

# TRUE FOOD KITCHEN

## REFRESHERS

### SPARKLING PRICKLY PEAR TISANE

prickly pear, hibiscus, lime  
70 CAL | \$6.75

### KALE AID®

organic kale, ginger, organic apple, celery, cucumber, lemon  
100 CAL | \$9.75

### ORIGINAL GINGER (THE O.G.)

ginger, honey, lime  
120 CAL | \$6.75

### HANGOVER RX®

pineapple, orange, coconut water, aloe vera, organic sea moss  
140 CAL | \$8.50

### BRIGHT EYES

pineapple, carrot, organic apple, ginger, turmeric, beet, lemon  
170 CAL | \$9.75

### 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 | \$5.00

**OR TRY IT SPIKED WITH TITO'S HANDMADE VODKA** | \$12.25

## SELECT CRAFT COCKTAILS

### CITRUS SKINNY MARGARITA

lunazul blanco tequila, cucumber, mint  
170 CAL | \$14.75

### ROSÉ SANGRIA

la vieille ferme organic rosé, pineapple, lime  
260 CAL | \$13.95

### GRAPEFRUIT MARTINI

prairie organic vodka, grapefruit, lime, thai basil  
200 CAL | \$14.95

### POMEGRANATE MOJITO

don q rum, pomegranate, lime, mint  
170 CAL | \$13.95

### SPICY PINEAPPLE MARGARITA

ana maria rosa tequila, fresh jalapeño, lime  
180 CAL | \$15.25

## STARTERS

### LEMON & FETA HUMMUS **VEG**

cucumber, cherry tomatoes, feta, red onion, kalamata olives, lemon oregano vinaigrette, served with baked flatbread | *sub fresh veggies +2.00*  
18G PROTEIN | 600 CAL | \$11.95

### EDAMAME DUMPLINGS **VEG**

white truffle oil, dashi, thai basil, sesame seeds  
12G PROTEIN | 270 CAL | \$13.95

### CHARRED CAULIFLOWER **V GF**

medjool dates, harissa tahini, dill, mint, pistachio  
8G PROTEIN | 340 CAL | \$12.50

### CHEF-CRAFTED SEASONAL SOUP

ask your server  
100-400 CAL | CUP \$4.50 | BOWL \$8.50

## BOWLS Complement with your choice of protein

### KOREAN NOODLE **V GF**

glass noodles, pickled shiitake, organic spinach, carrots, bean sprouts  
15G PROTEIN | 620 CAL | \$16.95

### TERIYAKI QUINOA **V GF**

regenerative quinoa brown rice blend, broccoli, rainbow carrots, bok choy, snap peas, pickled shiitake, sesame seeds  
10G PROTEIN | 450 CAL | \$16.95

### ANCIENT GRAINS **V**

organic grains, miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, pistachio pesto, hemp seeds, turmeric  
12G PROTEIN | 560 CAL | \$17.50

### MEDITERRANEAN **VEG**

farro, roasted red peppers, cucumber, roasted cauliflower, honey roasted carrots, hummus, harissa tahini, feta, za'atar spice  
23G PROTEIN | 680 CAL | \$17.50

## ADD PROTEIN

to any Bowl or Salad

**Organic Grass-Fed Steak\* **GF****  
29G PROTEIN | 315 CAL | \$8.95

**Sustainably-Raised Shrimp **GF****  
36G PROTEIN | 200 CAL | \$7.95

**Organic Grilled Tofu **V GF****  
14G PROTEIN | 160 CAL | \$5.50

**Pasture-Raised Egg\* **VEG GF****  
6G PROTEIN | 110 CAL | \$2.00

**Antibiotic-Free Chicken Breast **GF****  
37G PROTEIN | 260 CAL | \$6.95

**Norwegian Sustainably-Raised Salmon\* **GF****  
29G PROTEIN | 290 CAL | \$9.95

## SOURDOUGH PIZZAS

### SPINACH & WILD MUSHROOM **V**

roasted wild mushrooms, organic spinach, garlic purée, lemon almond ricotta | *gluten-friendly crust +2.75 (contains dairy)*  
29G PROTEIN | 1090 CAL | \$18.95

### PEPPERONI

Niman Ranch uncured pepperoni, DiNapoli tomato sauce, fresh mozzarella, basil | *gluten-friendly crust +2.75 (contains dairy)*  
46G PROTEIN | 1070 CAL | \$19.50

### MARGHERITA **VEG**

fresh mozzarella, DiNapoli tomato sauce, basil  
*gluten-friendly crust +2.75 (contains dairy)*  
38G PROTEIN | 920 CAL | \$16.95

## SALADS Complement with your choice of protein

### CHOPPED **VEG**

organic mixed greens & romaine blend, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette  
15G PROTEIN | 660 CAL | \$15.95

### FARMERS MARKET **VEG GF**

honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy tahini apple cider vinaigrette  
11G PROTEIN | 600 CAL | \$15.95

### ORGANIC TUSCAN KALE **VEG**

organic kale, parmesan, breadcrumbs, lemon, garlic  
11G PROTEIN | 410 CAL | \$13.50

### GREEK **VEG GF**

organic mixed greens & romaine blend, regenerative quinoa, cherry tomatoes, cucumber, kalamata olives, pickled red onions, feta, lemon oregano vinaigrette  
7G PROTEIN | 420 CAL | \$15.95

