

TRUE FOOD KITCHEN

REFRESHERS & TEAS

- Honey Lemonade add *matcha* / *cucumber*
- Cherry Chia Limeade
- Hangover Rx *pineapple, orange, honey, coconut water*
- Medicine Man *triple-brewed black tea, blueberry, pomegranate, honey, sea buckthorn*
- Kale Aid *kale, ginger, apple, celery, cucumber*
- Health-Ade Kombucha (original or with cranberry & pomegranate)

VEGETABLES

- Torched Avocado *cucumber noodle, mushroom, snap pea, radish, sesame, turmeric ponzu* VEG
- Chioggia Beet Bruschetta *vegan almond ricotta, amaranth, arugula, pomegranate molasses* V
- Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio* V GF
- Farmers Market Crudités *chilled raw vegetables, tzatziki & black olive dip* VEG

STARTERS

- Daily Market Soup
- Shiitake Lettuce Cups *tofu, jicama, sambal, thai basil, cashew* V
- Kale Guacamole *pink grapefruit, cilantro, roasted poblano, sunflower seeds & pita chips* V
- Wild-Caught Albacore Tataki* *avocado, jalapeño, toasted sesame, yuzu ponzu* GF
- Edamame Dumplings *dashi, white truffle oil, asian herbs* VEG
- Herb Hummus *greek salad, feta, grilled pita bread* VEG

PIZZAS

- Roasted Artichoke *sugar snap pea, smoked onion, roasted garlic, vegan almond ricotta, black truffle* V
- House-Made Chicken Sausage *organic tomato, roasted fennel, scamorza*
- Wild Mushroom *asparagus, roasted garlic, taleggio* VEG
- Margherita *organic DiNapoli tomato, fresh mozzarella, basil* VEG

SALADS

chicken / shrimp / albacore tuna* / steelhead**

- Organic Tuscan Kale *lemon, garlic, grana padano, breadcrumb* VEG
- Seasonal Ingredient *asparagus, broccolini, roasted cauliflower, chickpea, pistachio, raisin, manchego, sicilian vinaigrette* VEG GF
- Mediterranean Quinoa *persian cucumber, olive, peppadew, cherry tomato, pole bean, feta, almond, oregano vinaigrette* VEG GF
- Grilled Chicken *medjool date, dried cranberry, jicama, apple, manchego, farro, marcona almond, champagne vinaigrette*

BOWLS

 add *tofu / chicken / shrimp* / grass-fed steak* / steelhead**

- Ancient Grains *miso glazed sweet potato, turmeric, charred onion, snow pea, grilled portobello, avocado, hemp seed* V
- Red Chili Noodles *gai lan, zucchini, shiitake mushroom, snow pea, cashew* VEG
- Teriyaki Quinoa *broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame* V
- Spicy Panang Curry *organic potato, long bean, bok choy, carrot, thai basil, coconut shrimp broth* GF

SANDWICHES

- T.L.T. *smoked tempeh, butter lettuce, tomato, avocado, vegan mayonnaise* V
- Smoked Turkey Wrap *avocado, tomato, cucumber, provolone, hummus*
- Inside Out Quinoa Burger *hummus, tzatziki, tomato, cucumber, red onion, avocado, feta* VEG GF
- Turkey Burger *smashed avocado, tomato, smoked gouda, jalapeño remoulade*
- Grass-Fed Burger* *umami mushroom, caramelized onion, arugula, parmesan, mayonnaise, flax seed bun*

ENTRÉES

- Poke Bowl* *wild caught albacore, avocado, quinoa rice, mushroom, snow pea, cucumber, cashew, turmeric ponzu*
- Scottish Steelhead* *smoked onion farro, arugula, roasted beet, cilantro pumpkin seed pesto*
- Pan Roasted Chicken *broccolini, heirloom potato, chermoula* GF
- Sustainable Seabass* *broccolini, sugar snap pea, roasted mushroom, ancient grains, umami sauce*
- Spaghetti Squash Casserole *organic tomato, caramelized onion, zucchini, fresh mozzarella* VEG GF
- Grilled Fish or Grass-Fed Steak Tacos* *avocado, greek yogurt, cilantro, pickled onion, anasazi bean, cotija cheese* GF
- Lasagna Bolognese *house-made chicken sausage, mushroom, spinach, lemon ricotta, herbs* GF

KIDS

- Almond Butter, Banana & Apple Sandwich *seeded grain bread, carrots & tzatziki* VEG
- Mozzarella & Organic Tomato Pizza VEG
- Chicken Teriyaki Bowl *pea, broccoli, carrot, brown rice & quinoa*
- Grass-Fed Burger *provolone cheese, flax bun, carrots & tzatziki*
- Smoked Turkey Sandwich *butter lettuce, tomato, provolone cheese, carrots & tzatziki*

DESSERT

- Flourless Chocolate Cake *caramel, vanilla ice cream, cocoa nibs* VEG GF
- Key Lime Pie *coconut chantilly* V GF
- Coconut & Chia Seed Flan *caramel, mixed berries* V GF
- Sea Buckthorn Sorbet *luxardo cherry* V GF
- Vegan Vanilla Ice Cream V GF

Cocktails

- Thai Grapefruit Martini
organic vodka, thai basil, grapefruit
- Farmers Market Sangria
organic white wine, spiced brandy, lime, pineapple
- Citrus Skinny Margarita
ixá organic tequila, muddled citrus, mint, cucumber
- Blueberry Royale
organic vodka, lemon, prosecco, mint
- Ginger Margarita
añejo tequila, elderflower liqueur, ginger honey, lemon
- The Peacemaker
bourbon, amaro, lemon, clover honey.



V Vegan VEG Vegetarian GF Gluten Free / While we offer gluten-free items, our kitchen is not completely gluten free.

*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.