

The logo consists of a dark green square with the words "TRUE", "FOOD", and "KITCHEN" stacked vertically in white, bold, sans-serif capital letters.

**TRUE
FOOD
KITCHEN**

GROUP DINING

PARTIES | MEETINGS | EVENTS

PRIVATE DINING, FULL RESTAURANT BUYOUTS, BRUNCH, ALL DAY OFFERINGS & COCKTAILS

TFK BRUNCH

Available Saturday and Sunday only.

HARVEST

\$30 PER PERSON

Iced tea and drip coffee included.

STARTER FOR THE TABLE

served family style

FRUIT PLATTER
seasonal selection

SEASONAL BRUNCH ITEM *If available*

ENTRÉES

party organizer pick 3 from below.
choice of chicken, tofu or shrimp for salads and bowls.

BLUEBERRY PANCAKES **VEG GF**
organic blueberry compote, greek yogurt, maple syrup
12G PROTEIN | 780 CAL

ORGANIC TUSCAN KALE SALAD **VEG**
organic kale, parmesan, breadcrumbs, lemon, garlic
11G PROTEIN | 410 CAL

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

TERIYAKI QUINOA BOWL **V GF**
regenerative quinoa brown rice blend, broccoli,
rainbow carrots, bok choy, snap peas, pickled shiitake,
sesame seeds
10G PROTEIN | 450 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

DESSERT

per person

CHOCOLATE CHIP COOKIE À LA MODE **V GF**
warm chocolate chip cookie, vegan vanilla ice cream
530 CAL

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

*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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *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.*

TFK BRUNCH

Available Saturday and Sunday only.

GATHERED

\$35 PER PERSON

Iced tea and drip coffee included.

STARTER FOR THE TABLE

served family style

HUMMUS *Seasonal selection*

SEASONAL BRUNCH ITEM *If available*

FRUIT PLATTER

seasonal selection

ENTRÉES

party organizer pick 3 from below.
choice of chicken, tofu or shrimp for salads and bowls.

BLUEBERRY PANCAKES **VEG GF**

organic blueberry compote, greek yogurt, maple syrup

12G PROTEIN | 780 CAL

ORGANIC TUSCAN KALE SALAD **VEG**

organic kale, parmesan, breadcrumbs, lemon, garlic

11G PROTEIN | 410 CAL

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

GRASS-FED BURGER*

Verde Farms organic 100% grass-fed beef, mushroom,
caramelized onions, organic arugula, parmesan,
umami sauce · *comes with choice of Tuscan Kale Salad or
Simple Salad · add fried egg +\$1.00*

51G PROTEIN | 660 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

DESSERT

per person

CHOCOLATE CHIP COOKIE À LA MODE **V GF**

warm chocolate chip cookie, vegan vanilla ice cream

530 CAL

SEASONAL DESSERT ITEM *If available*

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

*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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *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.*

TFK BRUNCH

Available Saturday and Sunday only.

BOUNTY

\$45 PER PERSON

Iced tea and drip coffee included.

STARTER FOR THE TABLE

served family style

CHARRED CAULIFLOWER **v GF**

medjool dates, harissa tahini, dill, mint, pistachio

9G PROTEIN | 340 CAL

EDAMAME DUMPLINGS **VEG**

white truffle oil, dashi, thai basil, sesame seeds

12G PROTEIN | 270 CAL

HUMMUS *Seasonal selection*

FRUIT PLATTER

seasonal selection

SEASONAL BRUNCH ITEM *If available*

ENTRÉES

party organizer pick 3 from below.
choice of chicken, tofu or shrimp for salads and bowls.

BLUEBERRY PANCAKES **VEG GF**

organic blueberry compote, greek yogurt, maple syrup

12G PROTEIN | 780 CAL

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

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

SEASONAL BRUNCH ITEM *If available*

46G PROTEIN | 1070 CAL

CHOICE OF PIZZA...Pepperoni Pizza, Margherita Pizza **VEG** or Spinach and Wild Mushroom Pizza **v**

29-43G PROTEIN | 920-1070 CAL

GRASS-FED BURGER*

Verde Farms organic 100% grass-fed beef, mushroom,
caramelized onions, organic arugula, parmesan,
umami sauce · comes with choice of Tuscan Kale Salad or
Simple Salad · add fried egg +\$1.00

51G PROTEIN | 660 CAL

DESSERT

per person

CHOCOLATE CHIP COOKIE À LA MODE **v GF**

warm chocolate chip cookie, vegan vanilla ice cream

530 CAL

SEASONAL DESSERT ITEM *If available*

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

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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *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.