### CHINESE CHICKEN **GF**

antibiotic-free grilled chicken, bok choy, cabbage, organic mixed greens, avocado, watermelon radish, snap peas, pickled ginger, almonds, sesame seeds, cilantro, carrot ginger dressing  
39G PROTEIN | 570 CAL | \$18.50

## BURGERS & SANDWICHES

CHOOSE A SIDE

Choice of **Tuscan Kale Salad **VEG**** or **Simple Salad **V GF****  
**Air-Fried French Fries **V GF** +2.50** or **Any Premium Side +2.00**  
**Gluten-Friendly Bun **VEG GF** (contains dairy) +2.50**

### ALL-AMERICAN BURGER\*

Verde Farms organic 100% grass-fed beef, aged white cheddar, tomato, butter lettuce, TFK special sauce  
51G PROTEIN | 710 CAL | \$19.95

### GRASS-FED BURGER\*

Verde Farms organic 100% grass-fed beef, mushroom, caramelized onions, organic arugula, parmesan, umami sauce  
51G PROTEIN | 660 CAL | \$19.95

### TURKEY BURGER

Diestel Farms turkey, smoked gouda, avocado, tomato, butter lettuce, jalapeño remoulade  
43G PROTEIN | 600 CAL | \$18.50

### VEGAN DOUBLE CHEESEBURGER **V**

house-made portobello, beet, and walnut vegan patty, butter lettuce, pickled onions, tomato, vegan cheese, jalapeño remoulade  
20G PROTEIN | 750 CAL | \$18.95

### GRILLED CHICKEN & MOZZARELLA SOURDOUGH PANINI

house-made sourdough, DiNapoli tomato sauce, shredded mozzarella, chili flakes, basil, organic arugula  
30G PROTEIN | 620 CAL | \$16.95

### LEMON OREGANO CHICKEN WRAP

organic mixed greens, snap peas, cucumber, carrots, tomatoes, lemon oregano vinaigrette  
30G PROTEIN | 620 CAL | \$14.95

**Since 2008** we've lived by the simple idea that food should make you feel as good as it tastes. We partner with growers, ranchers, and producers who share our standards, sourcing real, whole ingredients at their peak and creating chef-crafted, globally inspired dishes with intention. We were built on the belief that food should feed more than just your appetite...

**It should nourish your body, mind, and spirit.**

## ENTRÉES

### SOUTHEAST ASIAN STEAK\* **GF**

organic 100% grass-fed steak, regenerative black rice, roasted wild mushrooms, edamame, snap peas, pickled organic fresnos, cilantro, thai basil, scallions, ginger soy vinaigrette  
86G PROTEIN | 1180 CAL | \$38.95

### NORWEGIAN SALMON WITH MISO BEURRE BLANC\* **GF**

sustainably-raised grilled salmon, sautéed kale, roasted wild mushrooms, edamame, organic arugula  
40G PROTEIN | 690 CAL | \$29.95

### SPAGHETTI SQUASH CASSEROLE **VEG GF**

caramelized onions, fresh mozzarella, DiNapoli tomato sauce  
19G PROTEIN | 350 CAL | \$16.50

### JAMBALAYA PASTA

chicken and pork andouille sausage, sustainably-raised shrimp, antibiotic-free chicken, onion, celery, green bell peppers, penne pasta  
51G PROTEIN | 730 CAL | \$20.95

### TUNA POKE BOWL\* **GF**

regenerative black rice, avocado, roasted wild mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzu  
32G PROTEIN | 500 CAL | \$24.95

## SIDES

### ORGANIC TUSCAN KALE SALAD **VEG**

organic kale, parmesan, breadcrumbs, lemon, garlic  
3G PROTEIN | 140 CAL | \$4.00

### SIMPLE SALAD **V GF**

lemon oregano dressing  
0G PROTEIN | 140 CAL | \$4.00

### HERB ROASTED VEGGIES **VEG GF**

sweet potato, carrots, cauliflower, lemon garlic vinaigrette  
3G PROTEIN | 270 CAL | \$6.00

### HONEY ROASTED CARROTS **VEG GF**

oven-roasted carrots caramelized with honey  
1G PROTEIN | 150 CAL | \$6.00

### AIR-FRIED FRENCH FRIES **V GF**

served with ketchup  
3G PROTEIN | 310 CAL | \$6.00

### HOUSE-MADE ORIGINAL RANCH **VEG GF**

3G PROTEIN | 210 CAL | \$1.00

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

# HAPPY HOUR

# MONDAY-FRIDAY

# 3PM-6PM

\$5 BEERS & GLASSES OF PROPRIETARY WINE

\$2 OFF EDAMAME DUMPLINGS AND LEMON & FETA HUMMUS

\$3 OFF ALL PIZZAS & ALL COCKTAILS

## CRAFT COCKTAILS

### SMOKE SHOW OLD FASHIONED

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

230 CAL | \$17.75

### GRAPEFRUIT MARTINI

prairie organic vodka, grapefruit, lime, thai basil

200 CAL | \$14.95

### GINGER MARGARITA

tres agaves organic reposado, fiorente elderflower, ginger honey, orange, lime

140 CAL | \$14.25

### COMMON BOND

high west double rye, apple, lemon, chai *chai smoke it and put it over a large cube! +2.00*

