

**TRUE FOOD KITCHEN**

**SPRING 2024  
NUTRITIONAL GUIDE**



# TRUE FOOD KITCHEN

## FOOD - STARTERS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Creamy Tomato Soup w/ Mousse and Crumbs	340	37.7	27	14	0.5	65	1580	21	2	10	9	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Creamy Tomato Soup (No Mousse or Crumbs)	210	23.3	16	8	0	40	1170	16	1	8	4	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Wheat, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.
Wild Caught Tuna Lettuce Cups*	520	57.7	35	6	0	30	1320	27	4	5	27	Allergen Statement: Contains Fish, Tree Nuts (Baru), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Shellfish, Peanuts, Other Tree Nuts, Gluten.
Guacamole w/ Tortilla Chips	480	53.3	33	4.5	0	0	1220	40	11	3	12	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Tree Nuts, Gluten.
Mediterranean Hummus	870	96.6	66	9	0	0	2010	26	4	10	15	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.
Charred Cauliflower	370	41.1	24	3	0	0	830	36	8	25	10	Allergen Statement: Contains Sesame, Tree Nuts (Pistachios). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Other Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Edamame Dumplings	270	1.3	12	4.5	0	15	770	67	3	3	19	Allergen Statement: Contains Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Sourdough Street Corn Flatbread	600	66.6	26	6	0	25	1930	82	3	8	21	Allergen Statement: Contains Milk, Wheat, Soy (vegenaise). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Treenuts, Sesame.

# TRUE FOOD KITCHEN

## FOOD - PIZZAS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Spinach & Mushroom Pizza	1190	132.2	47	5	0	0	2150	161	8	7	28	Allergen Statement: Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Grass-Fed Bison Sausage Pizza	1420	157.7	48	18	0	300	3080	145	3	9	53	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Treenuts, Soy, Sesame.
Bougie Blanco Pizza	1220	135.5	41	18	0	85	4960	152	2	5	53	Allergen Statement: Contains Eggs, Milk, Wheat, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain, Fish, Shellfish, Peanuts, Tree Nuts, Soy.
Pepperoni Pizza	1180	131.1	37	13	0	130	2270	157	2	4	46	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Margherita Pizza	1040	115.5	31	15	0	95	1750	145	28	4	37	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Treenuts, Soy, Sesame.
Gluten-Free Crust	360	40	3	0	0	0	390	78	0	9	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - BURGERS, SANDWICHES, WRAPS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
The Grass-fed Burger*	710	78.8	40	12	1	115	1440	45	5	8	46	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Sesame.
Turkey Burger	530	58.8	21	6	0	110	1300	40	3	8	47	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Plant-Based Double Cheeseburger	720	80	40	7	0	0	1950	82	8	12	16	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Tree Nuts (Walnuts), Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts, Other Tree Nuts, Sesame.
Gluten-Free Bun	200	22.2	6	0	0	0	370	37	5	5	4	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Mediterranean Wrap	490	54.4	30	3.5	0	0	1030	14	2	8	10	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts, Other Tree Nuts, Soy.
Pot Roast Beef Dip	690	76.6	40	18	0.5	95	1680	46	1	4	27	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Grilled Chicken Ranch Wrap	720	80	38	5	0	85	1420	56	5	6	40	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy.
Spicy Korean Chicken Sandwich	700	7.7	29	2	0	70	1940	77	3	29	30	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame.
The Original Chicken Sandwich	520	57.7	20	1.5	0	70	1080	53	2	11	29	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame.