TFK LUNCH

HARVEST
\$25 PER PERSON

Iced tea and drip coffee included.

STARTER FOR THE TABLE served family style

HUMMUS *Seasonal selection*

ENTRÉES party organizer pick 3 from below. choice of chicken, tofu or shrimp for salads and bowls.

CHOPPED SALAD VEG

organic mixed greens & romaine blend, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette

15G PROTEIN | 660 CAL

TERIYAKI QUINOA BOWL V GF

regenerative quinoa brown rice blend, broccoli, rainbow carrots, bok choy, snap peas, pickled shiitake, sesame seeds

10G PROTEIN | 450 CAL

ANCIENT GRAINS BOWL V

organic grains, miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, pistachio pesto, hemp seeds, turmeric

12G PROTEIN | 560 CAL

GRILLED CHICKEN RANCH WRAP

avocado, roasted red pepper, organic mixed greens, house-made original ranch dressing • *comes with choice of Tuscan Kale Salad or Simple Salad*

33G PROTEIN | 710 CAL

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

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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *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.

STARTER FOR THE TABLE served family style**EDAMAME DUMPLINGS** **VEG**

white truffle oil, dashi, thai basil, sesame seeds

12G PROTEIN | 270 CAL**HUMMUS** *Seasonal selection***ENTRÉES** party organizer pick 3 from below.
choice of chicken, tofu or shrimp for salads and bowls.**CHOPPED SALAD** **VEG**

organic mixed greens & romaine blend, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette

15G PROTEIN | 660 CAL**TERIYAKI QUINOA BOWL** **V GF**

regenerative quinoa brown rice blend, broccoli, rainbow carrots, bok choy, snap peas, pickled shiitake, sesame seeds

10G PROTEIN | 450 CAL**ANCIENT GRAINS BOWL** **V**

organic grains, miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, pistachio pesto, hemp seeds, turmeric

12G PROTEIN | 560 CAL**GRILLED CHICKEN RANCH WRAP**avocado, roasted red pepper, organic mixed greens, house-made original ranch dressing · *comes with choice of Tuscan Kale Salad or Simple Salad***33G PROTEIN | 710 CAL****CAPRESE WRAP** **VEG**pistachio pesto, tomato, fresh mozzarella · *comes with choice of Tuscan Kale Salad or Simple Salad***29G PROTEIN | 780 CAL****CHOICE OF BURGER...** Turkey Burger, All-American Burger*, Grass-Fed Burger* or Vegan Double Cheeseburger **V** · *comes with choice of Tuscan Kale Salad or Simple Salad***20-51G PROTEIN | 600-750 CAL****DESSERT** per person**CHOCOLATE CHIP COOKIE À LA MODE** **V GF**

warm chocolate chip cookie, vegan vanilla ice cream

530 CAL**VEG** Vegetarian **V** Vegan **GF** Gluten-Friendly

*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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *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.*

TFK LUNCH

BOUNTY
\$45 PER PERSON
Iced tea and drip coffee included.

STARTER FOR THE TABLE served family style

EDAMAME DUMPLINGS VEG

white truffle oil, dashi, thai basil, sesame seeds
12G PROTEIN | 270 CAL

HUMMUS Seasonal selection

ENTRÉES party organizer pick 4 from below. choice of chicken, tofu or shrimp for salads and bowls.

CHOPPED SALAD VEG

organic mixed greens & romaine blend, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette
15G PROTEIN | 660 CAL

SEASONAL SALAD If available

ANCIENT GRAINS BOWL v

organic grains, miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, pistachio pesto, hemp seeds, turmeric
12G PROTEIN | 560 CAL

CHOICE OF PIZZA...Pepperoni Pizza, Margherita Pizza

VEG or Spinach and Wild Mushroom Pizza v
29-43G PROTEIN | 920-1070 CAL

CHOICE OF BURGER...Turkey Burger, All-American Burger*, Grass-Fed Burger* or Vegan Double Cheeseburger v • *comes with choice of Tuscan Kale Salad or Simple Salad*

20-51G PROTEIN | 600-750 CAL

KOREAN NOODLE BOWL v GF

glass noodles, pickled shiitake, organic spinach, carrots, bean sprouts
15G PROTEIN | 620 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

DESSERT per person

CHOCOLATE CHIP COOKIE À LA MODE v GF

warm chocolate chip cookie, vegan vanilla ice cream
530 CAL

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

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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *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.