140 CAL | \$14.95

### ROSÉ SANGRIA

la vieille ferme organic rosé, pineapple, lime

260 CAL | \$13.95

### ESPRESSO MARTINI

prairie organic vodka, borghetti espresso liqueur, organic espresso

170 CAL | \$13.50

### MOSCOW MULE

tito's handmade vodka, fever tree blood orange ginger beer, lime

160 CAL | \$13.95

### SMOKY GINGER MARGARITA

illegal mezcal, fiorente elderflower, ginger honey, orange, lime

210 CAL | \$16.25

### POMEGRANATE MOJITO

don q rum, pomegranate, lime, mint

170 CAL | \$13.95

### JUNIPER ROSE

empress 1908 elderflower rose gin, lime, giffard pamplemousse, grapefruit, thyme

180 CAL | \$15.25

### SPICY PINEAPPLE MARGARITA

ana maria rosa tequila, fresh jalapeño, lime

180 CAL | \$15.25

### CITRUS SKINNY MARGARITA

lunazul blanco tequila, cucumber, mint

170 CAL | \$14.75

## ZERO-PROOF

### SPICY CLEAN MARGARITA

clean & co. tequila, pineapple, lime, jalapeño, mint

180 CAL | \$12.25

### SPARKLING SANGRIA

lyre's sparkling, pineapple, lime

200 CAL | \$12.25

### BLUEBERRY 75

lyre's sparkling, seedlip grove 42, lemon

50 CAL | \$12.25

## WINE

P Proprietary Label S Sustainable O Organic  
6OZ 150 CAL 9OZ 220 CAL BOTTLE 620 CAL

### SPARKLING

Marqués de Cáceres Cava — Penedès, Spain O

\$11 | - | \$40

La Marca Prosecco Rosé — Veneto, Italy S

\$14 | - | \$52

### PINOT GRIGIO

Tangent — Edna Valley, California P S

\$10 | \$13 | \$36

### SAUVIGNON BLANC

13° Celsius — Marlborough, New Zealand S

\$11 | \$15 | \$38

Blindfold — Sonoma County, California

\$15 | \$21 | \$56

### CHARDONNAY

Imagery — Sonoma County, California S

\$12 | \$16 | \$44

Benziger “Running Wild” — San Benito County, California S

\$15 | \$21 | \$56

Rombauer — Los Carneros, California S

\$22 | \$28 | \$76

### RIESLING

Schloss Vollrads — Rheingau, Germany O

\$17 | \$21 | \$64

### ROSÉ

Pour les Gens — Vin de France P S

\$12 | \$16 | \$43

Miraval “Studio” — Méditerranée, France S

\$14 | \$19 | \$52

### PINOT NOIR

Borealis — Oregon O

\$14 | \$19 | \$52

Duckhorn “Decoy” — California S

\$15 | \$21 | \$56

### CABERNET SAUVIGNON

Tribute — California S

\$13 | \$17 | \$46

Liberty School — Paso Robles, California S

\$14 | \$19 | \$52

The Prisoner — Napa Valley, California

\$20 | \$28 | \$76

## INTERESTING REDS

Tablas Creek Patelin Rouge — Paso Robles, CA S O

Regenerative Organic

\$16 | \$21 | \$60

Terrazas de los Andes “Altos del Plata”

