



TFK

TRUE FOOD KITCHEN  
**FALL+WINTER 2025**  
**NUTRITIONAL GUIDE**



FOOD - STARTERS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Roasted Butternut Squash Soup (Bowl)	260	7	6	0	580	45	4	33	2	Allergen Statement: Contains soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, wheat, gluten, fish, shellfish, peanuts, tree nuts, and sesame.
Roasted Brussels Sprouts	350	23	3.5	0	1070	34	10	11	9	Allergen Statement: Contains soy and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, wheat, fish, shellfish, peanuts, tree nuts, soy, and sesame
Edamame Dumplings	270	13	4.5	15	740	25	4	4	12	Allergen Statement: Contains wheat, soy, sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts.
Charred Cauliflower	340	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 eggs, milk, wheat, fish, shellfish, peanuts, tree nuts.
Guacamole	330	24	3.5	0	960	28	14	3	3	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, sesame, and soy.
Guacamole - Sub Veggies	315	22	3.5	0	880	30	15	8	6	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, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Mediterranean Hummus	710	48	7	0	1120	57	15	11	19	Allergen Statement: Contains wheat, tree nuts (pistachios) and sesame. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, and soy.
Mediterranean Hummus - Sub Veggies	700	47	6	0	1040	58	17	15	19	Allergen Statement: Contains tree nuts (pistachios), wheat. Gluten Statment: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, soy, and sesame.

FOOD - SALADS

	Calories (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	600	52	11	25	1250	27	7	16	11	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains milk, tree nuts (pistachios), and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, wheat, fish, shellfish, peanuts, and soy.
Seasonal Market Salad (No Dressing)	280	17	6	25	800	26	6	16	9	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains milk, tree nuts (pistachios). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, wheat, fish, shellfish, peanuts, sesame, and soy.
Chopped Salad	600	34	6	15	470	64	10	27	13	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains milk, wheat, tree nuts (almonds). Gluten Statement: Formulated with no gluten containing ingredients. Cross Contact: May contain wheat, eggs, fish, shellfish, peanuts, soy, and sesame
Chopped Salad (No Dressing)	370	12	3	15	150	58	10	22	13	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains milk, wheat, tree nuts (almonds). Gluten Statement: Formulated with no gluten containing ingredients. Cross Contact: May contain wheat, eggs, fish, shellfish, peanuts, soy, and sesame
Chinese Chicken Salad	700	48	6	60	1240	36	12	15	36	Allergen Statement: Contains tree nuts (almonds), soy, sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, milk, fish, shellfish, peanuts.
Chinese Chicken Salad (No Dressing)	490	30	4	75	720	21	10	7	37	Allergen Statement: Contains tree nuts (almonds), soy, sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, milk, fish, shellfish, peanuts.
Organic Tuscan Kale Salad	370	35	6	10	820	14	4	3	9	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains eggs, milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy and sesame.
Organic Tuscan Kale Salad (No Dressing)	90	3.5	1.5	10	240	11	4	2	7	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains eggs, milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy and sesame.

FOOD - PIZZAS

	Calories (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	44	5	0	1950	148	10	7	29	Allergen Statement: Contains wheat and tree nuts (almonds). Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, soy, and sesame.
GF Spinach & Mushroom Pizza	780	37	5	0	800	104	10	6	15	Allergen Statement: Contains tree nuts (almonds). Gluten Staternent: Formulated with no gluten-containing ingredients. Cross Contact: May contain milk, eggs, wheat, fish, shellfish, peanuts, soy, and sesame.
Pepperoni Pizza	1070	38	17	90	227	129	4	3	43	Allergen Statement: Contains eggs, milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
GF Pepperoni Pizza	710	27	15	75	910	84	5	3	29	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, tree nuts, soy and sesame.
Margarita Pizza	920	26	13	50	1660	129	4	3	38	Allergen Statement: Contains eggs, milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
GF Margarita Pizza	610	19	13	50	510	84	5	3	23	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, tree nuts, soy and sesame.
Seasonal Roasted Butternut Squash Pizza	1000	36	4.5	0	1900	153	12	8	26	Allergen Statement: Contains wheat and tree nuts (almonds). Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, soy, and sesame.
GF Seasonal Roaster Butternut Squash Pizza	710	29	4	0	740	106	12	7	13	Allergen Statement: Contains tree nuts (almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain milk, eggs, wheat, fish, shellfish, peanuts, soy, and sesame.