TFK DINNER

HARVEST
\$50 PER PERSON

Iced tea and drip coffee included.

STARTER FOR THE TABLE served family style

CHARRED CAULIFLOWER v GF

medjool dates, harissa tahini, dill, mint, pistachio

8G PROTEIN | 340 CAL

HUMMUS Seasonal selection

ENTRÉES party organizer pick 3 from below. choice of chicken, tofu or shrimp for salads and bowls.

SPAGHETTI SQUASH CASSEROLE VEG GF

caramelized onions, fresh mozzarella,
DiNapoli tomato sauce

19G PROTEIN | 350 CAL

TERIYAKI QUINOA BOWL v GF

regenerative quinoa brown rice blend, broccoli,
rainbow carrots, bok choy, snap peas, pickled shiitake,
sesame seeds

10G PROTEIN | 450 CAL

SALMON ENTRÉE Seasonal selection

ANCIENT GRAINS BOWL v

organic grains, miso sesame glazed sweet potato,
charred onions, snap peas, portobello, avocado,
pistachio pesto, hemp seeds, turmeric

12G PROTEIN | 560 CAL

TURKEY BURGER

Diestel Farms turkey, smoked gouda, avocado, tomato,
butter lettuce, jalapeño remoulade - *comes with choice of
Tuscan Kale Salad or Simple Salad*

43G PROTEIN | 600 CAL

DESSERT per person

CHOCOLATE CHIP COOKIE À LA MODE v GF

warm chocolate chip cookie, vegan vanilla ice cream

530 CAL

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

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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *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.

STARTER FOR THE TABLE

served family style

EDAMAME DUMPLINGS VEG

white truffle oil, dashi, thai basil, sesame seeds

12G PROTEIN | 270 CAL**CHARRED CAULIFLOWER** V GF

medjool dates, harissa tahini, dill, mint, pistachio

8G PROTEIN | 340 CAL**HUMMUS** *Seasonal selection***CHOPPED SALAD** VEG

organic mixed greens & romaine blend, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette

15G PROTEIN | 660 CAL**ENTRÉES**party organizer pick 3 from below.
choice of chicken, tofu or shrimp for salads and bowls.**GRASS-FED BURGER***Verde Farms organic 100% grass-fed beef, mushroom, caramelized onions, organic arugula, parmesan, umami sauce · *comes with choice of Tuscan Kale Salad or Simple Salad***51G PROTEIN | 660 CAL****TURKEY BURGER**Diessel Farms turkey, smoked gouda, avocado, tomato, butter lettuce, jalapeño remoulade · *comes with choice of Tuscan Kale Salad or Simple Salad***43G PROTEIN | 600 CAL****CHOICE OF PIZZA...** Pepperoni Pizza, Margherita Pizza**VEG** or Spinach and Wild Mushroom Pizza **V****29-43G PROTEIN | 920-1070 CAL****SALMON ENTRÉE** *Seasonal selection***ANCIENT GRAINS BOWL** **V**

organic grains, miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, pistachio pesto, hemp seeds, turmeric

12G PROTEIN | 560 CAL**KOREAN NOODLE BOWL** V GF

glass noodles, pickled shiitake, organic spinach, carrots, bean sprouts

15G PROTEIN | 620 CAL**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**

per person

FLOURLESS CHOCOLATE CAKE* VEG GF

dark chocolate, vegan vanilla ice cream, house-made caramel, almonds, cacao nibs

660 CAL**CHOCOLATE CHIP COOKIE À LA MODE** V GF

warm chocolate chip cookie, vegan vanilla ice cream

530 CAL**VEG** Vegetarian **V** Vegan **GF** Gluten-Friendly

*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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *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.*

TFK DINNER

BOUNTY
\$70 PER PERSON

Iced tea and drip coffee included.