# TRUE FOOD KITCHEN

## FOOD - SALADS & BOWLS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Seasonal Organic Strawberry Arugula Salad	420	46.6	34	6	0	30	490	24	6	12	9	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs, Milk Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame, Gluten.
Seasonal Organic Strawberry Arugula Salad (No Dressing)	180	20	8	2	0	5	200	23	6	12	9	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Buffalo Chicken Ranch Salad	890	98.8	59	6	0	105	8380	45	8	10	41	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame, Gluten.
Buffalo Chicken Ranch Salad (No Dressing)	680	75.5	37	5	0	110	1570	42	8	9	42	Allergen Statement: Contains Eggs, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Gluten.
Kale Caesar Salad	390	43.3	30	7	0	55	770	22	5	2	14	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contans Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Kale Caesar (No Dressing)	140	15.5	5	1	0	5	300	17	5	3	8	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Citrus Salmon Salad	530	58.8	29	8	0	125	3220	27	3	15	42	Allergen Statement: Contains Egg, Milk, Fish (Salmon), Shellfish, Tree Nuts (Almonds, Walnuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Peanuts, Other Tree Nuts, Sesame, Soy, Gluten
Citrus Salmon Salad (No Dressing)	470	52.2	26	7	0	90	2740	19	3	12	41	Allergen Statement: Contains Egg, Milk, Fish (Salmon), Shellfish, Tree Nuts (Almonds, Walnuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Peanuts, Other Shellfish, Other Tree Nuts, Sesame, Soy, Gluten.
Simple Green Salad	470	52.2	42	5	0	0	300	22	8	11	4	Analysis and allergens do not include choice of protein. Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Simple Green Salad (No Dressing)	190	21.1	15	2	0	0	30	14	8	3	4	Analysis and allergens do not include choice of protein. Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Chopped Salad	570	3.8	35	6	0	15	560	58	10	33	11	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk, Wheat, Tree Nuts (Almonds). Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Shellfish, Peanuts, Other Tree Nuts, Sesame, Soy.

Chopped Salad (No Dressing)	360	1.5	14	4.5	0	15	230	52	8	27	11	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk, Wheat, Tree Nuts (Almonds). Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Shellfish, Peanuts, Other Tree Nuts, Sesame, Soy.
Organic Tuscan Kale Salad	350	3.6	33	5	0	5	600	12	4	3	5	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk, Wheat, Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Shellfish, Peanuts, Tree Nuts.
Organic Tuscan Kale Salad (No Dressing)	70	0.28	2.5	1	0	5	100	9	3	2	5	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk, Wheat, Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Egg, Fish, Shellfish, Peanuts, Tree Nuts.
Add On: Organic Tofu	250	27.7	22	2.5	0	0	1910	5	0	0	12	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Antibiotic-free Chicken	160	17.7	7	1	0	65	150	0	0	0	23	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*	180	20	16	4	0	65	60	0	0	0	16	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Sustainably Raised Shrimp*	140	15.5	6	1	0	180	230	1	0	0	20	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Sustainable Arctic Salmon*	260	28.8	16	3.5	0	70	330	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: True Crisp'd Chicken	140	15.5	7	0.5	0	35	230	7	0	1	11	Allergen Statement: Contains Eggs, Tree Nuts. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Spicy Panang Curry Bowl	600	66.6	30	25	0	0	2130	72	7	30	9	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Fish (Fish Sauce), Shellfish, Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Sesame, Other Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Ancient Grains Bowl	560	62.2	30	3.5	0	0	1730	63	8	15	12	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Sesame, Soy, Wheat, Tree Nuts (Pistachio). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts.
Thai Peanut Noodle Bowl	900	100	40	7	0	185	1520	124	3	13	15	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs, Peanuts, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Wild-Caught Tuna Poke Bowl*	410	45.5	18	3	0	30	1350	35	7	5	32	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Fish (Tuna), Tree Nuts (Baru), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Soy, Gluten.

Teriyaki Quinoa Bowl	500	55.5	23	3.5	0	0	870	66	11	20	11	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Peanuts, Soy, Fish, Milk, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Korean Noodle Bowl	550	0.2	2	0	0	0	210	123	5	13	8	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Add On: Tofu, Wok	250	27.7	19	2.5	0	0	360	9	0	2	13	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Chicken, Wok	180	20	8	1	0	65	400	3	0	2	23	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*, Wok	260	28.8	22	5	0	75	170	0	0	0	18	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Shrimp*, Wok	160	17.7	6	1	0	180	480	4	0	2	20	Allergen Statement: Contains Sesame, Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - ENTRÉES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Seared Wild Tuna Tataki*	650	72.2	29	6	0	55	1160	52	7	17	46	Allergen Statement: Contains Fish (Tuna), Tree Nuts (Baru), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
Idaho Rainbow Trout	690	369	41	6	0	105	1110	37	5	8	42	Allergen Statement: Contains Wheat, Fish (Trout). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Tree Nuts, Gluten.
Lasagna Bolognese	450	50	27	11	0.5	120	1210	29	4	8	24	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grilled Sustainable Salmon*	710	78.8	46	8	0	100	3310	36	4	5	39	Allergen Statement: Contains Eggs, Fish (Salmon). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Other Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.
Grass-Fed Meatloaf	910	558	79	17	0	120	2740	28	6	7	28	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Spaghetti Squash Casserole	410	2.4	22	10	0	60	1360	39	8	16	19	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Grilled Grass-Fed Steak*	600	66.6	38	8	0	110	6450	48	5	10	36	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grilled NY Strip* (LV Forum Shops Only)	920	7	63	6	0	230	8150	27	6	7	23	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Chicken Tender Plate	800-1070	91.1 -121.1	44-75	5-Apr	0	150	1660-3330	36-50	4-Feb	6	52-53	Allergen Statement: Contains Egg. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.



