

TRUE FOOD KITCHEN **TFK**

REFRESHERS

SPARKLING PRICKLY PEAR TISANE

prickly pear, hibiscus, lime

60 CAL | \$6.75

KALE AID®

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

70 CAL | \$9.75

ORIGINAL GINGER (THE O.G.)

ginger, honey, lime

100 CAL | \$6.75

HANGOVER RX®

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

110 CAL | \$8.50

BRIGHT EYES

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

110 CAL | \$9.75

SPRITZERS

house-filtered sparkling water mixed with fresh fruit juice

CHOOSE FROM Lemon-Lime **5 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

150 CAL | \$15.75

ROSÉ SANGRIA

la vieille ferme organic rosé, pineapple, lime

160 CAL | \$14.95

SPICY PINEAPPLE MARGARITA

ana maria rosa tequila, fresh jalapeño, lime

180 CAL | \$16.25

PASSION FRUIT MANGO MARGARITA

tres agaves organic reposado, cappelletti aperitivo, passion fruit, mango, lime

120 CAL | \$15.50

STARTERS

MEDITERRANEAN HUMMUS **v**

spicy herb sauce, red pepper pistachio spread, za'atar spice, served with baked flatbread

sub fresh veggies +2.00

28G PROTEIN | 990 CAL | \$12.95

EDAMAME DUMPLINGS **VEG**

white truffle oil, dashi, thai basil, sesame seeds

add chili garlic crunch +1.00

20G PROTEIN | 430 CAL | \$14.95

CHARRED CAULIFLOWER **v GF**

medjool dates, harissa tahini, dill, mint, pistachio

10G PROTEIN | 420 CAL | \$13.50

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

13G PROTEIN | 540 CAL | \$18.95

TERIYAKI QUINOA **v GF**

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

12G PROTEIN | 510 CAL | \$18.95

ANCIENT GRAINS **v**

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

13G PROTEIN | 620 CAL | \$19.50

SPICY PANANG CURRY **GF**

regenerative black rice, sweet potato, bok choy, rainbow carrots, snap peas, charred onion, thai shellfish curry broth

11G PROTEIN | 780 CAL | \$19.95

ADD PROTEIN

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

Organic 100% Grass-Fed Steak* **GF**

43G PROTEIN | 315 CAL | \$9.95

Sustainably-Raised Shrimp **GF**

33G PROTEIN | 220 CAL | \$8.95

Organic Grilled Tofu **v GF**

14G PROTEIN | 140 CAL | \$5.95

Tahitian Tombo Tuna* **GF**

26G PROTEIN | 200 CAL | \$11.95

Antibiotic-Free Chicken Breast **GF**

44G PROTEIN | 300 CAL | \$7.95

Sustainably-Raised Salmon* **GF**

29G PROTEIN | 290 CAL | \$11.95

BURGERS

CHOOSE A SIDE

Choice of **Tuscan Kale Salad **VEG**** or **Simple Salad **v GF****

Air-Fried French Fries **v GF** or **Any Premium Side +2.50**

Gluten-Friendly Bun **v GF +2.50**

ALL-AMERICAN BURGER*

Verde Farms organic 100% grass-fed beef, aged white cheddar, tomato, butter lettuce, TFK special sauce

51G PROTEIN | 720 CAL | \$19.95

GRASS-FED BURGER*

Verde Farms organic 100% grass-fed beef, roasted wild mushrooms, caramelized onions, organic arugula, parmesan, umami sauce

57G PROTEIN | 890 CAL | \$19.95

TURKEY BURGER

Diestel Farms turkey, smoked gouda, avocado, tomato, butter lettuce, jalapeño remoulade

43G PROTEIN | 600 CAL | \$19.50

VEGAN DOUBLE CHEESEBURGER **v**

house-made portobello, beet & walnut patty, butter lettuce, pickled onions, tomato, vegan cheese, jalapeño remoulade

20G PROTEIN | 750 CAL | \$19.95

SALADS Complement with your choice of protein

CHOPPED **VEG**

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

15G PROTEIN | 640 CAL | \$16.95

ORGANIC TUSCAN KALE **VEG**

organic kale, parmesan, breadcrumbs, lemon, garlic

11G PROTEIN | 430 CAL | \$14.50

CHINESE CHICKEN **GF**

antibiotic-free grilled chicken, bok choy, cabbage, avocado, watermelon radish, snap peas, pickled ginger, almonds, sesame seeds, cilantro, carrot ginger dressing

