF**

(2g protein | 230 cal)

Honey Roasted Carrots **VEG GF**

(1g protein | 100 cal)

Seasonal Roasted Butternut Squash Soup

CUP **V GF** (1g protein | 190 cal)

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)

Antibiotic-Free Chicken **GF**

(37g protein | 260 cal)

Wild-Caught Shrimp* **GF**

(36g protein | 200 cal)

Grass-Fed Steak* **GF**

(29g protein | 315 cal)

Sustainable Arctic Salmon* **GF**

(29g protein | 290 cal)

Organic Tofu **V GF**

(14g protein | 160 cal)

POWER YOUR MEAL WITH DOUBLE PROTEIN

SOURDOUGH PIZZAS

Gluten-Friendly Crust **VEG GF** (contains dairy)

MADE FRESH
Sourdough
DAILY

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)

DIP IT

House-Made Ranch: Original or Spicy (160-220 cal) **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)

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

TRUE FOOD KITCHEN

STARTERS

Edamame Dumplings | 13.95 v GF
white truffle oil, dashi, thai basil, sesame seeds (12g protein | 270 cal)
add *Chili Garlic Crunch* +1

Seasonal Roasted Butternut Squash Soup bowl | 8.50 v GF
garnished with sage (2g protein | 260 cal)

Charred Cauliflower | 12.50 v GF
medjool dates, harissa tahini, dill, mint, pistachio (9g protein | 340 cal)

Mediterranean Hummus | 11.95 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 | 12.50 v GF
roasted wild mushroom, pickled organic fresnos, ginger soy glaze, lime (9g protein | 350 cal)

Guacamole | 11.95 v
avocado, lime, cilantro, cherry tomatoes, pickled organic fresnos, served with baked flatbread (6g protein | 330 cal)
swap for fresh veggies +2

BOWLS

Wild-Caught Tuna Poke Bowl* | 24.95 GF

regenerative black rice, avocado, roasted wild mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzo (32g protein | 500 cal)

Teriyaki Quinoa Bowl | 16.95 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 | 16.95 v GF

glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts (14g protein | 620 cal)

Spicy Panang Curry Bowl | 18.95 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 | 17.50 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) | 7.95 GF
air-fried tenders (30g protein | 390 cal)

Grass-Fed Steak* | 8.95 GF
(29g protein | 315 cal)

Antibiotic-Free Chicken | 6.95 GF
(37g protein | 260 cal)

Sustainable Arctic Salmon* | 9.95 GF
(29g protein | 290 cal)

Wild-Caught Shrimp* | 7.95 GF
(36g protein | 200 cal)

Organic Tofu | 5.50 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 | 19.50

Niman Ranch uncured pepperoni, DiNapoli tomato sauce, fresh mozzarella, basil (43g protein | 1070 cal)

MADE FRESH
Sourdough
DAILY

Margherita Pizza | 16.95 v

fresh mozzarella, DiNapoli tomato sauce, basil (38g protein | 920 cal)

Seasonal Roasted Butternut Squash Pizza | 18.95 v

butternut squash, lemon almond ricotta, caramelized onions, organic kale, raisins (26g protein | 1000 cal)

Spinach and Wild Mushroom Pizza | 18.95 v

roasted wild mushrooms, organic spinach, garlic purée, lemon almond ricotta (29g protein | 1070 cal)

DIP IT

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

ENTRÉES

Steak Frites* | 41.95 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 | 19.95

True Crisp'd™ air-fried chicken breast, fresh mozzarella, DiNapoli tomato sauce, campanelle pasta (50g protein | 900 cal)

Asian Wild-Caught Shrimp* | 22.95 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* | 20.95

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 | 19.95 GF

Diestel Farms turkey sausage bolognese, pistachio pesto, organic spinach, ricotta, fresh mozzarella, basil (32g protein | 750 cal)

Grilled Sustainable Salmon* | 29.95 GF try it blackened

Kvarøy Arctic sustainable salmon, snap peas, organic wild rice pilaf, thai basil vinaigrette (37g protein | 640 cal)