# TRUE FOOD KITCHEN

## FOOD - SIDES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Mac and Cheese	470	52.2	17	9	0	45	330	65	3	2	19	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Chef Matt's Lentil Salad	340	37.7	22	2.5	0	0	1620	30	8	5	10	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Kale Caesar Salad	190	21.1	15	3.5	0	25	430	9	2	1	6	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
Grilled Street Corn	380	225	25	7	0	15	1860	40	4	14	8	Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Simple Salad	150	16.6	14	1.5	0	0	160	5	1	4	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Umami Potatoes	220	24.4	15	2	0	0	3900	23	5	2	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grilled Asparagus	60	6.66	6	1	0	0	110	1	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Creamy Tomato Soup (cup)	210	23.3	16	8	0	40	1170	16	1	8	4	Allergen Statement: Contains Milk. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Sesame, Peanuts, Shellfish, Soy, Tree Nuts, Wheat.
Chili Garlic Crunch (1 oz)	190	2.2	20	3	0	0	480	4	1	1	1	Allergen Statement: Contains Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Herb Roasted Fingerling Potatoes	150	16.6	3.5	0	0	0	1950	17	3	1	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Blueberry BBQ Sauce (2 oz)	90	10	6	1	0	15	220	9	1	7	1	Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Korean BBQ Sauce (2 oz)	90	10	0	0	0	0	740	23	0	19	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Garlic Chili Ranch (2 oz)	320	35.5	33	2	0	0	370	1	0	0	0	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Thai Basil Aioli (2 oz)	280	31.1	31	4.5	0	25	330	0	0	0	1	Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Awesome Sauce (2 oz)	220	24.4	21	1	0	0	810	5	0	3	0	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - DESSERTS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
The Pink Lime Tart	730	4.1	37	24	0	0	80	88	7	64	7	Allergen Statement: Contains Tree Nuts (Almonds, Coconut), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Gluten.
Blueberry Crumble Sundae	650	342	38	21	0.5	0	45	72	6	58	10	Allergen Statement: Contains Milk, Tree Nuts (Almond, Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Gluten.
Flourless Chocolate Cake	510	3.6	33	19	0	125	220	47	0	42	8	Allergen Statement: Contains Eggs, Milk, Tree Nuts (Almonds, Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Soy, Gluten.
Strawberry Crumble Bar	410	45.5	24	15	1	35	45	44	1	25	5	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Strawberry Crumble Bar (no ice cream)	270	30	14	9	0.5	35	45	34	1	16	3	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Colossal Cookie and Ice Cream	890	98.9	46	27	1.5	110	300	108	0	56	12	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Colossal Cookie	620	68.8	26	16	1	110	300	87	0	38	8	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Kid's Cookies & Ice Cream	420	171	19	17	0	0	240	62	0	47	2	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts.
Cosmic Bliss Ice Cream	70	7.7	5	3	0	0	0	5	0	5	1	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.
Vegan Vanilla Ice Cream	60	6.6	3.5	3	0	0	5	8	0	7	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.
Chocolate Pot de Creme (Tucson Only)	280	31.1	20	15	0	0	0	10	1	17	4	Allergen Statement: Contains Tree Nuts (Coconut), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Peanuts, Sesame, Shellfish, Other, Tree Nuts, Gluten.