Carmalized Onion and Andouille Sausage Pizza (NOLA only)	1120	35	11	95	2480	151	5	17	46	Allergen Statement: Contains eggs, milk, wheat, and soy. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, and sesame.
House-Made Original Ranch (1.5oz)	100	15	2	0	330	3	0	1	1	Allergen Statement: Contains milk and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, and soy.
House-Made Spicy Ranch (1.5oz)	120	16	2	0	340	3	1	1	1	Allergen Statement: Contains milk and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, and soy.

# TRUE FOOD KITCHEN

## FOOD - BOWLS

	Calories (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	18	4	35	3300	58	7	18	32	Allergen Statement: Contains soy and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, peanuts, shellfish, tree nuts, fish.
Teriyaki Quinoa Bowl	430	21	3	0	850	63	12	22	10	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains soy and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, peanuts, shellfish, tree nuts, wheat, gluten, and fish.
Korean Noodle Bowl	620	16	2	0	1440	111	10	13	16	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains soy and sesame. Gluten Statement: Formulated with no gluten containing ingredients. Cross Contact: May contain eggs, milk, peanuts, shellfish, tree nuts, and fish.
Spicy Panang Curry Bowl	700	21	15	0	1450	121	9	68	10	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains fish and shellfish. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, peanuts, wheat, gluten, soy, sesame, and tree nuts.
Ancient Grain Bowl	560	34	4.5	0	1020	57	11	16	12	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains wheat, tree nuts, soy, and sesame. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, and shellfish.
Add On: Antibiotic-Free Chicken	260	11	2	100	800	2	0	1	37	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, milk, tree nuts, peanuts, fish, wheat, gluten, and shellfish.
Add On: Grass-Fed Steak*	315	33	10	115	2160	0	0	0	29	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, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Add On: Shrimp*	200	10	2	335	3240	3	0	0	36	Allergen Statement: Contains shellfish. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, wheat, gluten and fish.
Add On: Sustainable Arctic Salmon	290	21	4.5	85	90	0	0	0	29	Allergen Statement: Contains fish. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, shellfish, wheat, and gluten.
Add On: True Crisp'd Chicken (2pc)	390	18	3	100	620	14	0	3	30	Allergen Statement: Contains eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, wheat, fish, shellfish, peanuts, tree nuts, sesame, and soy.
Add On: Organic Tofu	160	8	1.5	0	70	2	2	0	14	Allergen Statement: Contains soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, peanuts, shellfish, tree nuts.

## FOOD - BURGERS & SANWICHES

	Calories (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	35	10	120	1390	40	4	6	51	Analysis and allergens do not include the choice of side. Allergen Statement: Contains eggs, milk, wheat, and soy. Gluten Statement: Contains gluten. Cross Contact: May contain fish, peanuts, shellfish, and tree nuts.
Turkey Burger	600	32	8	165	1270	35	4	6	43	Analysis and allergens do not include the choice of side. Allergen Statement: Contains milk and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, peanuts, shellfish, and tree nuts.
Plant-Based Double Cheeseburger	750	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. Cros Contact: May contain fish, peanuts, and shellfish.
All-American Burger*	720	41	13	135	1380	38	3	8	51	Analysis and allergens do not include the choice of side. Allergen Statement: Contains milk and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, peanuts, shellfish, and tree nuts.
Grilled Shrimp Po'Boy* (NOLA only)	720	38	5	275	10280	65	6	12	40	Analysis and allergens do not include the choice of side. Allergen Statement: Contains wheat and shellfish. Gluten Statement: Contains gluten. Cross Contact: May contain fish, peanuts, tree nuts, dairy.

