

A detailed photograph of a summer meal spread on a light-colored wooden table. In the foreground, a white plate with a black rim holds a skewer of grilled chicken with a charred, orange-sauced exterior, resting on a bed of green pesto and small white beans. To the left, a white bowl contains a fresh salad of diced tomatoes, cucumbers, and feta cheese, garnished with sesame seeds. Behind it, a white plate features a colorful salad with quinoa, roasted carrots, cherry tomatoes, and a dollop of white cheese. A small orange terracotta pot is tipped over, spilling more salad. To the right, a large, golden-brown baked bread sits on a wooden board, accompanied by a small dish of hummus topped with olive oil and spices. In the bottom right corner, a white bowl contains a yellow soup or puree with croutons. Several glasses are scattered around: a tall glass of pinkish-orange juice, a wine glass filled with a light beer, and a glass of orange juice with a pink flower garnish. The background is filled with lush green foliage, creating a warm, inviting atmosphere.

TFK

TRUE FOOD KITCHEN
SUMMER 2026
NUTRITIONAL GUIDE

FOOD - STARTERS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Seasonal Soup - Summer Corn	360	15	8	0	1290	57	5	31	6	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, and shellfish.
Edamame Dumplings	430	27	10	35	1190	32	8	7	20	Allergen Statement: Contains milk, wheat, soy, sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, fish, shellfish, peanuts, tree nuts.
Mediterranean Hummus	990	65	9	0	1400	79	21	16	28	Allergen Statement: Contains wheat, tree nuts (pistachios) and sesame. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, and soy.
Charred Cauliflower	420	35	4.5	0	1570	24	9	13	10	Allergen Statement: Contains tree nuts and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, milk, eggs, fish, shellfish, soy, tree nuts, and peanuts.
Lemon & Feta Hummus	860	53	9	15	1040	74	19	14	27	Allergen Statement: Contains milk, wheat, sesame. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, fish, shellfish, peanuts, tree nuts, and soy.

FOOD - SALADS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Chopped Salad	640	36	6	15	470	72	11	33	15	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains milk, wheat, tree nuts (almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, fish, shellfish, peanuts, soy, and sesame
Chopped Salad (No Dressing)	370	12	3	15	150	58	10	22	13	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains milk, wheat, tree nuts (almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, fish, shellfish, peanuts, soy, and sesame
Chinese Chicken Salad	860	53	6	95	1230	44	15	17	53	Allergen Statement: Contains tree nuts (almonds), soy, sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, milk, fish, shellfish, peanuts.
Chinese Chicken Salad (No Dressing)	550	33	4.5	95	560	20	10	6	45	Allergen Statement: Contains tree nuts (almonds), soy, sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, milk, fish, shellfish, peanuts.
Organic Tuscan Kale Salad	430	36	7	10	870	19	7	4	11	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains eggs, milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy and sesame.
Organic Tuscan Kale Salad (No Dressing)	90	3.5	1.5	10	240	11	4	2	7	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains eggs, milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy and sesame.

FOOD - PIZZAS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Spinach & Wild Mushroom Pizza	1530	73	8	0	3470	189	19	26	43	Allergen Statement: Contains wheat and tree nuts (almonds). Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, soy, and sesame.
GF Spinach & Mushroom Pizza	1220	66	8	0	2320	145	20	25	29	Allergen Statement: Contains tree nuts (almonds). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain milk, eggs, wheat, fish, shellfish, peanuts, soy, and sesame.
Pepperoni Pizza	1070	38	17	90	2270	129	4	3	46	Allergen Statement: Contains eggs, milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
GF Pepperoni Pizza	710	27	15	75	910	84	5	3	29	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, tree nuts, soy and sesame.
Margarita Pizza	920	26	13	50	1660	129	4	3	38	Allergen Statement: Contains eggs, milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
GF Margarita Pizza	610	19	13	50	510	84	5	3	23	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, tree nuts, soy and sesame.
House-Made Original Ranch (1.5oz)	210	25	3	0	510	6	1	3	3	Allergen Statement: Contains milk and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, and soy.