STARTER FOR THE TABLE

served family style

EDAMAME DUMPLINGS **VEG**

white truffle oil, dashi, thai basil, sesame seeds
12G PROTEIN | 270 CAL

CHARRED CAULIFLOWER **V GF**

medjool dates, harissa tahini, dill, mint, pistachio
8G PROTEIN | 340 CAL

HUMMUS *Seasonal selection*

CHOPPED SALAD **VEG**

organic mixed greens & romaine blend, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette
15G PROTEIN | 660 CAL

CHOICE OF PIZZA...**VEG** or Spinach and Wild Mushroom Pizza **V**

Pepperoni Pizza, Margherita Pizza
29-43G PROTEIN | 920-1070 CAL

ENTRÉES

party organizer pick 4 from below.
choice of chicken, tofu or shrimp for salads and bowls.

GRASS-FED BURGER*

Verde Farms organic 100% grass-fed beef, mushroom, caramelized onions, organic arugula, parmesan, umami sauce · *comes with choice of Tuscan Kale Salad or Simple Salad*
51G PROTEIN | 660 CAL

TURKEY BURGER

Diestel Farms turkey, smoked gouda, avocado, tomato, butter lettuce, jalapeño remoulade · *comes with choice of Tuscan Kale Salad or Simple Salad*
43G PROTEIN | 600 CAL

WILD CAUGHT TUNA POKE BOWL* **GF**

regenerative black rice, avocado, roasted wild mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzu
32G PROTEIN | 500 CAL

ANCIENT GRAINS BOWL **V**

organic grains, miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, pistachio pesto, hemp seeds, turmeric
12G PROTEIN | 560 CAL

KOREAN NOODLE BOWL **V GF**

glass noodles, pickled shiitake, organic spinach, carrots, bean sprouts
15G PROTEIN | 620 CAL

STEAK ENTRÉE *Seasonal selection*

SALMON ENTRÉE *Seasonal selection*

SEASONAL ENTRÉE *If available*

DESSERT

per person

FLOURLESS CHOCOLATE CAKE* **VEG GF**

dark chocolate, vegan vanilla ice cream, house-made caramel, almonds, cacao nibs
660 CAL

SEASONAL DESSERT ITEM *If available*

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

*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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *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.*

Iced tea and drip coffee included.

STARTER FOR THE TABLE served family style

EDAMAME DUMPLINGS VEG

white truffle oil, dashi, thai basil, sesame seeds
12G PROTEIN | 270 CAL

CHARRED CAULIFLOWER V GF

medjool dates, harissa tahini, dill, mint, pistachio
8G PROTEIN | 340 CAL

HUMMUS *Seasonal selection*

CHOPPED SALAD VEG

organic mixed greens & romaine blend, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette
15G PROTEIN | 660 CAL

CHOICE OF PIZZA... Pepperoni Pizza, Margherita Pizza VEG or Spinach and Wild Mushroom Pizza V
29-43G PROTEIN | 920-1070 CAL

ENTRÉES party organizer pick 4 from below.
choice of chicken, tofu or shrimp for salads and bowls.

GRASS-FED BURGER*

Verde Farms organic 100% grass-fed beef, mushroom, caramelized onions, organic arugula, parmesan, umami sauce - comes with choice of Tuscan Kale Salad or Simple Salad
51G PROTEIN | 660 CAL

TURKEY BURGER

Diestel Farms turkey, smoked gouda, avocado, tomato, butter lettuce, jalapeño remoulade - comes with choice of Tuscan Kale Salad or Simple Salad
43G PROTEIN | 600 CAL

WILD CAUGHT TUNA POKE BOWL* GF

regenerative black rice, avocado, roasted wild mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzu
32G PROTEIN | 500 CAL

ANCIENT GRAINS BOWL V

organic grains, miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, pistachio pesto, hemp seeds, turmeric
12G PROTEIN | 560 CAL

KOREAN NOODLE BOWL V GF

glass noodles, pickled shiitake, organic spinach, carrots, bean sprouts
15G PROTEIN | 620 CAL

STEAK ENTRÉE *Seasonal selection*

SALMON ENTRÉE *Seasonal selection*

DESSERT per person

FLOURLESS CHOCOLATE CAKE* VEG GF

dark chocolate, vegan vanilla ice cream, house-made caramel, almonds, cacao nibs
660 CAL

SEASONAL DESSERT ITEM *If available*

DRINKS 2 servings per person

BEERS

Michelob Ultra 95 CAL
Modelo Especial 145 CAL

Athletic Brewing Run Wild IPA (NA) 65 CAL

WINES

Chardonnay — Imagery
Rose — Pour Les Gens
Pinot Noir — Borealis

Sauvignon Blanc — 13 degrees Celsius
Cabernet Sauvignon — Tribute

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

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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *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.