Malbec — Mendoza, Argentina S

\$11 | \$13 | \$36

Alta Vita Cannonau — Sardinia, Italy P S

\$11 | \$13 | \$36

Borgo Scopeto Chianti Classico — Chianti, Italy S

\$13 | \$17 | \$46

## BEER

### MICHELOB ULTRA

4.2% ABV St. Louis, MO

95 CAL | \$6.00

### STELLA ARTOIS

5% ABV Leuven, Belgium

140 CAL | \$7.00

### MODELO ESPECIAL

4.4% ABV Nava, Mexico

145 CAL | \$6.00

### VOODOO RANGER

JUICY HAZE IPA

7.5% ABV Fort Collins, CO

210 CAL | \$8.00

### ATHLETIC BREWING

RUN WILD IPA

Non-Alcoholic

<0.5% ABV Stratford, CT

65 CAL | \$7.00

## REFRESHERS

Gut-Health Hydration  
Nutrient Dense Antioxidants

### SPARKLING PRICKLY PEAR TISANE

prickly pear, hibiscus, lime

70 CAL | \$6.75

### KALE AID®

organic kale, ginger, organic apple, celery, cucumber, lemon

100 CAL | \$9.75

### ORIGINAL GINGER (THE O.G.)

ginger, honey, lime

120 CAL | \$6.75

### HANGOVER RX®

pineapple, orange, coconut water, aloe vera, organic sea moss

140 CAL | \$8.50

### BRIGHT EYES

pineapple, carrot, organic apple, ginger, turmeric, beet, lemon

170 CAL | \$9.75

### 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

\$5.00 OR TRY IT SPIKED WITH TITO'S HANDMADE VODKA \$12.25

## COLD DRINKS

### MOUNTAIN VALLEY WATER

spring or sparkling, 1L

0 CAL | \$7.00

### PINK DRAGON FRUIT OR SEASONAL LEMONADE

60-70 CAL | \$5.50

### GREEN OR BLACK ICED TEA

0 CAL | \$4.50

## ORGANIC MATCHA

### ICED LAVENDER MATCHA LATTE

almond milk, butterfly lavender

80 CAL | \$6.50

### ICED MATCHA HORCHATA

almond milk, vanilla

120 CAL | \$6.50

### MATCHA LATTE

matcha, choice of almond or whole milk

100 CAL | \$6.00

## TEA & ORGANIC COFFEE

Choice of almond or whole milk

15-100 CAL

### ADAPTOGENIC TULSI TEA

holy basil, ginger, honey

60 CAL | \$5.00

### JASMINE PEARL GREEN TEA

5 CAL | \$6.00

### PASSPORT LOOSE LEAF TEA

choice of Darjeeling, Classic Chai, Peppermint, Chamomile

5 CAL | \$5.00

### ICED SHAKERATO

organic espresso, brown sugar

170 CAL | \$5.75

### ESPRESSO

5 CAL | \$3.50

### AMERICANO

5 CAL | \$4.50

### CAPPUCCINO

80 CAL | \$5.00

### CAFFÈ LATTE

80 CAL | \$5.50

### ORGANIC COFFEE

0 CAL | \$4.00

## OUR TRUE PROMISE

## ORGANIC THAT MATTERS

## HEALTHY FOR PASTURE, PLATE, AND PLANET

## FUTURE-FORWARD FARMING

## CUT THE BAD, AMP UP THE GOOD

## PROUDLY 100% SEED-OIL FREE



Scan for complete allergen and nutritional information. 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.

# BRUNCH

Available weekends until 3PM

## 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 | \$17.50

## FARMER'S MARKET SCRAMBLE VEG GF

Vital Farms pasture-raised scrambled eggs, roasted sweet potato, charred onions, roasted red peppers, aged white cheddar | *add avocado +\$4.00*

39G PROTEIN | 760 CAL | \$16.50

## BLUEBERRY PANCAKES

organic blueberry compote, greek yogurt, maple syrup

12G PROTEIN | 780 CAL | \$15.50

## KID'S BLUEBERRY PANCAKE

organic blueberry compote, greek yogurt, maple syrup

7G PROTEIN | 450 CAL | \$8.50

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# BRUNCH COCKTAILS

## SPIKED SPRITZER

tito's handmade vodka, choice of: pomegranate, pineapple, lemon-lime, grapefruit juice

120 CAL | \$12.25

## BLOODY MARY

tito's handmade vodka, organic tomato, house spice blend, lemon

170 CAL | \$12.50

## ESPRESSO MARTINI

prairie organic vodka, borghetti espresso liqueur, organic espresso

170 CAL | \$13.50

## MIMOSA

### Glass

150 CAL | \$12.25

+ *Sub Lyre's Sparkling*

150 CAL | \$12.25

### Full Bottle

600 CAL | \$45.00

# DESSERT

## FLOURLESS CHOCOLATE CAKE\* VEG GF

dark chocolate, vegan vanilla ice cream,  
house-made caramel, almonds, cacao nibs  
660 CAL | \$10.50

## CHOCOLATE CHIP COOKIE À LA MODE V GF

warm chocolate chip cookie, vegan vanilla ice cream  
530 CAL | \$6.95

## VEGAN VANILLA ICE CREAM V GF

320 CAL | \$4.00

## CHOCOLATE CHIP COOKIE V GF

house-made  
400 CAL | \$2.95

## KID'S COOKIE & ICE CREAM SUNDAE V GF

warm chocolate chip cookie, vegan vanilla ice cream  
500 CAL | \$6.50

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# AFTER-DINNER DRINKS

### *Cocktails*

## ESPRESSO MARTINI

prairie organic vodka,  
borghetti espresso liqueur,  
organic espresso  
170 CAL | \$13.50

## SMOKE SHOW OLD FASHIONED

high west double rye,  
honey syrup, bitters,  
enveloped in hickory  
smoke for a rich  
flavor experience  
230 CAL | \$17.75

VEG Vegetarian  
V Vegan  
GF Gluten-Friendly

### *Non-Alcoholic*

## ICED SHAKERATO

organic espresso,  
brown sugar, choice of  
almond or whole milk  
170 CAL | \$5.75