53G PROTEIN | 860 CAL | \$19.50

SOURDOUGH PIZZAS

SPINACH & WILD MUSHROOM **v**

roasted wild mushrooms, organic spinach, garlic purée, lemon almond ricotta | *gluten-friendly crust +2.75 (contains dairy)*

43G PROTEIN | 1530 CAL | \$19.95

PEPPERONI

Niman Ranch uncured pepperoni, DiNapoli tomato sauce, fresh mozzarella, basil | *gluten-friendly crust +2.75 (contains dairy)*

46G PROTEIN | 1070 CAL | \$19.95

MARGHERITA **VEG**

fresh mozzarella, DiNapoli tomato sauce, basil

gluten-friendly crust +2.75 (contains dairy)

38G PROTEIN | 920 CAL | \$18.50

TRUE CRISP'D CHICKEN®

AIR-FRIED | GLUTEN-FREE | 100% SEED OIL-FREE

TENDER PLATE **GF**

four tenders served with Simple Salad, with choice of one sauce: TFK special sauce, peri peri ketchup, bbq, spicy ranch

sub fries +2.50

60G PROTEIN | 910-1120 CAL | \$16.95

TFK CLASSIC CHICKEN SANDWICH

house-made pickles, TFK special sauce, lettuce, served on a ciabatta bun served with choice of Kale Salad or Simple Salad | *sub gluten-friendly bun +2.50*

45G PROTEIN | 860 CAL | \$19.50

BUFFALO CHICKEN SANDWICH

house-made hot sauce, pickles, apple-cabbage slaw, served on a ciabatta bun, served with choice of Kale Salad or Simple Salad | *sub gluten-friendly bun +2.50*

47G PROTEIN | 1140 CAL | \$19.50

SIDES

ORGANIC TUSCAN KALE SALAD **VEG**

4G PROTEIN | 150 CAL | \$4.00

SIMPLE SALAD **v GF**

0G PROTEIN | 180 CAL | \$4.00

SEASONAL ROASTED VEGGIES **v GF**

ask your server

5G PROTEIN | 230 CAL | \$6.00

SWEET POTATO CHIPS **v GF**

2G PROTEIN | 230 CAL | \$6.00

AIR-FRIED FRENCH FRIES **v GF**

3G PROTEIN | 310 CAL | \$6.00

HOUSE-MADE ORIGINAL RANCH **VEG GF**

2G PROTEIN | 210 CAL | \$1.00

ENTRÉES

SOUTHEAST ASIAN SHRIMP **GF**

regenerative black rice, roasted wild mushrooms, edamame, snap peas, pickled organic fresnos, cilantro, thai basil, scallions, ginger soy vinaigrette

48G PROTEIN | 890 CAL | \$23.95

GRILLED SUSTAINABLE SALMON* **GF**

Kvarøy Arctic sustainable salmon, snap peas, organic wild rice pilaf, thai basil vinaigrette

37G PROTEIN | 650 CAL | \$30.95

SPAGHETTI SQUASH CASSEROLE **VEG GF**

caramelized onions, fresh mozzarella, DiNapoli tomato sauce

25G PROTEIN | 560 CAL | \$17.95

JAMBALAYA PASTA

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

53G PROTEIN | 730 CAL | \$21.95

TAHITIAN TOMBO TUNA POKE BOWL* **GF**

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

27G PROTEIN | 570 CAL | \$25.95

CHICKEN PARMESAN

True Crisp'd air-fried chicken breast, fresh mozzarella, DiNapoli tomato sauce, penne pasta

56G PROTEIN | 930 CAL | \$20.95

LASAGNE AL PESTO **GF**

Diestel Farms turkey sausage bolognese, pistachio pesto, organic spinach, ricotta, fresh mozzarella, basil

