



**TRUE FOOD KITCHEN**

**FALL 2024  
NUTRITIONAL GUIDE**



# TRUE FOOD KITCHEN

## FOOD - STARTERS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Wild Caught Tuna Lettuce Wraps*	520	57.7	35	6	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 Eggs, Milk, Wheat, Shellfish, Peanuts, Other Tree Nuts, Gluten.
Guacamole w/ Tortilla Chips	550	61.1	38	4.5	0	1980	43	14	4	13	Allergen Statement: Contains Tree Nuts (Pistachio), Fish, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Peanuts, Shellfish, Other Tree Nuts, Milk, Wheat, Soy, Gluten.
Mediterranean Hummus	870	96.6	66	9	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.
Mediterranean Hummus (no chickpeas)	860	95.5	65	9	0	1980	24	24	9	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.
Mediterranean Hummus (sub veggies)	650	72.2	56	8	0	1290	33	6	12	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, Milk, Fish, Peanuts, Shellfish, Soy, Wheat, Tree Nuts, Sesame, Gluten.
Charred Cauliflower	380	42.2	25	3	0	790	35	8	24	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	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 Focaccia	1330	147.7	85	35	125	1450	129	0	14	16	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Soy, Sesame, Tree Nuts.
Roasted Brussels Sprouts	370	41.1	23	2.5	0	1600	38	8	18	9	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, Fish, Peanuts, Shellfish, Soy, Wheat, Tree Nuts, Sesame, Gluten.
Roasted Butternut Squash Soup (cup)	90	10	4	3.5	0	340	12	2	7	1	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Contains Milk, Wheat, Eggs, Fish, Peanuts, Shellfish, Soy, Sesame, Other Tree Nuts, Gluten.
Roasted Butternut Squash Soup (bowl)	150	63	7	6	0	570	20	3	11	1	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Contains Milk, Wheat, Eggs, Fish, Peanuts, Shellfish, Soy, Sesame, Other Tree Nuts, Gluten.

# TRUE FOOD KITCHEN

## FOOD - PIZZAS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Grass-Fed Bison Sausage Pizza	1420	157.7	48	18	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	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	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	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.
Roasted Butternut Squash Pizza	1160	128.8	44	4.5	0	2210	166	34	9	26	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts, Treenuts, Soy, Sesame.
Gluten-Free Crust	360	40	3	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)	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	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	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	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.
Bun Only	170	18.8	2.5	0	0	310	31	2	4	6	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Eggs.
Ciabatta Bun Only	230	25.5	7	1	0	440	38	0	0	5	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Milk. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Eggs.
Gluten-Free Bun	200	22.2	6	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	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	95	1680	46	1	4	27	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.
Grilled Chicken Ranch Wrap	720	80	38	5	85	1520	56	5	6	41	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Sesame.
True Crisp'd Spicy Korean Chicken Sandwich	700	77.7	29	2	70	1940	77	3	29	30	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Eggs.
Spicy Korean Chicken Sandwich (grilled chicken)	650	72.2	10	2	120	2450	88	4	46	52	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Eggs.
True Crisp'd TFK Classic Chicken Sandwich	820	91.1	47	7	120	880	54	3	11	40	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat, Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.
TFK Chicken Sandwich (grilled chicken)	530	58.8	18	3	120	840	40	3	9	50	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.
True Crisp'd Nashville Hot Chicken Sandwich	750	83.3	41	2.5	70	1400	59	4	14	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.
Nashville Hot Chicken Sandwich (grilled chicken)	650	72.2	36	3	65	1480	46	4	13	31	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.