# TRUE FOOD KITCHEN

## FOOD - HAPPY HOUR

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Spiced Mixed Nuts	120	1	9	1	0	0	110	5	2	3	4	Allergen Statement: Shellfish (in curry), Peanuts, Tree Nuts (Almonds, Walnuts) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Other Tree Nuts, Wheat, Sesame, Sov. Gluten.
Chili Cuke Cucumbers	130	0.6	6	1	0	0	2390	18	2	8	4	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Contains Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Fish, Peanuts, Shellfish, Tree Nuts, Gluten.
Street Taco Chicken	360	40	19	3	0	65	870	36	5	4	21	Allergen Statement: Contains Milk, Tree Nuts (Pistachos), Soy. Gluten Statement: Contains Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Sesame, Gluten.
Street Taco Beef	300	33.3	9	2.5	0	20	500	35	3	4	10	Allergen Statement: Contains Milk, Tree Nuts (Pistachos), Soy. Gluten Statement: Contains Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Sesame, Gluten.
Buffalo Cauliflower	430	3.8	35	6	0	25	8690	17	6	6	10	Allergen Statement: Contains Eggs, Milk, Wheat, Sesame, Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts, Soy.
Grilled Cheese Dippers and Tomato Soup	470	52.2	44	13	0	45	1080	15	1	7	7	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Dip Duo	570	63.3	33	4	0	0	1080	44	4	5	13	Allergen Statement: Contains : Wheat, Tree Nuts (pistachios). Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Eggs, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Tuna Tostada*	170	0.8	8	2	0	30	85	3	1	1	22	Allergen Statement: Contains Fish (Tuna), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Other Fish, Shellfish, Peanuts, Tree Nuts, Soy, Gluten.
Grass-Fed Meatloaf Sliders	740	5	46	19	1	195	2290	43	1	9	43	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.

# TRUE FOOD KITCHEN

## FOOD - KIDS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Buttered Noodles	450	1.6	15	9	0	40	160	65	3	2	14	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Chicken Teriyaki Bowl	410	45.5	10	2	0	95	990	38	2	15	40	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Sesame, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Grass-fed Burger*	630	70	32	12	1	120	1050	43	5	8	43	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
Mac and Cheese	500	55.5	18	10	0	50	340	66	3	2	21	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
Marinara Noodles	400	0.6	6	2	0	10	490	73	3	6	16	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
Chicken Tender Plate	370	41.1	19	2	0	70	590	25	3	6	24	Allergen Statement: Contains Eggs, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Soy, Fish, Peanuts, Shellfish, Tree Nuts, Gluten.
Cheese Pizza	950	105.5	25	10	0	50	1830	143	28	4	32	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.

# TRUE FOOD KITCHEN

## FOOD - BRUNCH

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Lemon & Blueberry Ricotta Muffin (single)	180	20	7	2	0	20	30	27	0	14	3	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Lemon & Blueberry Ricotta Muffin (three)	540	60	20	5	0	60	95	81	1	42	10	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Strawberry Crumble Cake (single)	270	30	14	9	0.5	35	45	34	1	16	3	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Strawberry Crumble Cake (three)	800	88.8	43	26	1.5	140	140	98	3	46	9	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Loaded Fingerling Potatoes	400	44.4	30	5	0	15	6150	27	5	4	7	Allergen Statement: Contains Milk, Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Wheat, Fish, Peanuts, Shellfish, Tree Nuts.
Grass-fed Steak Breakfast Burrito*	1000	111.1	61	18	0	425	5860	76	4	6	48	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Blueberry Pancakes	680	225	25	8	0	100	1050	111	6	62	8	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Avocado Toast*	820	369	41	11	0	210	1730	90	7	22	27	Allergen Statement: Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Sesame, Soy, Tree Nuts.
Southwest Tofu Scramble	630	70	28	5	0	0	1870	76	6	7	22	Allergen Statement: Contains Wheat, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts, Sesame, Tree Nuts, Gluten.
Farmer's Market Scramble*	730	81.1	55	19	0.5	705	1720	18	4	7	41	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Smoked Salmon Toast*	720	80	38	9	0	125	2290	46	4	8	49	Allergen Statement: Contains Milk, Wheat, Fish (Salmon), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Other Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Classic Egg Breakfast*	1120	450	50	11	0	445	3660	96	4	45	36	Allergen Statement: Contains Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Peanuts, Shellfish, Sesame, Soy, Tree Nuts.
The Breakfast Burger*	1110	594	66	15	0	295	2160	56	6	17	38	Allergen Statement: Contains Eggs, Milk, Wheat, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Grass-fed New York Strip & Eggs* (LV Forum Shops Only)	1160	5.6	51	16	0	565	1830	52	2	6	69	Allergen Statement: Contains Eggs, Wheat, Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Sesame, Fish, Peanuts, Shellfish, Soy, Tree Nuts.