35G PROTEIN | 790 CAL | \$20.95

STEAK FRITES* **GF**

peppercorn sauce, True Crisp'd air-fried french fries, served with Simple Salad

78G PROTEIN | 1210 CAL | \$43.95

OUR TRUE PROMISE

Since 2008, we've believed food should make you feel as good as it tastes. That's why we start with flavor... sourcing real, whole ingredients at their peak from growers, ranchers, and producers who share our standards. Our chefs bring them together in fresh, globally inspired dishes that are crafted to crave and designed to nourish. When food is made with intention, it does more than satisfy your appetite... **it nourishes body, mind, and soul.**

HAPPY HOUR

MONDAY-FRIDAY

3PM-6PM

\$5

BEERS & GLASSES OF PROPRIETARY WINE

\$3 OFF

ALL COCKTAILS & PIZZAS

\$2 OFF

EDAMAME DUMPLINGS & HUMMUS

CRAFT COCKTAILS

PASSION FRUIT MANGO MARGARITA

tres agaves organic reposado, cappelletti aperitivo, passion fruit, mango, lime

120 CAL | \$15.50

SMOKY PASSION FRUIT MANGO MARGARITA

ilegal mezcal, cappelletti aperitivo, passion fruit, mango, lime

180 CAL | \$15.75

ROSÉ SANGRIA

la vieille ferme organic rosé, pineapple, lime

160 CAL | \$14.95

SMOKE SHOW OLD FASHIONED

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

230 CAL | \$18.75

ESPRESSO MARTINI

prairie organic vodka, borghetti espresso liqueur, organic espresso

210 CAL | \$14.50

MOSCOW MULE

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

170 CAL | \$14.95

SPICY PINEAPPLE MARGARITA

ana maria rosa tequila, fresh jalapeño, lime

180 CAL | \$16.25

CITRUS SKINNY MARGARITA

lunazul blanco tequila, cucumber, mint

150 CAL | \$15.75

ZERO-PROOF COCKTAILS

SPICY CLEAN MARGARITA

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

170 CAL | \$13.25

BLUEBERRY 75

lyre's sparkling, seedlip grove 42, lemon

230 CAL | \$13.25

ORGANIC & SUSTAINABLE WINES

SPARKLING

Marqués de Cáceres Cava — Penedès, Spain **o**

\$12 | - | \$44

La Marca Prosecco Rosé — Veneto, Italy **s**

\$15 | - | \$55

PINOT GRIGIO

Tangent — Edna Valley, California **P S**

\$11 | \$15 | \$40

SAUVIGNON BLANC

13° Celsius — Marlborough, New Zealand **s**

\$12 | \$16 | \$42

Blindfold — Sonoma County, California **s**

\$16 | \$21 | \$60

CHARDONNAY

Imagery — Sonoma County, California **s**

\$13 | \$18 | \$48

Benziger “Running Wild” — San Benito County, California **s**

\$16 | \$21 | \$60

Rombauer — Los Carneros, California **s**

\$24 | \$30 | \$80

RIESLING

Schloss Vollrads — Rheingau, Germany **o**

\$17 | \$22 | \$68

ROSÉ

Pour les Gens — Vin de France **P S**

\$13 | \$18 | \$47

Miraval “Studio” — Méditerranée, France **s**

\$15 | \$21 | \$55

PINOT NOIR

Borealis — Oregon **o**

\$15 | \$21 | \$55

Duckhorn “Decoy” — California **s**

\$16 | \$21 | \$60

CABERNET SAUVIGNON

Tribute — California **s**

\$13 | \$17 | \$50

Liberty School — Paso Robles, California **s**

\$15 | \$21 | \$55

The Prisoner — Napa Valley, California **s**

\$21 | \$30 | \$80

INTERESTING REDS

Tablas Creek Patelin Rouge — Paso Robles, CA **s o**

Regenerative Organic

\$17 | \$21 | \$64

Terrazas de los Andes “Altos del Plata”

Malbec — Mendoza, Argentina **s**

\$12 | \$15 | \$40

Alta Vita Cannonau — Sardinia, Italy **P S**

\$12 | \$15 | \$40

Borgo Scopeto Chianti Classico — Chianti, Italy **s**

\$13 | \$17 | \$46

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

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 ●
Nutrient Dense ●
Hydration ●
Antioxidants ●

