

# TRUE FOOD KITCHEN

## REFRESHERS & TEAS

Honey Lemonade *add: matcha / cucumber*  
Cherry Chia Limeade  
Hangover Rx *pineapple, orange, honey, coconut water*  
Sparkling Antioxidant Tea *organic iced green tea, pomegranate, lemon*  
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 & FRUIT

Heirloom Tomato & Watermelon *marcona almond, white balsamic, chèvre* **VEG**  
Torched Avocado *cucumber noodle, mushroom, snap pea, radish, sesame, turmeric ponzu* **VEG**  
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

Heirloom Tomato *grilled artichoke, 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 *add: 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*  
Spaghetti Squash Casserole *organic tomato, caramelized onion, zucchini, fresh mozzarella* **VEG GF**  
Sustainable Seabass\* *broccolini, sugar snap pea, roasted mushroom, ancient grains, umami sauce*  
Pan Roasted Chicken *corn, green chickpea, fresno chili, feta, cilantro pumpkin seed pesto* **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**

## Cocktails

Watermelon Mojito  
*rum, mint, pineapple, lime*  
Thai Grapefruit Martini  
*organic vodka, thai basil, grapefruit*  
Farmers Market Sangria  
*organic white wine, spiced brandy, lime, pineapple*  
Citrus Skinny Margarita  
*organic tequila, muddled citrus, mint, cucumber*  
Ginger Margarita  
*añejo tequila, elderflower liqueur, ginger honey, lemon*  
Cherry Bourbon Sour  
*bourbon, lemon, cherry bitters, pinot noir float*



**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.

# TRUE FOOD KITCHEN BRUNCH

## REFRESHERS & TEAS

Honey Lemonade *add: matcha / cucumber*  
Cherry Chia Limeade  
Hangover Rx *pineapple, orange, honey, coconut water*  
Sparkling Antioxidant Tea *organic iced green tea, pomegranate, lemon*  
Medicine Man *triple-brewed black tea, blueberry, pomegranate, honey, sea buckthorn*  
Health-Ade Kombucha (original or with cranberry & pomegranate)

## JUICES & SMOOTHIES

Bright Eyes *pear, ginger, beet, pineapple, turmeric, carrot*  
Kale Aid *kale, ginger, apple, celery, cucumber*  
Banana & Date Smoothie *almond milk, almond butter, flax seed*  
Kale & Coconut Smoothie *banana, pineapple, lemon, ginger, honey*

## BREAKFAST

Banana Espresso Nut *or GF Blueberry Muffin* VEG  
Smashed Avocado Toast\* *organic sunny side up egg, smoked gouda, black sesame, thyme* VEG  
Vanilla Oat & Seed Bowl *bircher muesli, honey, nuts, seasonal fruit, almond butter toast* VEG  
Vegan Chorizo Burrito *tofu, turmeric, quinoa, anasazi bean, pico de gallo* V  
Two Organic Eggs\* *chicken sausage & sweet potato hash* GF  
Huevos Rancheros\* *organic corn tortillas, roasted chile, organic sunny side up eggs, cotija cheese* VEG GF  
Garden Scramble\* *asparagus, broccolini, onion, bell pepper, smoked gouda, grana padano, sweet potato* VEG GF *add: sausage*  
Quinoa Johnny Cakes *blueberry, greek yogurt, maple syrup* VEG  
Egg Sandwich\* *smashed avocado, manchego, smoked turkey, grilled seeded toast*

## STARTERS

Daily Market Soup  
Heirloom Tomato & Watermelon *marcona almond, white balsamic, chèvre* VEG  
Torched Avocado *cucumber noodle, mushroom, snap pea, radish, sesame, turmeric ponzu* VEG  
Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio* V GF  
Edamame Dumplings *dashi, white truffle oil, asian herbs* VEG  
Farmers Market Crudités *chilled raw vegetables, tzatziki & black olive dip* VEG  
Herb Hummus *greek salad, feta, grilled pita bread* VEG

## PIZZAS

Heirloom Tomato *grilled artichoke, 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

*add: 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 & ENTRÉES

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  
Grass-Fed Burger\* *umami mushroom, caramelized onion, arugula, parmesan, mayonnaise, flax seed bun*  
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*  
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

## Brunch Cocktails

Pineapple & Orange Mimosa  
Cranberry & Pomegranate Mimosa  
*sea buckthorn*  
Scratch Bloody Mary  
*organic tomato, house spice blend,  
lime, cucumber, organic vodka*

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.



# KIDS

Almond Butter, Banana & Strawberry 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

Key Lime Pie *coconut chantilly* **V GF**

Flourless Chocolate Cake *caramel, vanilla ice cream, cocoa nibs* **VEG GF**

Chia Seed Pudding *banana, toasted coconut* **V GF**

Sea Buckthorn Sorbet *luxardo cherry* **V GF**

Vegan Vanilla Ice Cream **V GF**

## ADAPTOGENIC TEA

Ginger-Tulsi Tea *ginger honey, lemon*

## LOOSE LEAF TEAS

Jasmine Pearl Green Tea

Genmaicha Green Tea

Wood Dragon Oolong

Peppermint (*decaf*)

Classic Chai

Chamomile (*decaf*)

Darjeeling

White Peony “Bai Mudan”

## ORGANIC FAIR TRADE COFFEE

Espresso

Cappuccino

Latte

**V** Vegan **VEG** Vegetarian **GF** Gluten Free

*While we offer gluten-free items, our kitchen is not completely gluten free.*