# TRUE FOOD KITCHEN

## FOOD - SALADS & BOWLS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
True Crisp'd Buffalo Chicken Ranch Salad	730	81.1	54	7	80	7830	27	6	5	30	Allergen Statement: Contains Eggs, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Gluten.
True Crisp'd Buffalo Chicken Ranch Salad (No Dressing)	650	72.2	46	6	80	7590	26	6	4	29	Allergen Statement: Contains Eggs, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Gluten.
Grilled Buffalo Chicken Ranch Salad	630	70	49	7	80	7910	14	6	3	31	Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Gluten.
Citrus Salmon Salad	530	58.8	29	8	125	3220	27	3	15	42	Allergen Statement: Contains Egg, Milk, Fish (Salmon), Shellfish, Tree Nuts (Almonds, Walnuts, Sunflower Seeds). 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	90	2740	19	3	12	41	Allergen Statement: Contains Milk, Fish (Salmon), Shellfish, Tree Nuts (Almonds, Walnuts, Sunflower Seeds). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Wheat, Peanuts, Other Shellfish, Other Tree Nuts, Sesame, Soy, Gluten.
Simple Green Salad	470	52.2	42	5	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	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	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	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	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	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.
Chinese Chicken Salad	600	66.6	37	5	80	1320	35	9	13	41	Allergen Statement: Contains Tree Nuts (Almonds), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Fish, Shellfish, Other Tree Nuts, Eggs, Wheat, Peanuts, Soy, Gluten.
Chinese Chicken Salad (No Dressing)	510	56.6	32	4.5	80	840	22	8	6	39	Allergen Statement: Contains Tree Nuts (Almonds), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Fish, Shellfish, Other Tree Nuts, Eggs, Wheat, Peanuts, Soy, Gluten.
Seasonal Market Salad	490	54.4	43	6	0	1010	23	6	12	6	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 Milk, Wheat, Tree Nuts, Egg, Fish, Shellfish, Peanuts, Soy, Gluten.
Seasonal Market Salad (No Dressing)	150	16.6	7	1	0	550	21	6	12	3	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 Milk, Wheat, Tree Nuts, Egg, Fish, Shellfish, Peanuts, Soy, Sesame, Gluten.
Add On: Organic Tofu	250	2.4	22	2.5	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	0.7	7	1	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	1.7	16	4	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	0.6	6	1	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	1.7	16	3.5	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 (1 pc)	140	15.5	7	0.5	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	3.3	30	25	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	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	980	108.8	45	8	185	1790	130	4	20	18	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs, Peanuts, Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Shellfish, Tree Nuts, Wheat, Gluten.
Wild-Caught Tuna Poke Bowl*	410	45.5	18	3	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	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	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	2.1	19	2.5	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	0.8	8	1	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	1.7	22	5	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	0.6	6	1	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 - TRUE CRISP'D CHICKEN

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
True Crisp'd Buffalo Chicken Ranch Salad	730	81.1	54	7	80	7830	27	6	5	30	Allergen Statement: Contains Eggs, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Gluten.
True Crisp'd Buffalo Chicken Ranch Salad (No Dressing)	650	72.2	46	6	80	7590	26	6	4	29	Allergen Statement: Contains Eggs, Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Gluten.
Tender Plate	800-1070	91.1 - 121.1	44-75	4-5	150	1660-3330	36-50	2 - 4	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.
Spicy Korean Chicken Sandwich	700	7.7	29	2	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.
True Crisp'd TFK Classic Chicken Sandwich	820	91.1	47	7	120	880	54	3	11	40	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat, Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy.
Nashville Hot Sandwich	810	90	36	2.5	100	1580	68	5	17	41	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 - ENTRÉES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (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	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.
Lasagna Bolognese	460	51.1	28	11	125	1270	30	4	8	25	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.
Grilled Sustainable Salmon*	770	85.5	53	9	100	3350	37	5	3	39	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Wheat, Other Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.
Grass-Fed Meatloaf	910	558	79	17	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	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.
Tender Plate	800-1070	91.1 - 121.1	44-75	4-5	150	1660-3330	36-50	2 - 4	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.
Grilled Grass-Fed Tenderloin	930	103.3	76	27	170	3370	22	3	4	41	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.

True Crisp'd Chicken Parmesan

870

96.6

46

11

165

1780

66

3

13

46

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



# TRUE FOOD KITCHEN

## FOOD - SIDES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Mac and Cheese	430	47.7	11	6	30	250	69	6	6	25	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Simple Salad	150	16.6	14	1.5	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.
Cheesy Mashed Potatoes	250	27.7	19	12	55	370	15	2	2	5	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.
Kale Salad	120	13.3	11	1.5	0	180	2	1	0	1	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Honey Roasted Carrots	100	11.1	6	1	0	520	11	3	6	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.
Seasonal Veggies	140	15.5	11	1.5	0	380	11	2	4	2	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.
Sweet Potato Hash	190	21.1	10	1	0	950	25	4	8	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.