## ICED LAVENDER MATCHA LATTE

almond milk, butterfly  
lavender  
80 CAL | \$6.50

## ICED MATCHA HORCHATA

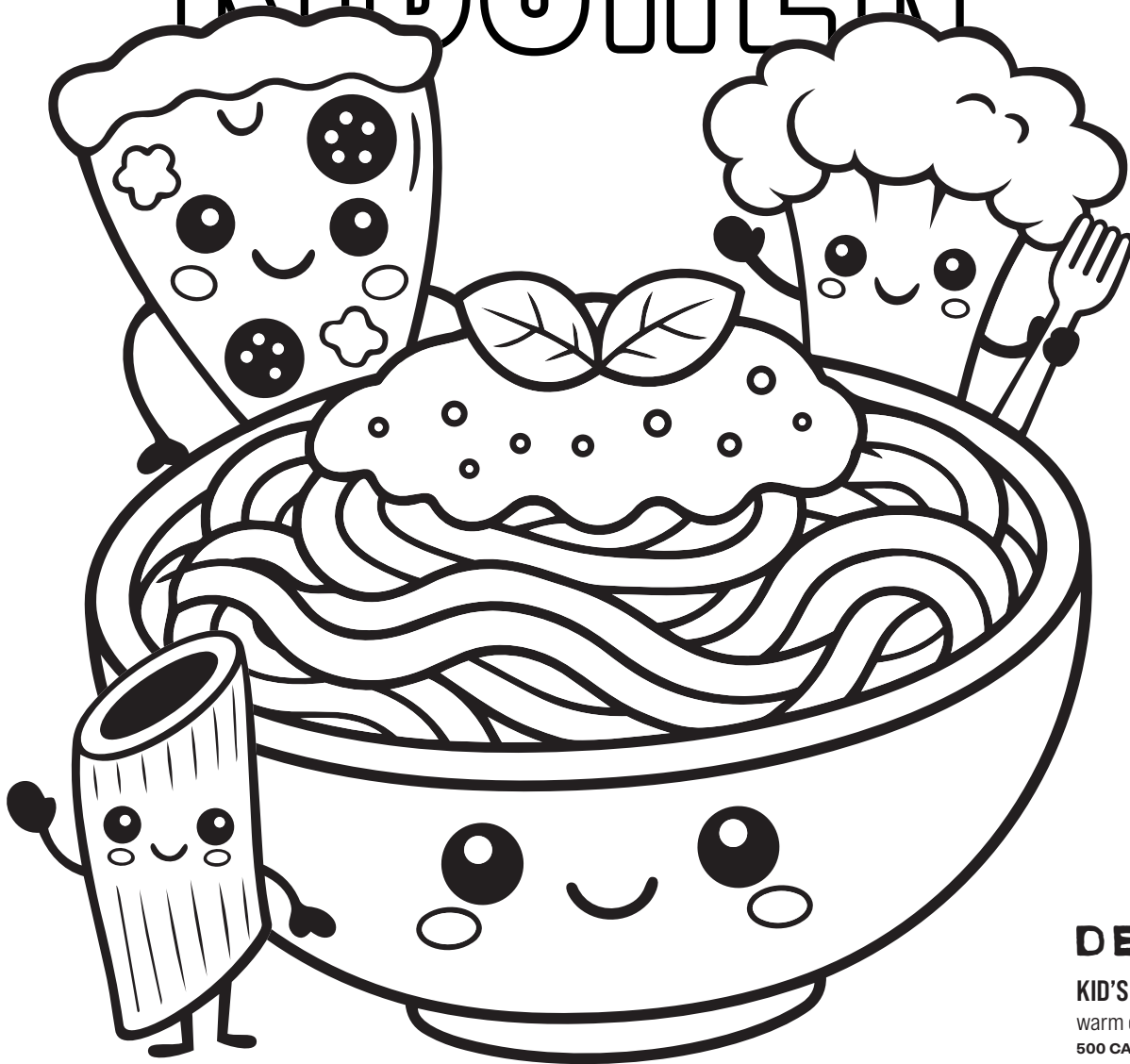
almond milk, vanilla  
120 CAL | \$6.50

## MATCHA LATTE

matcha, choice of almond  
or whole milk  
100 CAL | \$6.00

WM V1A/5B - 4.26

# TRUE FOOD KIDCHEN



## ENTREES

### BUTTERED NOODLES VEG

curly pasta with melted butter and a sprinkle of parmesan cheese

18G PROTEIN | 610 CAL | \$8.00

### CHICKEN TERIYAKI BOWL GF

mixed veggies including rainbow carrots, broccoli, bok choy, snap peas with quinoa brown rice blend

35G PROTEIN | 520 CAL | \$10.00

### GRASS-FED CHEESEBURGER

served with hummus and rainbow carrots; swap for

**Air-Fried French Fries** v GF or **Gluten-Friendly Bun** +2.5 (contains dairy) VEG GF

51G PROTEIN | 570 CAL | \$10.00

### TOMATO SAUCE NOODLES VEG

curly noodles with delicious tomato sauce and a sprinkle of cheesy parmesan goodness

19G PROTEIN | 540 CAL | \$8.00

### CHEESE PIZZA VEG

pizza with gooey cheese and tasty tomato sauce

*sub* **Gluten-Friendly Crust** +2.75 (contains dairy) VEG GF

33G PROTEIN | 850 CAL | \$10.00

## DRINKS

### SEASONAL LEMONADE

60 CAL | \$5.50

### PINK LEMONADE

dragon fruit, lemon

70 CAL | \$5.50

### PRICKLY PEAR FIZZ

prickly pear, hibiscus, lime

70 CAL | \$6.75

### FRUITY BUBBLE WATER SPRITZER

choose your juice adventure! \$5.00

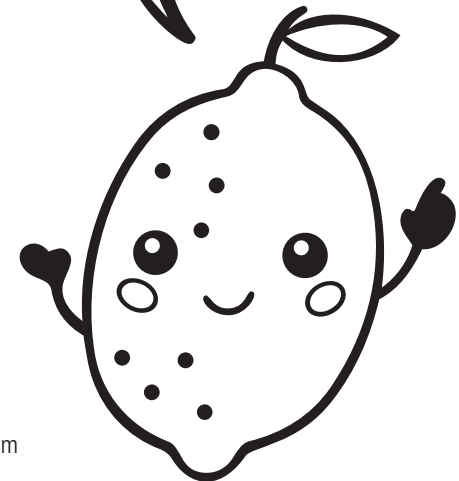
**Lemon-Lime** | 5 CAL

**Grapefruit** | 10 CAL

**Pineapple** | 15 CAL

**Pomegranate** | 20 CAL

Hurry and order so  
we can play games!