TRUE FOOD KITCHEN

FOOD - BOWLS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Teriyaki Quinoa Bowl	510	21	2.5	0	850	77	13	29	12	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains soy and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, peanuts, shellfish, tree nuts, wheat, gluten, and fish.
Korean Noodle Bowl	540	16	2	0	1710	93	9	16	13	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains soy and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, peanuts, shellfish, tree nuts, and fish.
Spicy Panang Curry Bowl	780	27	17	0	1750	128	10	78	11	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains fish and shellfish. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, peanuts, wheat, gluten, soy, sesame, and tree nuts.
Ancient Grain Bowl	620	42	5	0	1330	56	12	18	13	Analysis and allergens do not include the choice of protein. Allergen Statement: Contains wheat, tree nuts, soy, and sesame. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, and shellfish.
Add On: Antibiotic-Free Chicken Breast	300	12	2	120	550	0	0	0	44	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, and shellfish.
Add On: Organic 100% Grass-Fed Steak*	315	33	10	115	2160	0	0	0	43	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Add On: Sustainably - Raised Shrimp	220	10	2	335	3240	3	0	0	33	Allergen Statement: Contains shellfish. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, wheat, gluten and fish.
Add On: Sustainably - Raised Salmon*	290	21	4.5	85	90	0	0	0	29	Allergen Statement: Contains fish. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, shellfish, wheat, and gluten.
Add On: Tahitian Tombo Tuna*	200	0.5	0	40	45	21	0	0	26	Allergen Statement: Contains fish. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, shellfish, wheat, soy, and sesame.
Add On: Organic Grilled Tofu	140	8	1.5	0	70	2	2	0	14	Allergen Statement: Contains soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, peanuts, shellfish, tree nuts.

FOOD - BURGERS & SANDWICHES

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
TFK Classic Chicken Sandwich	860	33	4	120	1350	85	2	13	45	Allergen Statement: Contains eggs and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain milk, peanuts, tree nuts, shellfish, fish, sesame, and soy.
Buffalo Chicken Sandwich	1140	56	7	120	1580	102	6	20	47	Allergen Statement: Contains eggs, wheat, soy. Gluten Statement: Contains gluten. Cross Contact: May contain milk, fish, shellfish, peanuts, tree nuts, and soy.
Lemon Oregano Chicken Wrap	740	50	6	75	1230	35	6	10	34	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, soy, and sesame.
Grilled Chicken & Mozzarella Panini	640	27	8	65	1320	63	2	3	34	Allergen Statement: Contains milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, fish, shellfish, peanuts, tree nuts, soy, and sesame.
Grass-Fed Burger*	890	47	11	120	2340	68	9	19	57	Analysis and allergens do not include the choice of side. Allergen Statement: Contains milk, wheat, and sesame. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, fish, peanuts, shellfish, soy, and tree nuts.
Turkey Burger	600	33	8	165	1260	35	4	6	43	Analysis and allergens do not include the choice of side. Allergen Statement: Contains milk and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, peanuts, shellfish, sesame, eggs, soy, and tree nuts.
Vegan Double Cheeseburger	750	48	7	5	1890	68	9	14	20	Analysis and allergens do not include the choice of side. Allergen Statement: Contains wheat, soy, tree nuts (walnuts, coconut). Gluten Statement: Contains gluten. Cross Contact: May contain milk, eggs, sesame, fish, peanuts, and shellfish.
All-American Burger*	720	42	13	135	1340	37	3	7	51	Analysis and allergens do not include the choice of side. Allergen Statement: Contains milk and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, peanuts, shellfish, and tree nuts.

FOOD - SIDES

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Tuscan Kale Salad	150	13	2	0	270	7	3	2	4	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
True Crisp'd Air Fried French Fries	310	26	2.5	0	1170	30	0	7	3	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Simple Salad	180	17	2	0	230	7	1	5	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Sweet Potato Chips	230	14	1.5	0	230	24	3	5	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Seasonal Roasted Veggies	230	14	1.5	0	1500	27	4	7	5	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Peri Peri Ketchup (1.5oz)	80	6	0.5	0	570	7	0	5	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

Chili Garlic Crunch (1oz)	250	26	3.5	0	560	5	1	2	1	Allergen Statement: Contains sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, wheat, fish, shellfish, peanuts, tree nuts, soy, and milk.
Thai Basil Vinaigrette (1.5oz)	120	14	2	5	140	0	0	0	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
TFK Special sauce (1.5oz)	250	18	2.5	0	510	6	0	3	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

FOOD - ENTRÉES

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Grilled Sustainable Salmon*	650	49	8	95	2850	15	3	4	37	Allergen Statement: Contains eggs, and fish. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain milk, wheat, shellfish, peanuts, tree nuts, sesame, and soy.
Tender Plate	920-1120	50-77	8-12	205	1430-2190	33-42	2	10	60	Allergen Statement: Contains eggs, sesame, and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, tree nuts, and soy.
Steak Frites*	1210	91	24	235	2540	24	1	3	78	Allergen Statement: Contains milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, wheat, fish, shellfish, tree nuts, peanuts, sesame, and soy.
Chicken Parmesan	930	42	12	155	3400	64	3	7	56	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
Tahitian Tombo Tuna Poke*	570	23	4	20	3380	69	9	19	27	Allergen Statement: Contains soy, fish, sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, wheat, shellfish, peanuts, tree nuts, and soy.
Lasagne al Pesto	790	48	13	120	2270	52	7	9	35	Allergen Statement: Contains eggs, milk, and soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, tree nuts, peanuts, and sesame.
Spaghetti Squash Casserole	560	23	10	45	1530	68	12	29	25	Allergen Statement: Contains eggs, and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, tree nuts, soy, and sesame.