SPRITZERS

house-filtered sparkling water mixed with fresh fruit juice

CHOOSE FROM

Lemon-Lime **5 CAL**

Pineapple **15 CAL**

Pomegranate **20 CAL**

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

COLD BEVERAGES

MOUNTAIN VALLEY WATER

spring or sparkling, 1L

0 CAL | \$7.00

OKINAWAN FERMENTED TURMERIC TEA

6 CAL | \$5.50

BLACK ICED TEA

0 CAL | \$4.50

GREEN ICED TEA

0 CAL | \$4.50

LEMONADE

add

Matcha +1.00

Dragon Fruit +1.00

Turmeric +2.00

90-110 CAL | \$4.50

TEA & ORGANIC COFFEE

choice of almond or whole milk **15-100 CAL**

ADAPTOGENIC TULSI TEA

holy basil, ginger, honey

50 CAL | \$5.00

JASMINE PEARL GREEN TEA

5 CAL | \$6.00

PASSPORT LOOSE LEAF TEA

choice of Darjeeling, Classic Chai, Peppermint, or Chamomile

5 CAL | \$5.00

ICED SHAKERATO

organic espresso, brown sugar

130-170 CAL | \$5.75

AMERICANO

5 CAL | \$4.50

ESPRESSO

5 CAL | \$3.50

CAPPUCCINO

80 CAL | \$5.00

CAFFÈ LATTE

80 CAL | \$5.50

ORGANIC COFFEE

0 CAL | \$4.00

ORGANIC MATCHA

ICED LAVENDER MATCHA LATTE

almond milk, butterfly lavender

90 CAL | \$6.50

MATCHA LATTE

choice of almond or whole milk

60-100 CAL | \$6.00

ICED MATCHA HORCHATA

almond milk, vanilla

120 CAL | \$6.50

TRUE INGREDIENT STANDARDS

ORGANIC THAT MATTERS

HEALTHY FOR PASTURE, PLATE, AND PLANET

FUTURE-FORWARD FARMING

CUT THE BAD, AMP UP THE GOOD

PROUDLY 100% SEED OIL-FREE

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

VB - 6.26



DESSERT

FLOURLESS CHOCOLATE CAKE **VEG GF**

dark chocolate, vegan vanilla ice cream,
house-made caramel, almonds, cacao nibs
730 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
360 CAL | \$2.95

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

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

AFTER-DINNER DRINKS

Cocktails

ESPRESSO MARTINI

prairie organic vodka,
borghetti espresso liqueur,
organic espresso
210 CAL | \$14.50

SMOKE SHOW OLD FASHIONED

high west double rye,
honey syrup, bitters,
enveloped in hickory
smoke for a rich
flavor experience
230 CAL | \$18.75

VEG Vegetarian
V Vegan
GF Gluten-Friendly

V2B/3B - 6.26

Non-Alcoholic

ICED SHAKERATO

organic espresso,
brown sugar, choice of
almond or whole milk
130-170 CAL | \$5.75

ICED LAVENDER MATCHA LATTE

almond milk, butterfly
lavender
90 CAL | \$6.50

ICED MATCHA HORCHATA

almond milk, vanilla
120 CAL | \$6.50

MATCHA LATTE

choice of almond
or whole milk
60-100 CAL | \$6.00

BRUNCH

Available weekends until 3PM

LEMON BLUEBERRY MUFFIN **VEG**

house-made ricotta olive oil batter,
organic blueberries, lemon zest

5-15G PROTEIN | 300-900 CAL | SINGLE \$4.00 | THREE \$10.00

BANANAS FOSTER CHIA SEED PUDDING **V GF**

coconut chia seed pudding, caramelized bananas, pistachios

7G PROTEIN | 550 CAL | \$8.50

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

10G PROTEIN | 980 CAL | \$15.00

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

24G PROTEIN | 480 CAL | \$16.50

FARMERS 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*

43G PROTEIN | 830 CAL | \$16.95

SOUTHWEST TOFU SCRAMBLE **V**

organic tofu, caramelized onions, roasted red peppers, organic
spinach, charred scallion salsa, avocado, sourdough toast