## DESSERT

### KID'S COOKIE AND ICE CREAM SUNDAE v GF

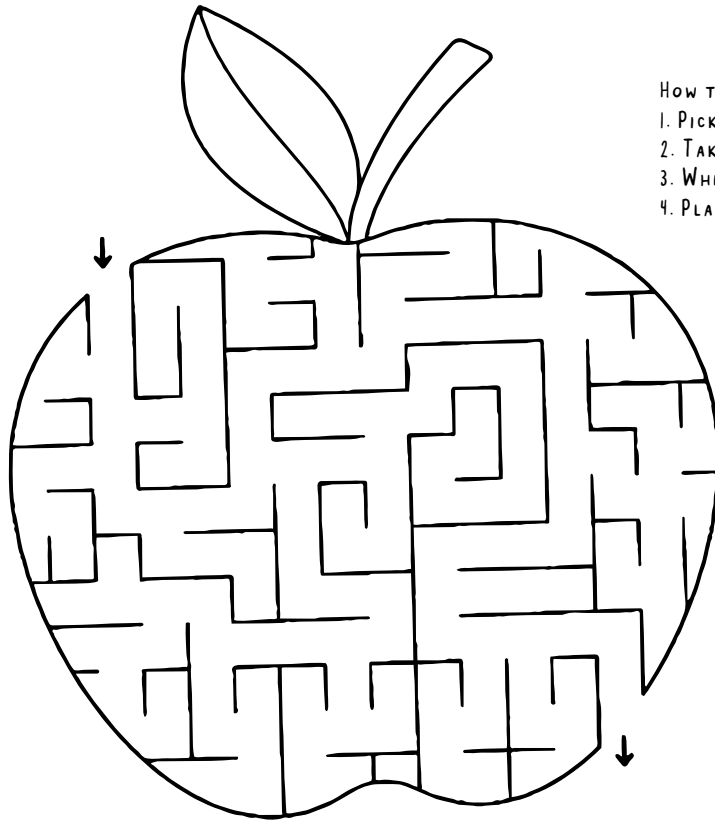
warm chocolate chip cookie, vegan vanilla ice cream

500 CAL | \$6.50

# FIND YOUR FOOD

P X U B N H A O I E Z  
 H I M E U N G T J C E  
 V X Z M P O H Q S U D  
 Y N M Z N O I U T A O  
 D U F R A D C I E S P  
 S P W K T L K N I O V  
 C H E E S E E O K T D  
 D V B A O S N A O A S  
 S T O R R A C G O M C  
 T E R I Y A K I C O F  
 E C I R N W O R B T A

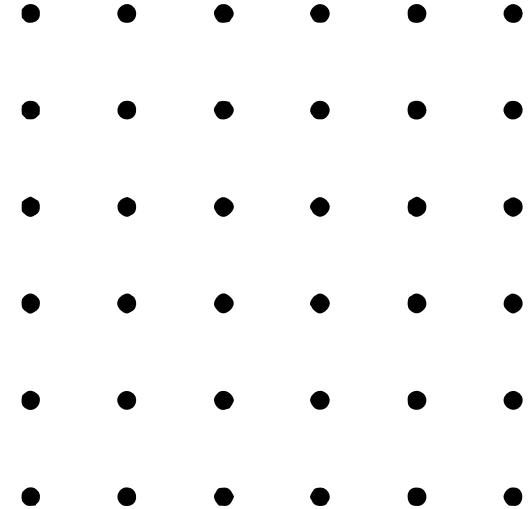
BROWN RICE CARROTS CHEESE  
 CHICKEN COOKIE HUMMUS  
 NOODLES PASTA PIZZA  
 QUINOA TERIYAKI TOMATO SAUCE



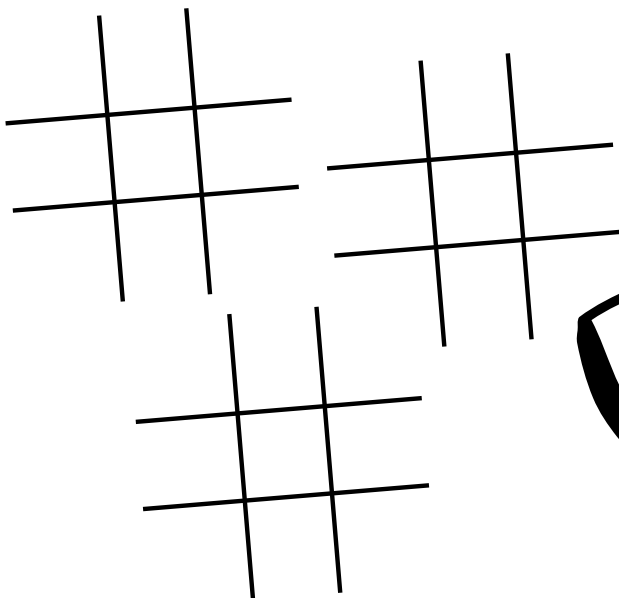
# DOTS AND BOXES

HOW TO PLAY:

