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

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)

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 rémoulade (43g protein | 600 cal)

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

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

TRUE CRISP'D™
AIR-FRIED | GLUTEN-FREE | 100% SEED OIL-FREE

AIR-FRIED CHICKEN

Tenders

Tender Plate GF
four tenders served with simple salad
(65g protein | 870 -1140 cal)
upgrade your side! True Crisp'd™ Air-Fried French Fries 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)

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 Bar

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

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

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

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

Citrus Skinny Margarita
lunazul blanco tequila, cucumber, mint (170 cal)

ZERO-PROOF

Spicy Clean Margarita
clean & co. tequila, pineapple, lime, jalapeño, mint (180 cal)

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

Blueberry 75
lyre's sparkling, seedlip grove 42, lemon (50 cal)

BEER

Michelob Ultra
4.2% ABV St. Louis, MO (95 cal)

Stella Artois
5% ABV Leuven, Belgium (140 cal)

Modelo Especial
4.4% ABV Nava, Mexico (145 cal)

Voodoo Ranger Juicy Haze IPA
7.5% ABV Fort Collins, CO (210 cal)

Athletic Brewing Run Wild IPA
Non-Alcoholic <0.5% ABV Stratford, CT (65 cal)

WINE

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

SPARKLING

Marqués de Cáceres Cava (Penedès, Spain)

La Marca Prosecco Rosé (Veneto, Italy)

PINOT GRIGIO

Tangent (Edna Valley, California) P S

SAUVIGNON BLANC

13° Celsius (Marlborough, New Zealand) S

Blindfold (Sonoma County, California)

CHARDONNAY

Imagery (Sonoma County, California) S

Benziger "Running Wild" (San Benito County, California) S

Rombauer (Los Carneros, California) S

RIESLING

Schloss Vollrads (Rheingau, Germany) O

ROSÉ

Pour les Gens (Vin de France) P S

Miraval "Studio" (Méditerranée, France) S

PINOT NOIR

Borealis (Oregon) O

Duckhorn "Decoy" (California) S

CABERNET SAUVIGNON

Tribute (California) S

Liberty School (Paso Robles, California) S

The Prisoner (Napa Valley, California)

INTERESTING REDS

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

Terrazas de los Andes "Altos del Plata" Malbec (Mendoza, Argentina) S

Alta Vita Cannonau (Sardinia, Italy) P S

Borgo Scopeto Chianti Classico (Chianti, Italy) S

P Proprietary Label S Sustainable O Organic

HAPPY HOUR

MONDAY–FRIDAY | 3PM–6PM

$2 OFF DUMPLINGS & MEDITERRANEAN HUMMUS | $3 OFF ALL PIZZAS
$5 BEERS AND GLASSES OF PROPRIETARY WINE | $3 OFF ALL COCKTAILS

TRUE Refreshers™

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)

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

GUT HEALTH ○ HYDRATION ○ NUTRIENT DENSE ○ ANTIOXIDANTS

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)

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)

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

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.

TRUE FOOD KITCHEN

BRUNCH

Served Saturday & Sunday until 3pm

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

It's a full bottle kinda day

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)

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

Iced Shakerato
organic espresso, brown sugar (170 cal)

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Organic Coffee (0 cal)

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TRUE FOOD KITCHEN

BRUNCH

Served Saturday & Sunday until 3pm

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)

TRUE Refreshers™

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

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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V Vegan VEG Vegetarian GF Gluten-Friendly

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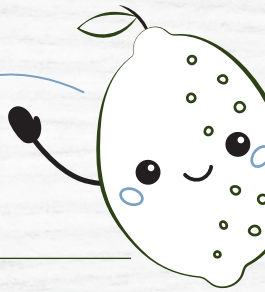
TRUE FOOD KITCHEN

KID'S MENU



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)

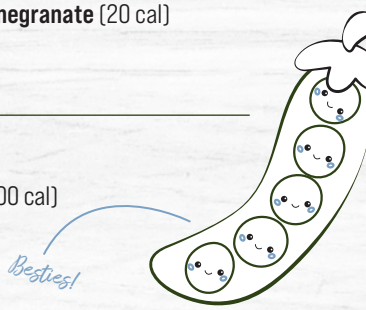
Prickly Pear Fizz
prickly pear, hibiscus, lime (70 cal)

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)



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

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