Spaghetti Squash Casserole | 16.50 VEG GF

caramelized onions, fresh mozzarella, DiNapoli tomato sauce (19g protein | 350 cal)

v Vegan

VEG Vegetarian

GF Gluten-Friendly

STARTERS

Edamame Dumplings | 13.95 v GF
white truffle oil, dashi, thai basil, sesame seeds (12g protein | 270 cal)
add *Chili Garlic Crunch* +1

Seasonal Roasted Butternut Squash Soup bowl | 8.50 v GF
garnished with sage (2g protein | 260 cal)

Charred Cauliflower | 12.50 v GF
medjool dates, harissa tahini, dill, mint, pistachio (9g protein | 340 cal)

Mediterranean Hummus | 11.95 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 | 12.50 v GF
roasted wild mushroom, pickled organic fresnos, ginger soy glaze, lime (9g protein | 350 cal)

Guacamole | 11.95 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 | 15.95 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 | 13.50 VEG

organic kale, parmesan, breadcrumbs, lemon, garlic (9g protein | 370 cal)
Chef's Suggestion - add shrimp +7.95

Chinese Chicken Salad | 18.50 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 | 15.95 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* | 19.95

Verde Farms organic 100% grass-fed beef, roasted wild mushrooms, caramelized onions, organic arugula, parmesan, umami sauce (51g protein | 660 cal)

Turkey Burger | 18.50

Diestel Farms turkey, smoked gouda, avocado, tomato, butter lettuce, jalapeño remoulade (43g protein | 600 cal)

Plant-Based Double Cheeseburger | 18.95 v

house-made portobello, beet, and walnut vegan patty, butter lettuce, pickled onions, tomato, vegan cheese, jalapeño remoulade (20g protein | 750 cal)

All-American Burger* | 19.95

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 | 16.50 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

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)

TFK Classic Chicken Sandwich | 19.50

house-made pickles, TFK special

sauce, lettuce (39g protein | 830 cal)

Buffalo Chicken Sandwich | 19.50

house-made hot sauce, pickles,

apple-cabbage slaw (51g protein | 900 cal)

AIR-FRIED FRENCH FRIES

True Crisp'd™ Air-Fried Table Fries | 12.00 v GF

shareable portion served with house-made

peri peri ketchup (6g protein | 670 cal)

True Crisp'd™ Air-Fried French Fries | 6.00 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 | 4.00 VEG

(3g protein | 120 cal)

Seasonal Veggies | 6.00 VEG GF

(2g protein | 150 cal)

Cheesy Mashed Potatoes | 6.00 VEG GF

(5g protein | 200 cal)

Simple Salad | 4.00 v GF

(0g protein | 130 cal)

Sweet Potato Chips | 6.00 v GF

(2g protein | 230 cal)

Honey Roasted Carrots | 6.00 VEG GF

(1g protein | 100 cal)

Seasonal Roasted Butternut Squash Soup cup | 4.00 v GF

(1g protein | 190 cal)

ORGANIC THAT
MATTERS

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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!

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)

\$2 OFF DUMPLINGS & MEDITERRANEAN HUMMUS
\$3 OFF ALL SOURDOUGH PIZZAS

**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**

WINE

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

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

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

MIMOSAS

made with *marqués de cáceres cava* glass or full bottle (150-600 cal)

served with choice of:
fresh-squeezed orange, grapefruit or pomegranate juice
make it zero-proof – enjoy with lyre's sparkling



BRUNCH COCKTAILS

Espresso Martini

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

Bloody Mary

tito's handmade vodka, tomato, house spice blend, lemon (150 cal)

Spiked Seltzers

tito's handmade vodka, choice of: lemon-lime, grapefruit, pineapple or pomegranate juice (105-120 cal)

Rosé Sangria

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

Blueberry 75 zero-proof

lyre's sparkling, seedlip grove 42, lemon (50 cal)

Sparkling Sangria zero-proof

lyre's sparkling, pineapple, lime (200 cal)

COLD BEVERAGES

Mountain Valley Water

spring or sparkling, 1L (0 cal)