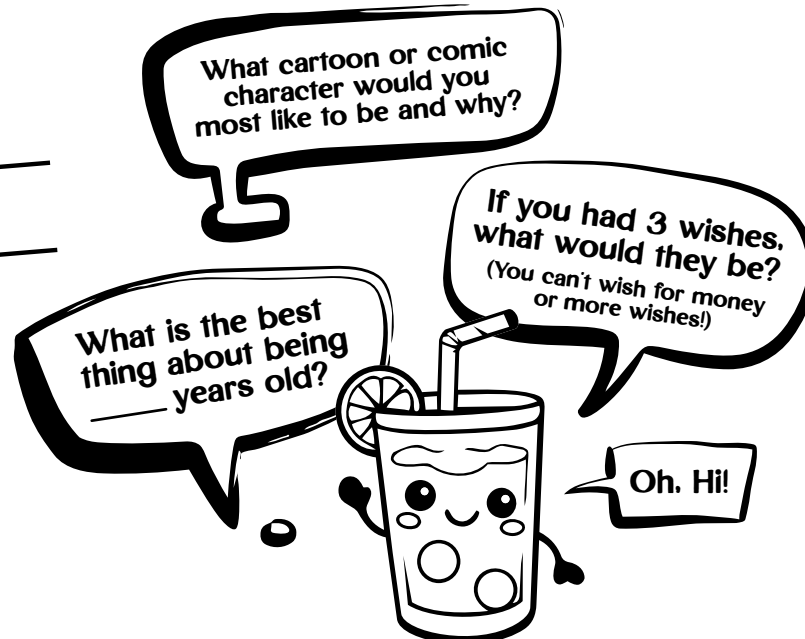
1. PICK A COLOR, AND DECIDE WHO WILL GO FIRST.
2. TAKE TURNS DRAWING A SINGLE LINE BETWEEN TWO DOTS (NO DIAGONALS).
3. WHEN A PLAYER COMPLETES A SQUARE, WRITE YOUR INITIALS IN THE BOX.
4. PLAY UNTIL ALL BOXES ARE CONNECTED. THE PLAYER WITH THE MOST BOXES WINS!



# TIC TAC TOE



# TABLE QUESTIONS



# SCRAMBLED INGREDIENTS

1. LAEK \_\_\_\_\_
2. EBRULBRYE \_\_\_\_\_
3. NOOIN \_\_\_\_\_
4. MELI \_\_\_\_\_
5. LIOCRBO \_\_\_\_\_

ANSWERS  
 5. BROCCOLI  
 4. LIME  
 3. ONION  
 2. BLUEBERRY  
 1. KALE

## TRUE FOOD KITCHEN

## CATERING MENU

STARTERS & SHAREABLES SERVES 8-10TFK DIP PLATTER | 75.00 VEG

herb hummus, pistachio pesto and house-made original ranch with crudité vegetables and baked flatbread

HERB ROASTED VEGGIES | 55.00 VEG GF

roasted sweet potatoes, cauliflower, carrots, lemon vinaigrette, herb mix

LEMON & FETA HUMMUS PLATTER | 75.00 VEG

cucumber, cherry tomatoes, feta, red onion, kalamata olives, lemon oregano vinaigrette, served with baked flatbread

CHARRED CAULIFLOWER | 60.00 V GF

medjool dates, harissa tahini, dill, mint, pistachio

WRAPS SERVES 8-10

Tray of 16 assorted half wraps served on lavash, choose up to two options | 110.00

CAPRESE WRAP VEG

pistachio pesto, tomato, fresh mozzarella, arugula

## LEMON OREGANO CHICKEN WRAP

organic mixed greens, cucumber, carrots, snap peas, tomatoes, lemon oregano vinaigrette

## GRILLED CHICKEN RANCH WRAP

avocado, roasted red pepper, organic mixed greens, house-made original ranch

ENTRÉES SERVES 8-10SPAGHETTI SQUASH CASSEROLE | 120.00 VEG GF

caramelized onions, fresh mozzarella, DiNapoli tomato sauce

## JAMBALAYA PASTA | 140.00

chicken and pork andouille sausage, sustainably-raised shrimp, antibiotic-free chicken, onion, celery, green bell peppers, penne pasta

## PROTEIN + 2 SIDES | 120.00

**Protein** – Antibiotic-Free Chicken Breast or Organic Grilled Tofu  
sub Sustainably-Raised Shrimp +15  
sub Norwegian Sustainably-Raised Salmon\* +35

**Sides** – Greek Salad, Herb Roasted Veggies, Quinoa Brown Rice  
sub Charred Cauliflower +5

SALADS HALF SERVES 4-6; FULL SERVES 8-10

Complement with your choice of protein

FARMERS MARKET SALAD | 60.00 half | 110.00 full VEG GF

honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy tahini apple cider vinaigrette

CHOPPED SALAD | 60.00 half | 110.00 full VEG

aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette

ORGANIC TUSCAN KALE SALAD | 50.00 half | 90.00 full VEG

organic kale, parmesan, breadcrumbs, lemon, garlic

GREEK SALAD | 50.00 half | 90.00 full VEG GF

organic mixed greens & romaine blend, regenerative quinoa, cherry tomatoes, cucumber, kalamata olives, pickled red onions, feta, lemon oregano vinaigrette