Add On: Avocado	80	8.8	7	1	0	0	0	4	3	0	1	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Sov, Tree Nuts, Wheat, Gluten.</p>
Add On: Blueberry Pancake (single)	340	37.7	13	4	0	50	520	55	2	31	4	<p>Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Wheat, Fish, Tree Nuts, Peanuts, Shellfish, Sesame, Soy, Gluten.</p>
Add On: Bison Sausage	380	1.2	11	4	0	85	490	9	0	7	19	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Sov, Tree Nuts, Wheat, Gluten.</p>
Add On: Fruit Bowl	100	11	0	0	0	0	0	24	3	15	1	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Sov, Tree Nuts, Wheat, Gluten.</p>

# TRUE FOOD KITCHEN

## FOOD - CATERING

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Strawberry & Arugula Salad (8-10 ppl)	5010	556.6	456	74	0.5	410	5960	200	49	108	74	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Kale Caesar Salad (8-10 ppl)	5260	584.4	426	115	1	755	10890	202	67	39	200	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Tuscan Kale Salad (8-10 ppl)	4030	447.7	389	59	0	40	7480	120	30	29	58	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Soy.
Simple Greens Salad (8-10 ppl)	5300	588.8	497	53	0	0	4040	202	54	131	23	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Chopped Salad (8-10 ppl)	5180	575.5	434	83	0	240	7660	269	37	145	84	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Soy.
Added Protein: Grilled Chicken	1730	192.2	87	16	0	595	4790	6	1	1	219	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Added Protein: Wok'd Tofu	1230	410	86	12	0	0	760	43	0	4	86	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Added Protein: Grilled Steak	1610	178.8	141	35	0	585	540	0	0	0	145	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Added Protein: Bavette Steak	2260	251.1	202	50	0	775	710	0	0	0	191	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Added Protein: Wok'd Shrimp	1140	126.6	48	7	0	1455	1830	10	0	0	157	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Other Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Mediterranean Wrap (8-10 ppl)	3320	368.8	168	18	0	0	6900	113	16	66	81	Allergen Statement: Contains Wheat, Treenuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Soy, Gluten.



Grilled Chicken Ranch Wrap (8-10 ppl)	4320	480	210	26	0	400	8490	136	42	74	222	Allergen Statement: Contains Milk, Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Wheat, Sesame, Gluten.
Thai Basil Chicken Ranch Wrap (8-10 ppl)	4320	480	235	34	0	465	6690	97	23	69	197	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy.
Kale Caesar Wrap (8-10 ppl)	4580	508.8	244	59	0.5	380	9470	185	41	51	159	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Soy.
Caprese Sandwich (8-10 ppl)	6480	720	442	163	0	1095	8970	401	18	25	251	Allergen Statement: Contains Milk, Wheat, Tree Nuts (Pistachios). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Soy.
Thai Peanut Noodles (8-10 ppl)	6610	734.4	411	74	0	1675	15130	634	34	172	144	Allergen Statement: Contains Eggs, Peanuts, Tree Nuts (Baru), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Shellfish, Other Tree Nuts, Gluten.
Teriyaki Quinoa Bowl (8-10 ppl)	2820	313.3	85	13	0	0	6420	453	66	127	90	Allergen Statement: Contains Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Tree Nuts, Eggs, Fish, Peanuts, Shellfish, Tree Nuts, Gluten.
Turkey Bolognese (8-10 ppl)	5580	620	73	18	0	165	6070	1000	51	47	260	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Peanuts, Fish, Shellfish, Sesame, Soy, Tree Nuts.
Ancient Grains (8-10 ppl)	5710	634.4	325	42	0	0	10990	612	84	83	131	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Other Tree Nuts.
Korean Noodle Bowl	5070	563.3	64	9	0	0	9390	1068	18	50	32	Allergen Statement: Contains Eggs, Peanuts, Tree Nuts, Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Shellfish, Other Tree Nuts, Gluten.
Side: Lentil Salad (8-10 ppl)	3460	384.4	222	26	0	0	16060	310	84	63	104	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Side: Fingerling Potato Salad (8-10 ppl)	2310	256.6	154	15	0	0	5247	173	35	14	20	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Side: Chilled Asian Noodle Salad (8-10 ppl)	2700	300	165	32	0	0	7080	274	52	78	87	Allergen Statement: Contains Peanuts, Tree Nuts (Baru), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Other Tree Nuts, Gluten.
Side: Pesto Pasta Salad (8-10 ppl)	3190	354.4	155	20	0	0	477	393	28	28	77	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Soy, Peanuts, Other Tree Nuts.

