

SALADS

SERVES 8-10

Chinese Salad v GF

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

Citrus Salad VEG GF

feta, organic mixed greens, grapefruit, spiced nuts, citrus vinaigrette

Organic Tuscan Kale Salad VEG ♥

organic kale, parmesan, breadcrumbs, lemon, garlic

Chopped Salad VEG

aged white cheddar, farro, medjool dates, jicama, organic apple, dried cranberry, marcona almond, champagne vinaigrette

Simple Greens Salad v GF ♥

organic mixed greens, cucumber, cherry tomatoes, avocado, lemon oregano dressing

Seasonal Market Salad VEG GF ♥

honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy apple cider vinaigrette

BOWLS

SERVES 8-10

Teriyaki Quinoa Bowl v GF

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

Ancient Grains Bowl v ♥

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

Korean Noodle Bowl v GF ♥

glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts

Thai Peanut Noodles VEG GF

spicy peanut sauce, glass noodles, Vital Farms pasture-raised egg, roasted mushrooms, carrots, cabbage, pickled Fresno

Turkey Bolognese

Diestel Farms turkey sausage, parmesan, basil, campanelli

ADD PROTEIN SERVES 8-10

Organic Tofu v

Shrimp*

Grilled Chicken

Grass-Fed Steak*

WRAPS + SANDWICHES

SERVES 8-10

tray of 16 assorted half wraps or sandwiches, choose up to two options

Grilled Chicken Ranch Wrap

avocado, organic roasted red pepper, organic mixed greens, hatch chili ranch

Mediterranean Wrap v ♥

hummus, spicy herb sauce, red pepper pistachio spread, cucumber, olives, artichoke, organic spring mix, lemon oregano vinaigrette

Caprese Sandwich VEG

pistachio pesto, tomato, fresh mozzarella, balsamic glaze, ciabatta

Buffalo Chicken Wrap

house-made buffalo sauce, grilled chicken, organic mixed greens, Point Reyes blue cheese, avocado, cherry tomatoes, cucumber, organic sunflower seeds



COOKIES + DESSERT

Baker's Dozen Chocolate Chunk Cookie v GF

gluten-free batter, TCHO 68% chocolate

Squash Pie v GF

graham cracker crust



SIDES TO SHARE

SERVES 8-10

side portion

Kale Slaw VEG GF

Fingerling Potato Salad v GF

Pesto Pasta Salad v
contains tree nuts

Italian Pasta Salad VEG

Sweet Potato Hash v GF

Roasted Brussels Sprouts v GF

Simple Salad v GF

Chilled Asian Noodle Salad v GF
contains peanuts and tree nuts

Real Food for Real Life

ORGANIC THAT MATTERS

We prioritize organic certification for ingredients with potential toxin concerns.

HEALTHY FOR PASTURE, PLATE, AND PLANET

All our animal proteins are antibiotic and hormone-free. We seek the highest standard of animal proteins and demand third party certifications.

FUTURE-FORWARD FARMING

We are leading the way in seeking regenerative organic ingredients and are actively partnering with our growers to convert more acres.

CUT THE BAD, AMP UP THE GOOD

We say "no" to food coloring, artificial sweeteners, unpronounceable preservatives and more, and "yes" to nutrient-dense ingredients.

SEE YA SEED OIL

We exclusively cook with olive and avocado oil and are working to eliminate seed oils from our menu.

v Vegan VEG Vegetarian GF Gluten-Friendly | ♥ What The Doc Ordered... Founder Dr. Andrew Weil's Favorites

GROUP PACKAGES

Bento Boxed

SERVES 10

- 5 Boxed Mediterranean Wraps with Kale Salad and Chocolate Chunk Cookie
- 5 Boxed Chicken Ranch Wraps with Kale Salad and Chocolate Chunk Cookie
- ½ gallon of Peach Lemonade
- ½ gallon of Traditional Black Tea

Wrapped Up

SERVES 14-16

- Wrap Tray with 4 Mediterranean and 4 Chicken Ranch Wraps
- Chopped Salad VEG
- side of Fingerling Potato Salad v GF
- Baker's Dozen Chocolate Chunk Cookies v GF
- ½ gallon of Peach Lemonade
- ½ gallon of Traditional Black Tea

BENTO BOXES

MIN. ORDER OF 10

individual box with choice of sandwich and side, served with a Chocolate Chunk Cookie

Sandwich/Wrap Options

- Mediterranean Wrap
- Caprese Sandwich
- Buffalo Chicken Wrap
- Grilled Chicken Ranch Wrap

Side Salad Options

- Tuscan Kale
- Chilled Thai Noodle
- Simple Greens
- Sweet Potato Hash
- Simple Salad



FRESH DRINKS

SERVES 8-10

Lemonades ½ gallon
Pink or Peach Lemonade

Arnold Palmer ½ gallon
Peach Lemonade + Traditional Black Tea

Matcha Horchata ½ gallon

Essential Eats

SERVES 12-14

- Chopped Salad VEG
- Korean Noodle Bowl v GF
- side of Grilled Chicken
- Baker's Dozen Chocolate Chunk Cookies v GF
- ½ gallon of Peach Lemonade
- ½ gallon of Traditional Black Tea

Ultimate Feast

SERVES 16-20

- TFK Dip Platter VEG
- Chopped Salad VEG
- Ancient Grains Bowl v
- side of Grilled Chicken
- side of Thai Noodle Salad v GF
- side of Fingerling Potato Salad VEG GF
- Baker's Dozen Chocolate Chunk Cookies v GF
- Squash Pie v GF
- gallon of Peach Lemonade
- gallon of Traditional Black Tea
- 2 bottles of Mountain Valley Water (still)

SHARABLE PLATTERS

SERVES 8-10

TFK Dip Platter VEG

herb hummus, guacamole and hatch chili ranch with crudité vegetables, Siete tortilla chips and ancient grain pita

Guacamole Platter v GF

Siete tortilla chips, avocado, lime, edamame, pistachio pesto

Mediterranean Hummus Platter v

spicy herb sauce, red pepper pistachio spread, za'atar spice, served with ancient grain pita

Our restaurants use gluten and all major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, sesame, soy, and wheat). Shared cooking areas mean we cannot ensure any item is allergen-free. Ingredient changes may occur due to suppliers, recipe updates, methods, or seasons. Inform your server of allergies or dietary needs before ordering, and we'll do our best to accommodate. *These items are served raw, undercooked or cooked to order. Consuming raw or undercooked items may increase the risk of foodborne illness, especially if you have certain medical conditions.