TRUE FOOD KITCHEN

FOOD - DESSERTS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Flourless Chocolate Cake	730	46	30	110	300	87	7	77	8	Allergen Statement: Contains eggs, milk, and tree nuts (almond). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, sesame, and soy.
Chocolate Chip Cookie	360	18	13	0	270	54	3	27	3	Allergen Statement: Contains tree nuts. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, milk, peanuts, fish, shellfish, soy, and sesame.
Chocolate Chip Cookie A La Mode	530	28	22	0	300	74	4	44	4	Allergen Statement: Contains tree nuts (almond). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, eggs, milk, peanuts, fish, shellfish, soy, and sesame.
Cosmic Bliss Ice Cream	270	19	12	85	90	21	0	19	4	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, tree nuts, soy, and sesame.
Vegan Vanilla Ice Cream	320	20	17	0	20	33	1	31	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, soy, sesame, and shellfish.

FOOD - KIDS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Buttered Noodles	620	15	7	30	40	107	8	3	18	Allergen Statement: Contains eggs, milk, wheat. Gluten Statement: Contains gluten. Cross Contact: May contain shellfish, fish, peanuts, soy, sesame, and tree nuts.
Chicken Teriyaki Bowl	590	23	3.5	75	1490	47	9	24	43	Allergen Statement: Contains soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, wheat, shellfish, fish, peanuts, tree nuts, and sesame.
Grass-Fed Cheeseburger	610	23	8	120	2370	44	6	8	52	Analysis and allergens do not include the choice of side. Allergen Statement: Contains milk, wheat, and sesame. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, fish, shellfish, peanuts, and soy.
Tomato Sauce Noodles	540	3	0	0	260	111	9	6	19	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, sesame, and soy.
Cheese Pizza	850	20	8	35	1680	131	4	4	33	Allergen Statement: Contains milk and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, shellfish, fish, peanuts, tree nuts, sesame, and soy.
True Crisp'd Chicken Tender Plate	660	23	3.5	105	1670	72	13	33	36	Analysis and allergens do not include the choice of side. Allergen Statement: Contains eggs and sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain milk, wheat, fish, shellfish, soy.
Kid's Cookie and Ice Cream Sundae	500	26	20	0	300	70	4	10	4	Allergen Statement: Contains tree nuts. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain milk, wheat, peanuts, soy, sesame, and shellfish.

FOOD - BRUNCH

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Lemon Blueberry Muffin (1)	300	8	2	20	240	53	1	35	5	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
Lemon Blueberry Muffin (3)	900	24	6	60	720	159	3	105	15	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
Avocado Toast*	980	84	11	20	1310	49	9	4	10	Allergen Statement: Contains eggs, milk, wheat, and sesame. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, sesame, and soy.
Blueberry Pancakes	780	36	18	170	1240	107	5	57	12	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, tree nuts, peanuts, sesame, and soy.
Farmers Market Scramble*	830	63	20	870	2720	23	3	10	43	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, tree nuts, peanuts, sesame, and soy.
Rancher's Hash*	1290	84	23	535	3350	70	10	15	66	Allergen Statement: Contains eggs, milk, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, soy, and sesame.
Southwest Tofu Scramble	750	38	6	0	2590	69	16	21	38	Allergen Statement: Contains wheat and soy. Gluten Statement: Contains gluten. Cross Contact: May contain milk, eggs, fish, shellfish, peanuts, tree nuts, and sesame.
Mediterranean Breakfast Bowl	480	24	3.5	35	1410	43	10	13	24	Allergen Statement: Contains eggs, milk, sesame, and wheat. Gluten Statement: Contains gluten. Cross Contact: May contain fish, shellfish, peanuts, tree nuts, and soy.
Single Pancake	460	18	9	85	630	67	2	40	7	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, tree nuts, peanuts, sesame, and soy.
Kid's Blueberry Pancake	460	18	9	85	630	67	2	40	7	Allergen Statement: Contains eggs and milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, tree nuts, peanuts, sesame, and soy.
Bananas Foster Chia Seed Pudding	550	25	12	0	230	77	9	60	7	Allergen Statement: Contains tree nuts. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain wheat, fish, shellfish, peanuts, sesame, soy, eggs, and milk.