38G PROTEIN | 750 CAL | \$16.95

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

66G PROTEIN | 1290 CAL | \$17.95

BLUEBERRY PANCAKES **VEG GF**

organic blueberry compote, greek yogurt, maple syrup

12G PROTEIN | 800 CAL | \$15.95

KID'S BLUEBERRY PANCAKE **VEG GF**

organic blueberry compote, greek yogurt, maple syrup

7G PROTEIN | 460 CAL | \$8.50

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

BRUNCH COCKTAILS

SPIKED SPRITZER

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

120 CAL | \$13.25

BLOODY MARY

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

160 CAL | \$13.50

ESPRESSO MARTINI

prairie organic vodka, borghetti espresso liqueur,
organic espresso

210 CAL | \$14.50

MIMOSA

Glass

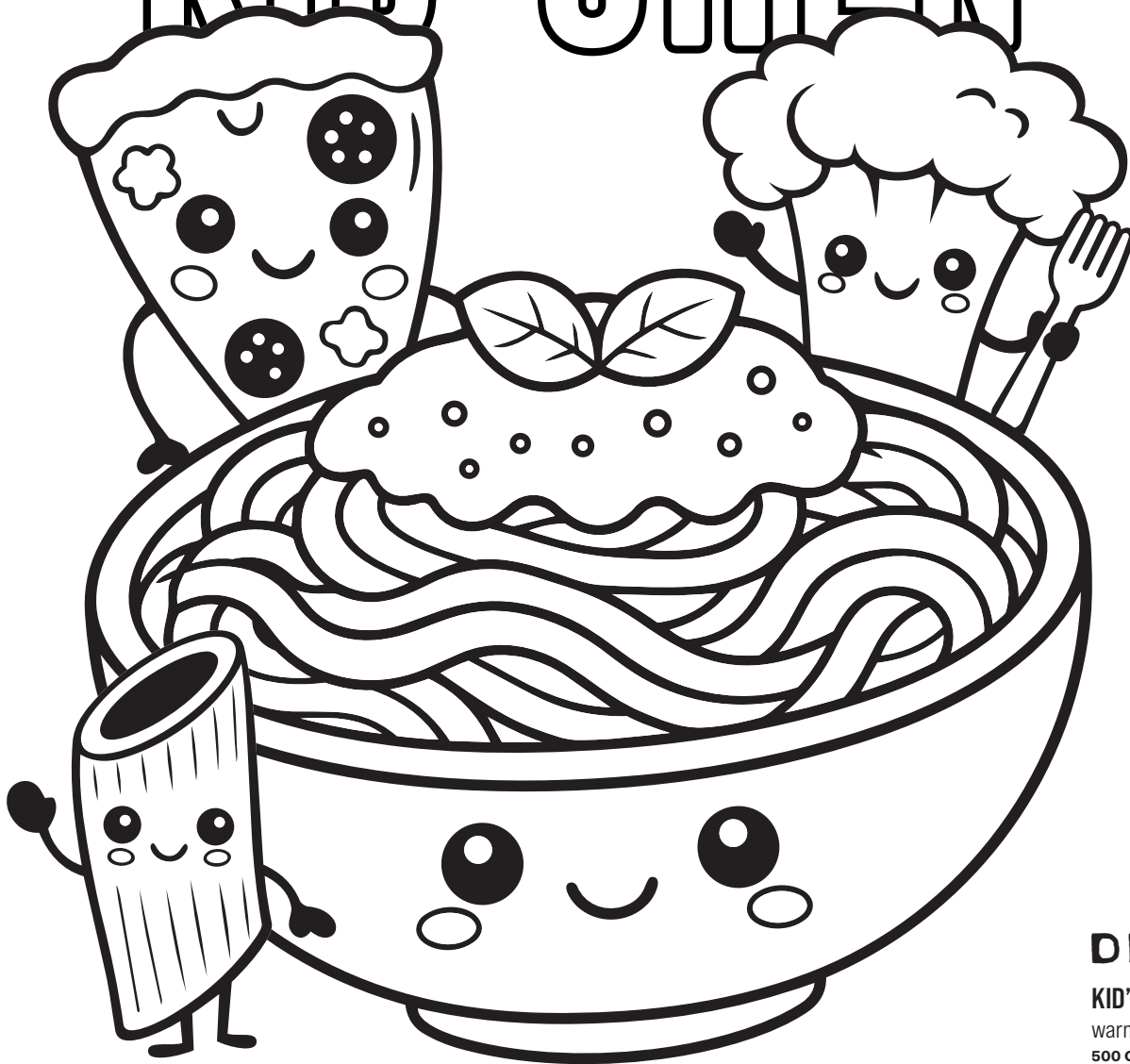
150 CAL | \$13.25

Full Bottle

600 CAL | \$50.00

+ Sub Lyre's Sparkling
(zero-proof)