## FOOD - SIDES

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Kale Salad	120	12	2.5	5	290	5	2	1	3	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
True Crisp'd Air Fried French Fries	310	24	2.5	0	950	27	0	5	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Cheesy Mashed Potatoes	200	13	8	35	390	18	2	2	5	Allergen Statement: Contains milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May include eggs, tree nuts, peanuts, fish, wheat, shellfish, gluten, soy, and sesame.
Simple Salad	130	13	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Jackson's Sweet Potato Chips	230	14	1.5	0	230	24	3	5	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Seasonal Roasted Butternut Squash Soup (cup)	190	3.5	3	0	290	22.5	2	16.5	1	Allergen Statement: Contains soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, sesame, and shellfish.
Honey Roasted Carrots	100	6	1	0	500	11	3	6	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

Seasonal Veggies	150	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
House-made Grits (NOLA only)	120	10	6	30	510	7	0	5	4	Allergen Statement: Contains milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May include eggs, tree nuts, peanuts, fish, wheat, shellfish, gluten, soy, and sesame.
Peri Peri Ketchup (1.5oz)	80	6	1	0	570	7	0	5	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Chili garlic Crunch (1oz)	250	26	3.5	0	560	5	1	2	1	Allergen Statement: Contains sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, wheat, fish, shellfish, peanuts, tree nuts, soy, and milk.
Thai Basil Vinaigrette (1.5oz)	120	14	2	5	140	0	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
TFK Special sauce (1.5oz)	190	18	2.5	0	510	6	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

FOOD - ENTRÉES

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Grilled Sustainable Salmon*	640	48	8	95	2790	14	3	4	37	Allergen Statement: Contains eggs, and fish. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain milk, wheat, shellfish, peanuts, tree nuts, sesame, and soy.
Tender Plate	870-1140	50-77	8-12	205	1430-2190	33-42	2	10	61-65	Allergen Statement: Contains eggs, sesame, and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, tree nuts, and soy.
Steak Frites*	1190	88	25	235	2560	23	1	3	78	Allergen Statement: Contains milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, wheat, fish, shellfish, tree nuts, peanuts, sesame, and soy.
Chicken Parmesan	900	41	13	140	3620	66	3	8	50	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: Contains fish, shellfish, peanuts, tree nuts, soy, and sesame.
Asian Wild-Caught Shrimp*	830	51	9	275	5700	54	7	13	45	Allergen Statement: Contains shellfish and soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain milk, eggs, wheat, fish, peanuts, tree nuts, and sesame.
Lasagne al Pesto	750	46	12	110	2080	50	6	8	32	Allergen Statement: Contains eggs, milk, and soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, tree nuts, peanuts, and sesame.
Spaghetti Squash Casserole	350	17	9	45	880	31	6	13	19	Allergen Statement: Contains eggs, and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, tree nuts, soy, and sesame.
Jambalaya Pasta* (NOLA only)	680	30	5	220	6430	52	4	4	50	Allergen Statement: Contains wheat and shellfish. Gluten Statement: Contains gluten. Cross Contact: May contain milk, eggs, fish, shellfish, peanuts, tree nuts, soy, and sesame.
Hot Honey Shrimp and Grits* (NOLA only)	710	36	15	330	10180	34	1	24	39	Allergen Statement: Contains milk, shellfish, and soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, fish, peanuts, tree nuts, and sesame.
Blackened Red Fish* (NOLA only)	620	36	12	110	8860	13	2	8	50	Allergen Statement: Contains milk and fish. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain milk, eggs, fish, shellfish, peanuts, tree nuts, sesame, and soy.
Smokey Red Beans and Rice (NOLA only)	340	11	2	40	1880	36	10	5	19	Allergen Statement: Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, milk, eggs, tree nuts, peanuts.. shellfish, and sesame.