Pink Dragon Fruit or Seasonal Apple Lemonade

(60-70 cal)

Seasonal Black Iced Tea

(0 cal)

Black or Green Iced Tea

(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)

ORGANIC MATCHA

Iced Lavender Matcha Latte

almond milk, butterfly lavender (80 cal)

Matcha Latte

matcha, choice of almond or whole milk (25-100 cal)

Iced Matcha Horchata

almond milk, vanilla (120 cal)

TEA & ORGANIC COFFEE

Adaptogenic Tulsi Tea

holy basil, ginger, honey (60 cal)

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

Jasmine Pearl Green Tea

(5 cal)

Iced Shakerato

organic espresso, brown sugar (170 cal)

Passport Loose Leaf Tea

choice of Darjeeling, Classic Chai, Peppermint, Chamomile (5 cal)

Espresso

(5 cal)

Americano

(5 cal)

Cappuccino

(80 cal)

Caffè Latte

(80 cal)

Organic Coffee

(0 cal)

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.

STARTERS

Lemon Blueberry Muffin **VEG**

one or three

house-made ricotta olive oil batter, organic blueberries, lemon zest (5g-15g protein | 280-830 cal)

Bananas Foster Chia Seed Pudding **V GF**

coconut chia seed pudding, caramelized bananas, pistachios (7g protein | 480 cal)

BRUNCH ENTRÉES

Avocado Toast* **VEG**

smashed avocado, sourdough toast, Vital Farms pasture-raised jammy egg, pickled organic fresnos, parmesan, chili garlic crunch, served with organic mixed greens (9g protein | 930 cal)

Blueberry Pancakes **VEG GF**

organic blueberry compote, greek yogurt, maple syrup (12g protein | 780 cal)

Farmer's Market Scramble* **VEG GF**

Vital Farms pasture-raised scrambled eggs, roasted sweet potato, charred onions, roasted red peppers, aged white cheddar (39g protein | 760 cal)

Chef's Suggestion - add avocado

Rancher's Hash*

Vital Farms pasture-raised sunny-side-up eggs, organic 100% grass-fed beef, roasted sweet potatoes, roasted red peppers, aged white cheddar, avocado, cherry tomatoes, charred onions, charred scallion salsa, sourdough toast (40g protein | 930 cal)

Southwest Tofu Scramble **V**

organic tofu, caramelized onions, roasted red peppers, organic spinach, charred scallion salsa, avocado, sourdough toast (34g protein | 580 cal)

Mediterranean Breakfast Bowl* **VEG**

Vital Farms pasture-raised jammy eggs, cherry tomatoes, cucumber, chickpeas, watermelon radish, za'atar vinaigrette, tzatziki, dill, spicy herb sauce, lavash (22g protein | 480 cal)

Kid's Blueberry Pancake **VEG GF**

organic blueberry compote, greek yogurt, maple syrup (7g protein | 450 cal)



FRESH-SQUEEZED WELL-BEING

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)

Try it spiked with tito's handmade vodka

Bright Eyes

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

GUT HEALTH

HYDRATION

NUTRIENT DENSE

ANTIOXIDANTS

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

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.

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VO

DINNERDUO

Dinner for Two

STARTER + TWO ENTREES + DESSERT

Available Monday-Friday 5pm-Close

STARTERS CHOOSE ONE TO SHARE

Edamame Dumplings VEG

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

Mediterranean Hummus v

spicy herb sauce, red pepper pistachio spread, za'atar spice, served with baked flatbread (19g protein | 710 cal)

Guacamole v

avocado, lime, cilantro, cherry tomatoes, pickled organic fresnos, served with baked flatbread (3g protein | 330 cal)

ENTRÉES CHOOSE TWO

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)

All-American Burger*

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

Turkey Burger

Diestel Farms turkey, smoked gouda, avocado, tomato, butter lettuce, jalapeño remoulade (43g protein | 600 cal)

Lasagne al Pesto* GF

Diestel Farms turkey sausage bolognese, pistachio pesto, organic spinach, ricotta, fresh mozzarella, basil (32g protein | 750 cal)