TRUE FOOD KID-KITCHEN



ENTRÉES

PENNE PASTA VEG

penne noodles, choice of tomato sauce or melted butter, sprinkle of cheesy parmesan goodness

18-19G PROTEIN | 540-610 CAL | \$8.00

CHICKEN TERIYAKI BOWL GF

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

43G PROTEIN | 590 CAL | \$10.00

GRASS-FED CHEESEBURGER

served with hummus and rainbow carrots; swap for

Air-Fried French Fries v GF or **Gluten-Friendly Bun v GF** +2.50

52G PROTEIN | 610 CAL | \$10.00

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

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, *sub* **Air-Fried French Fries v GF** +2.50

served with choice of one sauce: bbq sauce, ketchup, or ranch

36G PROTEIN | 660 CAL | \$10.00

DRINKS

LEMONADE

90 CAL | \$4.50

PINK LEMONADE

dragon fruit, lemon

110 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

Pineapple | 15 CAL

Pomegranate | 20 CAL

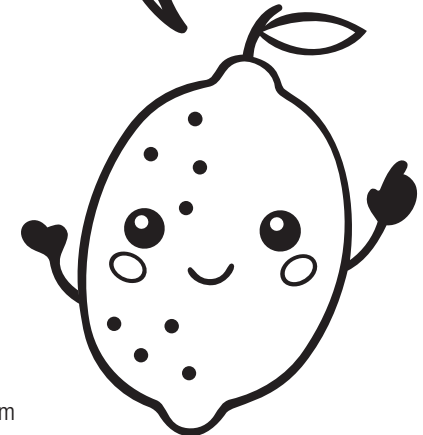
DESSERT

KID'S COOKIE AND ICE CREAM SUNDAE V GF

warm chocolate chip cookie, vegan vanilla ice cream

500 CAL | \$6.50

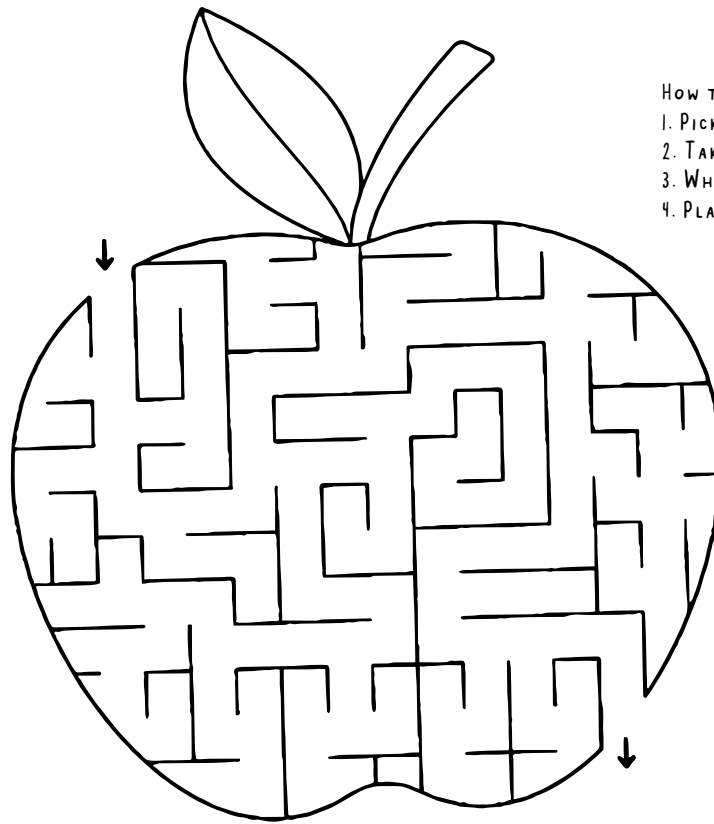
Hurry and order so
we can play games!