FOOD - DESSERTS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Flourless Chocolate Cake	660	44	28	110	290	76	6	66	7	Allergen Statement: Contains eggs, milk, and tree nuts (almond). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, sesame, and soy.
Chocolate Chip Cookie	400	18	13	0	270	54	3	27	3	Allergen Statement: Contains tree nuts (almond). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, milk, peanuts, fish, shellfish, soy, and sesame.
Chocolate Chip Cookie A La Mode	530	28	22	0	300	74	4	44	4	Allergen Statement: Contains tree nuts (almond). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, milk, peanuts, fish, shellfish, soy, and sesame.
Cosmic Bliss Ice Cream	270	19	12	85	90	21	0	19	4	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, tree nuts, soy, and sesame.
Vegan Vanilla Ice Cream	320	20	17	0	20	33	1	31	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 eggs, milk, tree nuts, peanuts, fish, wheat, soy, sesame, and shellfish.
Seasonal Fall Pie	600	17	16	0	440	110	6	79	4	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, milk, tree nuts, peanuts, fish, wheat, soy, sesame, and shellfish.
Spiced Carrot Cake	640	39	16	120	690	65	3	36	9	Allergen Statement: Contains eggs, milk, and tree nuts (walnuts). Gluten Statement: Formulated with no gluten-containing ingredients. Cross contact: May contain wheat, fish, shellfish, peanuts, soy, and sesame.

FOOD - KIDS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Buttered Noodles	520	15	7	30	40	107	8	3	18	Allergen Statement: Contains eggs, milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain shellfish, fish, peanuts, soy, sesame, tree nuts.
Chicken Teriyaki Bowl	630	23	3.5	75	1490	47	9	24	36	Allergen Statement: Contains soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, wheat, shellfish, fish, peauts, tree nuts, and sesame.
Grass-Fed Cheeseburger	570	23	8	120	2370	44	6	8	51	Analysis and allergens do not include the choice of side. Allergen Statement: Contains milk, wheat, and sesame. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, fish, shellfish, peanuts, and soy.
Tomato Sauce Noodles	440	3	0	0	260	111	9	6	19	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, sesame, and soy.
Cheese Pizza	850	20	8	35	1680	131	4	4	33	Allergen Statement: Contains milk and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, shellfish, fish, peanuts, tree nuts, sesame, and soy.
True Crisp'd Chicken Tender Plate	650	23	3.5	105	1670	72	13	33	35	Analysis and allergens do not include the choice of side. Allergen Statement: Contains eggs and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain milk, wheat, fish, shellfish, soy.
Kid's Cookie and Ice Cream Sundae	500	26	20	0	300	70	4	40	4	Allergen Statement: Contains tree nuts (almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain

FOOD - BRUNCH

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Lemon Blueberry Muffin (1)	280	8	2	20	240	53	1	35	5	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
Lemon Blueberry Muffin (3)	830	24	6	60	720	159	3	105	15	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
Avocado Toast*	930	80	12	20	1240	46	8	3	9	Allergen Statement: Contains eggs, milk, wheat, and sesame. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, sesame, and soy.
Blueberry Pancakes	780	36	18	170	1240	106	5	56	12	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contat: May contain wheat, fish, shellfish, tree nuts, peanuts, sesame, and soy.
Farmers Market Scramble*	760	58	19	790	2510	20	3	7	39	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contat: May contain wheat, fish, shellfish, tree nuts, peanuts, sesame, and soy.
Rancher's Hash*	930	58	16	445	2910	62	9	11	40	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
Southwest Tofu Scramble	580	32	5	0	2020	41	11	8	34	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross ontact: May contain milk, eggs, fish, shellfish, peanuts, tree nuts, soy, and sesame.
Mediterranean Breakfast Bowl	480	25	3.5	35	1370	43	10	13	22	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
Single Pancake	450	18	9	85	630	67	2	40	7	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contat: May contain wheat, fish, shellfish, tree nuts, peanuts, sesame, and soy.
Kid's Blueberry Pancake	450	18	9	85	630	67	2	40	7	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contat: May contain wheat, fish, shellfish, tree nuts, peanuts, sesame, and soy.