Spinach and Wild Mushroom Pizza v

roasted wild mushrooms, organic spinach, garlic purée, lemon almond ricotta (29g protein | 1070 cal)

Margherita Pizza VEG

fresh mozzarella, DiNapoli tomato sauce, basil (38g protein | 920 cal)

Teriyaki Quinoa Bowl* v GF

regenerative quinoa brown rice blend, broccoli, rainbow carrots, bok choy, snap peas, pickled shiitake, sesame seeds (24g-47g protein | 590-690 cal)

Chef's Suggestion - add organic tofu, grilled chicken or shrimp

Korean Noodle Bowl* v GF

glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts (28g-51g protein | 780-880 cal)

Chef's Suggestion - add organic tofu, grilled chicken or shrimp

Wild-Caught Tuna Poke Bowl* GF

regenerative black rice, avocado, roasted wild mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzu (32g protein | 500 cal)

DESSERT TO SHARE

Flourless Chocolate Cake VEG GF

organic TCHO chocolate, vegan vanilla ice cream, caramel, almonds, cacao nibs (660 cal)

COMPLETE YOUR MEAL with a 6oz Glass of Proprietary Wine

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TRUE FOOD KITCHEN

DESSERTS

Spiced Carrot Cake **VEG GF**

vanilla mascarpone mousse, candied oranges, walnuts (640 cal)

Flourless Chocolate Cake **VEG GF**

organic TCHO chocolate, vegan vanilla ice cream, caramel, almonds, cacao nibs (660 cal)

Chocolate Chip Cookie **v GF**

organic TCHO chocolate (400 cal)

Chocolate Chip Cookie à la Mode **v GF**

warm chocolate chip cookie, vegan vanilla ice cream (530 cal)

Cosmic Bliss Ice Cream **VEG GF**

organic grass-fed ice cream (270 cal)

Vegan Vanilla Ice Cream **v GF**

(320 cal)

AFTER-DINNER DRINKS

COCKTAILS

Espresso Martini

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

Smoke Show Old Fashioned

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

ORGANIC COFFEE + MATCHA

Iced Shakerato

organic espresso, brown sugar, choice of almond or whole milk (130-170 cal)

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)

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Easy peasy.
lemon squeezy

ENTRÉES

Buttered Noodles **VEG**

curly pasta with melted butter and a sprinkle of parmesan cheese
(18g protein | 520 cal)

Chicken Teriyaki Bowl **GF**

mixed veggies including rainbow carrots, broccoli, bok choy, snap peas with quinoa & brown rice (36g protein | 630 cal)

Grass-Fed Cheeseburger

served with hummus and rainbow carrots (51g protein | 570 cal)

*swap for True Crisp'd™ Air-Fried French Fries; Gluten-Friendly Bun **VEG GF** (contains dairy)*

Tomato Sauce Noodles **VEG**

curly noodles with delicious tomato sauce and a sprinkle of cheesy parmesan goodness (19g protein | 440 cal)

Cheese Pizza **VEG**

pizza with gooey cheese and tasty tomato sauce (33g protein | 850 cal)

*Gluten-Friendly Crust **VEG GF** (contains dairy)*

True Crisp'd™ Chicken Tender Plate **GF**

two hand-breaded, air-fried True Crisp'd™ chicken tenders with a sidekick of hummus and rainbow carrots (35g protein | 650 cal)
swap for True Crisp'd™ Air-Fried French Fries

pick your favorite sauce to dip them in:
bbq sauce, ketchup, house-made ranch

DRINKS

Seasonal Lemonade (60 cal)

Pink Lemonade

dragon fruit, lemon (70 cal)

Prickly Pear Fizz

prickly pear, hibiscus, lime (70 cal)

Fruity Bubble Water Spritzer

choose your juice adventure!

Lemon-Lime (5 cal)

Grapefruit (10 cal)

Pineapple (15 cal)

Pomegranate (20 cal)

DESSERT

Kid's Cookie and Ice Cream Sundae **V GF**

chocolate chip cookie, vegan vanilla ice cream (500 cal)

Besties!

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