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

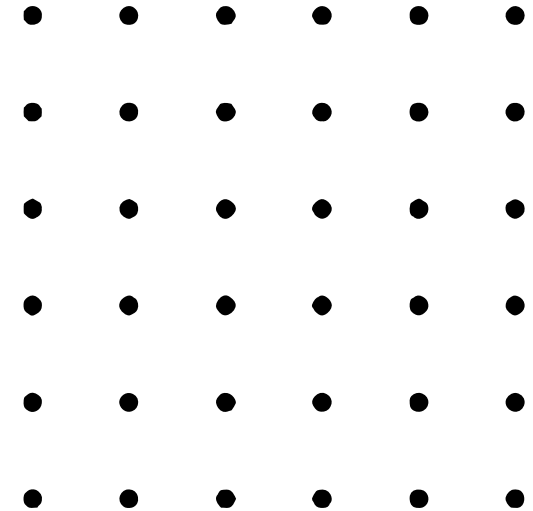
BROWN RICE CARROTS CHEESE
 CHICKEN COOKIE HUMMUS
 NOODLES PASTA PIZZA
 QUINOA TERIYAKI TOMATO SAUCE



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

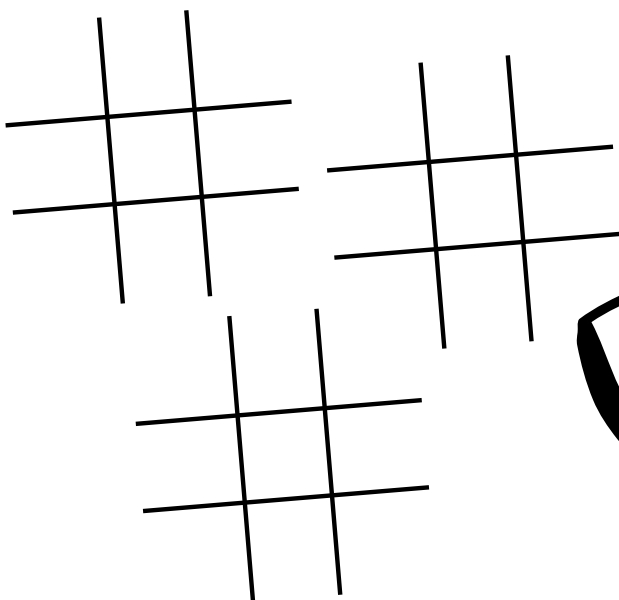


TABLE QUESTIONS



SCRAMBLED INGREDIENTS

1. LAEK _____
2. EBRULBRYE _____
3. NOOIN _____
4. MELI _____
5. LIOCRBO _____

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

CATERING MENU

TRUE FOOD KITCHEN

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

MEDITERRANEAN HUMMUS PLATTER | 75.00 v

spicy herb sauce, red pepper pistachio spread, za'atar spice, served with baked flatbread *add fresh veggies +10*

CHARRED CAULIFLOWER | 60.00 v GF

medjool dates, harissa tahini, dill, mint, pistachio

SEASONAL ROASTED VEGGIES | 55.00 v GFSWEET POTATO CHIPS | 15.00 v GFWRAPS SERVES 8-10

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

MEDITERRANEAN WRAP v

hummus, spicy herb sauce, red pepper pistachio spread, cucumber, snap peas, kalamata olives, charred onions, organic mixed greens, lemon oregano vinaigrette

GRILLED CHICKEN RANCH WRAP

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

CAPRESE WRAP VEG

pistachio pesto, tomato, fresh mozzarella, arugula

LEMON OREGANO CHICKEN WRAP

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

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

caramelized onions, fresh mozzarella, DiNapoli tomato sauce

LASAGNE AL PESTO | 125.00 GF

Diistel Farms turkey sausage bolognese, organic spinach, ricotta, mozzarella, basil

JAMBALAYA PASTA* | 140.00

chicken & 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 Tofu

sub Sustainably-Raised Shrimp *+15* or sub Sustainably-Raised Salmon* *+35*

Sides – Greek Salad VEG GF, Seasonal Roasted Veggies v GF, Quinoa Brown Rice v GF