Side: Italian Pasta Salad (8-10 ppl)	3470	385.5	175	22	0	30	4860	396	21	51	80	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Soy, Peanuts, Tree Nuts, Sesame.
Side: Kale Caesar Salad (8-10 ppl)	2000	222.2	169	42	0.5	320	4230	70	18	10	63	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Soy, Peanuts, Tree Nuts, Sesame.
Kale Jicama Slaw	830	92.2	62	3.5	0	0	1570	49	14	24	12	Allergen Statement: Contains Soy. Gluten Statement: Contains Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Eggs, Wheat, Fish, Shellfish, Soy, Peanuts, Tree Nuts, Sesame, Gluten.
Side: Grilled Asparagus (8-10 ppl)	700	77.7	62	9	0	0	1100	34	14	10	17	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
TFK Dip Platter (8-10 ppl)	3520	391.1	219	26	0	5	6840	272	56	69	100	Allergen Statement: Contains Milk, Wheat, Tree Nuts (Pistachios), Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Other Tree Nuts.
Edamame Guacamole Platter (8-10 ppl)	2520	280	179	24	0	0	6010	204	57	13	58	Allergen Statement: Contains Tree Nuts (Pistachios), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Eggs, Fish, Shellfish, Peanuts, Other Tree Nuts, Gluten.
Mediterranean Hummus Platter	4200	466.6	308	40	0	0	11960	133	17	47	81	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Eggs, Fish, Shellfish, Peanuts, Other Tree Nuts.
GF Baker's Dozen Cookies (13 cookies)	2240	248.8	92	72	0	0	2070	345	2	166	14	Allergen Statement: Contains Wheat. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame, Gluten.
Colossal Cookies (8 cookies)	8030	892.2	340	206	12	1400	3900	1129	0	491	102	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame, Gluten.
Dessert Platter	11810	1312.2	517	320	16	1810	5590	1636	9	739	145	Allergen Statement: Contains Eggs, Milk, Wheat, Tree Nuts (Almonds), Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Other Tree Nuts, Sesame.

# TRUE FOOD KITCHEN

## FOOD - TRUI (LV Forum Sho

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)
PB&J Overnight Oats	460	51.1	18	2	0	0
Yogurt Parfait	400	44.4	12	6	0	5
Chocolate Chia Seed Pudding	329	36.5	14	4.5	0	0
Lemon & Blueberry Ricotta Muffin (1 each)	180	8.8	7	2	0	20
Strawberry Crumble Cake (1 each)	270	30	14	9	0.5	45
Sausage, Egg and Cheese Panini	770	86.6	34	12	0	270
Chicken Parmesan Panini	590	65.5	26	4.5	0	80
Caprese Panini	640	71.1	39	7	0	0
Chocolate Peanut Butter Smoothie	680	76.6	30	4.5	0	0
Strawberry Banana Smoothie	510	56.6	22	18	0	0