BEVERAGE - REFRESHERS, TEA, SPRITZERS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Pink Lemonade	110	0	0	0	20	25	0	25	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Kale Aid	70	0.5	0	0	160	15	4	9	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Bright Eyes	110	0.5	0	0	85	26	5	16	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
The O.G.	100	0	0	0	0	25	0	16	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Green or Black Iced Tea	0	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Jasmine Pearl Green Tea	5	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Passport Loose Leaf Tea: Darjeeling	5	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Passport Loose Leaf Tea: Classic Chai	5	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Passport Loose Leaf Tea: Peppermint Herbal	5	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Passport Loose Leaf Tea: Chamomile Herbal	5	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Prickly Pear Tisane	70	0	0	0	10	19	0	18	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Lemon-Lime Spritzer	5	0	0	0	0	1	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

Pineapple Spritzer	15	0	0	0	0	4	0	3	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Pomegranate Spritzer	20	0	0	0	0	4	0	4	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Mountain Valley Water	0	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

BEVERAGE - ORGANIC FAIR TRADE COFFEE & MATCHA

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Espresso	5	0	0	0	10	1	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Americano	5	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Cappuccino	80	4.5	0	0	60	8	1	5	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Caffe Latte	80	4.5	0	0	60	8	1	5	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Organic Fair Trade Coffee	0	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Shakerato	170	3.5	0	0	65	35	1	28	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Matcha Latte	60-100	3.5	0	0	55	7	1	2	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Lavender Matcha Latte	200	4.5	0	0	70	38	1	31	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Iced Matcha Horchata	120	6	0	0	65	25	1	22	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Matcha Horchata	120	6	0	0	65	25	1	22	1	Analysis and allergens do not include the choice of milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

BEVERAGE - CRAFT COCKTAILS & NON-ALCOHOLIC COCKTAILS

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate s (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Moscow Mule	160	0	0	0	0	18	6	11	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Spicy Pineapple Margarita	180	0	0	0	0	20	0	18	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Citrus Skinny Margarita	170	0	0	0	0	18	0	16	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Smoke Show Old Fashioned	230	0	0	0	0	9	0	9	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Ginger Margarita	140	0	0	0	0	19	0	13	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Blueberry 75 (Non-Alc)	50	0	0	5	5	14	0	13	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Mimosa (glass)	150	0	0	0	0	8	0	7	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Mimosa (half bottle)	300	0	0	0	5	17	0	14	1	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Mimosa (full bottle)	600	0	0	0	10	34	0	28	2	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Espresso Martini	170	0	0	0	5	16	0	16	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.

BEVERAGE - SPARKLING, RED & WHITE WINE

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

BEVERAGE - BEER

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate s (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Stella Artois	140	0	0	0	0	10	0	0	0	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, sesame, and soy.
Modelo Especial	145	0	0	0	0	18	0	0	0	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, sesame, and soy.
Athletic Brewing Run Wild IPA	65	0	0	0	0	16	0	0	0	Allergen Statement: Does not contain any of the 8 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May contain eggs, milk, tree nuts, peanuts, fish, wheat, gluten, soy, sesame, and shellfish.
Michelob Ultra	95	0	0	0	0	0	0	0	0	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, sesame, and soy.
Voodoo Ranger Juicy Haze IPA	210	0	0	0	0	0	0	0	0	Allergen Statement: Contains wheat. Gluten Statement: Contains gluten. Cross Contact: May contain eggs, milk, fish, shellfish, peanuts, tree nuts, sesame, and soy.

Values shown are for full dish. Values are current as of September 2025. The nutrition information provided is a compilation of the nutrient data from True Food Kitchen’s suppliers, the USDA and nutrient database analysis of True Food Kitchen’s recipes and our analysis. Please note the following: (i) Test menu items, specials, limited time offers, and/or regional items may not be included in the nutrition information contained herein. (ii) Special or customized orders will alter the nutrition information contained herein. (iii) From time to time, True Food Kitchen may have to obtain products from different or substitute suppliers which may alter the nutrition information contained herein. (iv) Menu item ingredients are based upon recipes and portions, but variations may occur based upon ordinary differences inherent in the preparation, local suppliers, region of the country, and season of the year. (v) Each of our menu items are prepared by hand, individually, so serving sizes can vary. (vi) Differences in available dishware, packaging, or containers may affect the serving size. The nutrition information is updated periodically in an attempt to reflect the current nutritional value of our menu items. *These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



TRUE FOOD KITCHEN

Crafted to Crave. Designed to Nourish.