+5 Charred Cauliflower v GF

SALADS SERVES 8-10

Complement with your choice of protein

CHOPPED | 110.00 VEG

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

ORGANIC TUSCAN KALE | 90.00 VEG

organic kale, parmesan, breadcrumbs, lemon, garlic

GREEK | 90.00 VEG GF

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

CHINESE CHOPPED | 90.00 VEG GF

bok choy, cabbage, avocado, watermelon radish, snap peas, cilantro, pickled ginger, almonds, sesame seeds, carrot ginger dressing

BOWLS SERVES 8-10

Complement with your choice of protein

ANCIENT GRAINS | 120.00 v

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

GINGER SOY VEGGIES & RICE | 115.00 VEG GF

regenerative black rice, roasted wild mushrooms, edamame, snap peas, pickled organic fresnos, cilantro, thai basil, scallions, ginger soy vinaigrette

ADD PROTEIN SERVES 8-10

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

ORGANIC TOFU | 40.00 v GFANTIBIOTIC-FREE CHICKEN BREAST | 50.00 GFSUSTAINABLY-RAISED SHRIMP | 60.00 GFORGANIC 100% GRASS-FED STEAK* | 55.00 GFSUSTAINABLY-RAISED SALMON* | 85.00 GF

TO SCHEDULE YOUR ORDER, SCAN OR VISIT
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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.

v Vegan VEG Vegetarian GF Gluten-Friendly

GROUP PACKAGES

BUILD YOUR OWN | SERVES 12-14 | 265.00

Starting at \$22.00 per person

CHOICE OF

- **Salad** – Organic Tuscan Kale **VEG** or Greek Salad **VEG GF**
sub Chopped Salad **VEG** +20
- **Bowl** – Teriyaki Quinoa **V GF**, Korean Noodle **V GF**, Ancient Grains **V**,
Ginger Soy Veggies & Rice **VEG GF**
- **Protein** – Antibiotic-Free Chicken Breast or Organic Tofu,
sub Sustainably-Raised Shrimp +15, Organic 100% Grass-Fed Steak*+10,
Sustainably-Raised Salmon*+35
- **Side** – Seasonal Roasted Veggies **V GF** or Sweet Potato Chips **V GF**
sub Charred Cauliflower **V GF** +15
- 96fl oz Lemonade
- 96fl oz Black or Green Tea

WRAPPED UP | SERVES 14-16 | 295.00

Starting at \$21.00 per person

- 1 Wrap Tray: 4 Mediterranean Wraps **V** + 4 Grilled Chicken Ranch Wraps
- 1 Chopped Salad **VEG**
- 1 Side of Seasonal Roasted Veggies **V GF**
- Baker's Dozen Chocolate Chip Cookies **V GF**
- 96fl oz Lemonade
- 96fl oz Black or Green Tea

BENTO BOXED | SERVES 10 | 155.00

Starting at \$15.50 per person (choose 2 wrap options)

- Mediterranean Wraps
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**
- Grilled Chicken Ranch Wraps
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**
- Caprese Wraps **VEG**
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**
- Lemon Oregano Chicken Wraps
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**
- add a side Fruit Cup +2 *per box*
- 96fl oz Lemonade
- 96fl oz Black or Green Tea

ULTIMATE FEAST | SERVES 18-20 | 425.00

Starting at \$23.75 per person

- 1 TFK Dip Platter **VEG**
- 1 Chopped Salad **VEG**
- 1 Ancient Grains Bowl **V**
- 1 Side of Antibiotic-Free Chicken Breast **GF**
- 1 Side of Sweet Potato Chips **V GF**
- 1 Side of Seasonal Roasted Veggies **V GF**
- 2 Baker's Dozen Chocolate Chip Cookies **V GF**
- 2x 96fl oz Lemonade
- 2x 96fl oz Black or Green Tea
- 4x 1L Bottles of Mountain Valley Water *(Spring)*

COLD BEVERAGES

SERVES 8-10

LEMONADE | 26.00 96fl oz

ARNOLD PALMER | 20.00 96fl oz

Lemonade + Black Tea

ICED TEA | 16.00 96fl oz

Black or Green Tea

MOUNTAIN VALLEY WATER 1L BOTTLES | 7.00 *each*

Spring or Sparkling

DESSERT

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

house-made



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TRUE INGREDIENT STANDARDS

**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.

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