Mediterranean Hummus Box	780	8.8	58	8	0	0
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Wild-Caught Tuna Poke Box	480	53.3	25	4	0	30
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Grilled Chicken Ranch Wrap Box	1080	120	58	12	0	85
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Kale Aid	100	11.1	0.5	0	0	0
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Bright Eyes	170	18.8	0.5	0	0	0
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Hangover Rx	140	15.5	0	0	0	0
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Matcha Horchata	150	16.6	6	0	0	0
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Lavender Matcha Latte	150	16.6	4	0	0	0
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Vanilla Cold Brew	150	16.6	4.5	0	0	0
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Coconut Cream Cold Brew	120	13.3	6	6	0	0
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## E ON THE GO MENU (ps + Century City Only)

Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
75	61	6	27	14
85	63	4	54	15
230	47	10	25	6
30	27	0	14	3
45	33	1	15	3
2710	60	0	9	35
1520	51	1	9	40
1210	60	3	17	15
135	84	7	37	20
45	73	9	37	5

1010	41	7	17	14
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1640	37	7	5	31
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2630	63	11	25	48
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80	25	2	15	2
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80	40	3	25	3
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20	34	0	29	1
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65	25	1	22	1
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65	27	1	21	1
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65	26	1	23	1
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20	15	0	13	1
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## Notes

Allergen Statement: Contains Peanuts Gluten Statement: Contains Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Shellfish, Soy, Tree Nuts, Gluten.

Allergen Statement: Contains Milk, Tree Nuts (Almonds, Coconut) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Other Tree Nuts, Wheat, Soy, Eggs, Sesame, Gluten.

Allergen Statement: Contains Milk, Wheat, Tree Nuts (Coconut) Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Sesame, Soy, Fish, Peanuts, Shellfish, Other Tree Nuts.

Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.

Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.

Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Soy, Fish, Peanuts, Shellfish, Tree Nuts, Sesame.

Allergen Statement: Contains Milk, Wheat, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Soy, Fish, Peanuts, Shellfish, Tree Nuts.

Allergen Statement: Contains Milk, Wheat Tree Nuts (Pistachios). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Soy, Fish, Peanuts, Shellfish, Other Tree Nuts, Sesame.

Allergen Statement: Contains Peanuts Gluten Statement: Contains Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Shellfish, Soy, Tree Nuts, Gluten.

Allergen Statement: Contains Tree Nuts (Coconut) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Fish, Peanuts, Shellfish, Other Tree Nuts, Wheat, Soy, Eggs, Sesame, Gluten.

Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame.  
Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Soy, Peanuts , Other Tree Nuts.

Allergen Statement: Contains Fish (Tuna), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Eggs, Gluten.

Allergen Statement: Contains Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts , Other Tree Nuts, Sesame.

Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Allergen Statement: Contains Tree Nuts (coconut). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts , Other Tree Nuts, Wheat, Soy, Sesame.



# TRUE FOOD KITCHEN

## BEVERAGE - COLD BEVERAGES, REFRESHERS, SPRITZERS & TEA

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Kale Aid	100	0.05	0.5	0	0	0	80	25	2	15	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Bright Eyes	170	18.8	0.5	0	0	0	80	40	3	25	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Sparkling Prickly Pear Tisane	70	7.7	0	0	0	0	10	20	0	18	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Hangover Rx	140	15.5	0	0	0	0	20	34	0	29	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
The O.G.	120	0	0	0	0	0	0	32	1	27	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pink Lemonade	160	0	0	0	0	0	15	39	1	37	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Peach Lemonade	140	0	0	0	0	0	0	37	0	21	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Lemon-Lime Spritzer	5	0.55	0	0	0	0	0	1	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grapefruit Spritzer	10	1.11	0	0	0	0	0	3	0	2	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pineapple Spritzer	15	1.66	0	0	0	0	0	4	0	3	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pomegranate Spritzer	20	2.2	0	0	0	0	0	4	0	4	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Adaptogenic Tulsi Tea	60	0	0	0	0	0	15	16	0	14	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Jasmine Pearl Green Tea	5	0.55	0	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Passport Loose Leaf Tea	5	0.55	0	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

## BEVERAGE - CRAFT COFFEES & MATCHA

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Iced Oat Shakerato	170	18.8	3.5	0	0	0	65	35	1	28	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Coconut Cream Cold Brew	120	13.3	6	6	0	0	20	15	0	13	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Iced Lavendar Matcha Latte	150	16.6	4	0	0	0	65	27	1	21	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Iced Matcha Horchata	150	16.6	6	0	0	0	65	25	1	22	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