BEVERAGE - REFRESHERS, TEA, SPRITZERS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Pink Lemonade	160	0	0	0	15	39	1	37	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Kale Aid	100	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Bright Eyes	170	0.5	0	0	80	40	3	25	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
The O.G.	120	0	0	0	0	32	1	27	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Green or Black Iced Tea	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Jasmine Pearl Green Tea	5	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Passport Loose Leaf Tea: Darjeeling	5	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Passport Loose Leaf Tea: Classic Chai	5	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Passport Loose Leaf Tea: Peppermint Herbal	5	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Passport Loose Leaf Tea: Chamomile Herbal	5	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Prickly Pear Tisane	70	0	0	0	10	19	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Apple Lemonade	70	0	0	0	15	17	0	13	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Lemon-Lime Spritzer	5	0	0	0	0	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.



Grapefruit Spritzer	10	0	0	0	0	3	0	2	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Orange Spritzer	15	0	0	0	0	3	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Pineapple Spritzer	15	0	0	0	0	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Pomegranate Spritzer	20	0	0	0	0	4	0	4	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Mountain Valley Water	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

BEVERAGE - ORGANIC FAIR TRADE COFFEE & MATCHA

	Calories (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	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Americano	5	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Cappuccino	80	4.5	0	0	60	8	1	5	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Caffe Latte	80	4.5	0	0	60	8	1	5	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Organic Fair Trade Coffee	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Shakerato	170	3.5	0	0	65	35	1	28	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Matcha Latte	70	3.5	0	0	55	7	1	2	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Lavender Matcha Latte	200	4.5	0	0	70	38	1	31	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Iced Matcha Horchata	150	6	0	0	65	25	1	22	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Matcha Horchata	150	6	0	0	65	25	1	22	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

TRUE FOOD KITCHEN

BEVERAGE - CRAFT COCKTAILS & NON-ALCOHOLIC COCKTAILS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate s (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Moscow Mule	160	0	0	0	0	18	6	11	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Spicy Pineapple Margartia	180	0	0	0	0	20	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Citrus Skinny Margarita	170	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Smoke Show Old Fashioned	230	0	0	0	0	9	0	9	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Pomegranate Mojito	170	0	0	5	5	17	0	15	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
The Indigo	220	0	0	0	0	17	1	13	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Ginger Margarita	140	0	0	0	0	19	0	13	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Juniper Rose	180	0	0	0	0	16	0	14	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Grapefruit Martini	200	0	0	0	0	17	1	14	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Common Bond	140	0	0	0	5	12	0	11	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Chai Smoked Common Bond	140	0	0	0	5	11	0	9	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Blueberry 75 (Non-Alc)	50	0	0	5	5	14	0	13	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Sparkling Sangria (Non-Alc)	200	0	0	0	210	52	0	50	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Smoky Ginger Margarita	210	0	0	0	690	20	1	13	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Mimosa (glass)	150	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Mimosa (half bottle)	300	0	0	0	5	17	0	14	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Mimosa (full bottle)	600	0	0	0	10	34	0	28	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Espresso Martini	170	0	0	0	5	16	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

BEVERAGE - SPARKLING, RED & WHITE WINE

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

BEVERAGE - BEER

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate s (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
--	--------------------	------------	----------------------	---------------------	----------------	--------------------------	----------------------------	---------------------	----------------	-------

Stella Artois	140	0	0	0	0	10	0	0	0	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, sesame, and soy.
Modelo Especial	145	0	0	0	0	18	0	0	0	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, sesame, and soy.
Voo Doo Ranger Imperial IPA	250	0	0	0	5	15	0	0	2	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, sesame, and soy.
Athletic Brewing Run Wild IPA	65	0	0	0	0	16	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 eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Michelob Ultra	0	0	0	0	0	0	0	0	0	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, sesame, and soy.
Voodoo Ranger Juicy Haze IPA	0	0	0	0	0	0	0	0	0	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, sesame, and soy.

Values shown are for full dish. Values are current as of September 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.