BOWLS SERVES 8-10

Complement with your choice of protein

ANCIENT GRAINS | 120.00 V

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

TERIYAKI QUINOA | 115.00 V GF

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

KOREAN NOODLE | 115.00 V GF

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

TUNA POKE\* | 130.00 GF

regenerative black rice, avocado, roasted wild mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzu

ADD PROTEIN SERVES 8-10

to any **Bowl** or **Salad**

ORGANIC GRILLED TOFU | 40.00 V GFANTIBIOTIC-FREE CHICKEN BREAST | 50.00 GFSUSTAINABLY-RAISED SHRIMP | 60.00 GFORGANIC GRASS-FED STEAK\* | 55.00 GFNORWEGIAN SUSTAINABLY-RAISED SALMON\* | 85.00 GF

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



**Scan for complete allergen and nutritional information.** 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.

## GROUP PACKAGES

### BUILD YOUR OWN | SERVES 12-14 | 265.00

Starting at \$22.00 per person

CHOICE OF

- **Full Salad** – Organic Tuscan Kale **VEG** or Greek **VEG GF**  
sub Farmers Market **VEG GF** or sub Chopped **VEG** +20
- **Bowl** – Teriyaki Quinoa **V GF**, Korean Noodle **V GF**, Ancient Grains **V**
- **Protein** – Antibiotic-Free Chicken Breast or Organic Grilled Tofu,  
sub Sustainably-Raised Shrimp +15, Organic Grass-Fed Steak\* +10,  
Norwegian Sustainably-Raised Salmon\* +35
- **Side** – Herb Roasted Veggies **VEG GF**  
sub Charred Cauliflower **V GF** +20
- ½ Gallon Pink or Seasonal Lemonade
- ½ Gallon Green or Black Tea

### WRAPPED UP | SERVES 14-16 | 295.00

Starting at \$21.00 per person

- 1 Wrap Tray: 8 Half Caprese Wraps **VEG** + 8 Half Chicken Ranch Wraps
- 1 Full Chopped Salad **VEG**
- 1 Side of Herb Roasted Veggies **VEG GF**
- Baker's Dozen Chocolate Chip Cookie **V GF**
- ½ Gallon Pink or Seasonal Lemonade
- ½ Gallon Green or Black Tea

### BENTO BOXED | SERVES 10 | 155.00

Starting at \$15.50 per person

- 5 Bento Box Caprese Wraps **VEG**  
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**  
add a side Fruit Cup +2 per box
- 5 Bento Box Chicken Ranch Wrap  
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**  
add a side Fruit Cup +2 per box
- ½ Gallon Pink or Seasonal Lemonade
- ½ Gallon Green or Black Tea

### ULTIMATE FEAST | SERVES 18-20 | 425.00

Starting at \$23.75 per person

- 1 TFK Dip Platter **VEG**
- 1 Full Chopped Salad **VEG**
- 1 Full Greek Salad **VEG GF**
- 1 Ancient Grains Bowl **V**
- 1 Side of Antibiotic-Free Chicken Breast **GF**
- 1 Side of Herb Roasted Veggies **VEG GF**
- 2 Baker's Dozen Chocolate Chip Cookie **V GF**
- 1 Gallon Pink or Seasonal Lemonade
- 1 Gallon Green or Black Tea
- 2 Bottles of Mountain Valley Spring Water

## BOXED MEALS

### MIN. ORDER OF 10

individual box with choice of Wrap and Side,  
served with a Chocolate Chip Cookie **V GF** | **16.00**

### WRAP OPTIONS

- Caprese Wrap **VEG**
- Chicken Ranch Wrap
- Lemon Oregano Chicken Wrap

### SIDE OPTIONS

- Greek Salad **VEG GF**
- Organic Tuscan Kale Salad **VEG**

## COLD BEVERAGES

### SERVES 8-10

#### LEMONADES | 26.00 ½ gallon

Pink or Seasonal Lemonade

#### ARNOLD PALMER | 20.00 ½ gallon

Pink Lemonade + Black Tea

#### ICED TEA | 16.00 ½ gallon

Green or Black Tea

#### MOUNTAIN VALLEY WATER 1L BOTTLES | 7.00 each

Spring or Sparkling

## DESSERTS

#### BAKER'S DOZEN CHOCOLATE CHIP COOKIES | 35.00 **V GF**

house-made



TO SCHEDULE YOUR ORDER SCAN OR VISIT  
[TRUEFOODKITCHEN.COM/CATERING](https://truefoodkitchen.com/catering)

## OUR TRUE PROMISE

**ORGANIC THAT  
MATTERS**

**HEALTHY FOR PASTURE,  
PLATE, AND PLANET**

**FUTURE-FORWARD  
FARMING**

**CUT THE BAD,  
AMP UP THE GOOD**

**PROUDLY 100%  
SEED OIL-FREE**

We partner with each of our growers, ranchers, and producers so that every ingredient meets our TRUE standards.

That means better food for you, your family, and the planet.

[TRUEFOODKITCHEN.COM/TRUESTORY](https://truefoodkitchen.com/truestory)