## BEVERAGE - ORGANIC FAIR TRADE COFFEE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Americano	5	0.55	0	0	0	0	0	0	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Espresso	5	0	0	0	0	0	10	1	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Cappuccino	80	8.8	4.5	0	0	0	60	8	1	5	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Organic Wandering Bear Cold Brew	5	0.55	0	0	0	0	0	0	0	0	0	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Drip Coffee	0	0	0	0	0	0	0	0	0	0	0	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>

# TRUE FOOD KITCHEN

## BEVERAGE - SIGNATURE COCKTAILS & LEGENDS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
True Story	120	0	0	0	0	0	0	3	0	3	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
The Indigo	220	24.4	0	0	0	0	0	20	0	18	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
O.G. Drop	240	26.6	0	0	0	0	0	21	0	19	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Smoke Show Old Fashioned	230	25.5	0	0	0	0	0	9	0	9	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Crime of Passion	190	21.1	0	0	0	0	0	15	0	12	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spicy Pineapple Margarita	180	0	0	0	0	0	0	19	0	16	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Summer Portch Tea	140	15.5	0	0	0	0	0	11	1	10	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Rosé Sangria	260	28.8	0	0	0	0	5	33	0	29	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Mezcal Margarita	180	0	0	0	0	0	0	22	0	19	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Peach Mojito	210	0	0	0	0	0	0	19	0	16	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Citrus Skinny Margarita	170	0	0	0	0	0	18	0	16	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Moscow Mule	160	0	0	0	0	0	0	0	18	6	11	0
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Allergen Statement: Does not contain any of the 9 major food allergens.  
 Gluten Statement: Formulated with no gluten-containing ingredients.  
 Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

## BEVERAGE - ZERO-PROOF

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Blueberry 75	50	0	0	0	0	0	5	14	0	13	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Clean Margarita	180	0	0	0	0	0	20	19	1	16	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Athletic Fauxjito	110	0	0	0	0	0	0	21	0	19	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.

## BEVERAGE - BRUNCH COCKTAILS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Cinnamon Tostini	150	0	0	0	0	0	0	14	0	12	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Clear Mary	220	0	0	0	0	0	0	5	0	5	4	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Mimosa (glass)	150	0	0	0	0	0	0	8	0	7	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Mimosa (bottle)	600	66.6	0	0	0	0	10	34	0	28	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spiked Peach Lemonade	230	25.2	0	0	0	0	0	1	0	1	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Spiked Pink Lemonade	250	27.7	0	0	0	0	10	28	0	26	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Espresso Martini	170	18.8	0	0	0	0	0	11	0	10	10	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## BEVERAGE - BEER

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Coors Light	100	11.1	0	0	0	0	0	5	0	0	1	USDA average values for beer; analysis for 12 fl oz.
Stella Artois	140	15.5	0	0	0	0	0	11	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Blue Moon	170	18.8	0	0	0	0	0	14	0	0	2	USDA average values for beer; analysis for 12 fl oz.
Stone Buenaveza Salt & Lime Lager	140	15.5	0	0	0	0	0	11	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Modelo Especial	145	16.1	0	0	0	0	0	18	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Voodoo Ranger Imperial IPA	250	27.7	0	0	0	0	5	15	0	0	2	USDA average values for beer; analysis for 12 fl oz.
Elysian Space Dust IPA	229	25.4	0	0	0	0	0	0	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Athletic Brewing Run Wild IPA	65	7.2	0	0	0	0	0	16	0	0	0	USDA average values for beer; analysis for 12 fl oz.

## BEVERAGE - WINE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Wine, 6 fl oz	150	0	0	0	0	0	10	5	0	1	0	USDA average vales for table wine; analysis for 6 fl oz.
Wine, 9 fl oz	220	0	0	0	0	0	15	7	0	2	0	USDA average vales for table wine; analysis for 9 fl oz.
Wine, Bottle (750 mL)	620	0	0	0	0	0	40	20	0	6	1	USDA average vales for table wine; analysis for Bottle (750 mL)

Values shown are for full dish. Values are current as of April 2024. 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. All tamari used in our dishes is gluten free. 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.