Cup Butternut Squash Soup	90	10	4	3.5	0	340	12	2	7	1	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Sesame, Gluten.
Chili Garlic Crunch (1 oz)	190	2.2	20	3	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.
Blueberry BBQ Sauce (2 oz)	90	10	6	1	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	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	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	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	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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Flourless Chocolate Cake	470	52.2	32	18	150	240	42	2	37	7	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Soy, Gluten.
Kid's Cookies & Ice Cream	420	171	19	17	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	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	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	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.
Squash Pie	470	162	18	17	0	420	73	6	40	3	Allergen Statement: Contains Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Gluten.
Chai Caramel Cake	530	58.8	27	16	80	140	67	1	52	6	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Soy.

Chocolate Peanut Butter Tart	870	96.6	56	14	0	200	68	6	38	26	Allergen Statement: Contains Peanuts, Tree Nuts (Almonds, Coconut) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Shellfish, Soy, Other Tree Nuts, Gluten.
Chocolate Chunk Cookie w/ Ice Cream	490	54.4	24	19	0	190	65	0	36	2	Allergen Statement: Contains Tree Nuts (Coconut Oil) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Peanuts, Shellfish, Soy, Other Tree Nuts, Gluten.
Chocolate Chunk Cookie without Ice Cream	360	40	17	13	0	180	50	0	22	2	Allergen Statement: Contains Tree Nuts (Coconut Oil) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Sesame, Peanuts, Shellfish, Soy, Other Tree Nuts, Gluten.
Sorbet with fruit	190	21.1	1.5	0.5	0	0	48	1	35	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.

# TRUE FOOD KITCHEN

## FOOD - HAPPY HOUR

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (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	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, Soy, Gluten.
Chili Cuke Cucumbers	130	0.6	6	1	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	280	31.1	10	1.5	35	730	34	4	4	16	Allergen Statement: Contains Milk, Tree Nuts (Pistachos). Gluten Statement: Contains Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs. Fish, Peanuts, Shellfish, Other Tree Nuts, Sesame, Soy, Gluten.
Street Taco Beef	260	28.8	9	2.5	20	490	30	2	3	9	Allergen Statement: Contains Milk, Tree Nuts (Pistachos). Gluten Statement: Contains Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs. Fish, Peanuts, Shellfish, Other Tree Nuts, Sesame, Soy, Gluten.
Buffalo Cauliflower	430	3.8	35	6	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.
Dip Duo	570	63.3	33	4	0	1080	44	4	5	13	Allergen Statement: Contains : Wheat, Tree Nuts (pistachios). Soy, Sesame. Gluten Statement: Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Eggs, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Tuna Tostada*	170	0.8	8	2	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	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.
Edamame Dumplings	270	1.3	12	4.5	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.
True Crisp'd Buffalo Tenders	560	62.2	34	3	100	1200	27	2	5	35	Allergen Statement: Contains Eggs, Milk, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - KIDS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Buttered Noodles	450	1.6	15	9	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	440	48.8	10	2	95	1400	45	3	21	41	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 Cheeseburger*	630	70	32	12	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.
Tomato Sauce Noodles	400	0.6	6	2	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.
True Crisp'd Chicken Tender Plate	370	41.1	19	2	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	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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Lemon & Blueberry Ricotta Muffin	180	20	7	2	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.
Seasonal Muffin	280	31.1	10	5	55	135	47	1	33	3	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Blueberry Pancakes	680	225	25	8	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*	870	96.6	60	9	190	1630	63	8	9	19	Allergen Statement: Eggs, Milk, Wheat, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Southwest Tofu Scramble	510	56.6	24	2.5	0	1290	60	6	9	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.
Farmer's Market Scramble*	680	75.5	48	19	800	1730	22	3	7	39	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.
Rancher's Hash	900	100	60	16	420	4850	57	11	10	31	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.

Breakfast Tacos*	730	81.1	43	9	235	2860	61	11	6	24	Allergen Statement: Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Wheat, Sesame, Tree Nuts.
Kid's Blueberry Pancake	340	37.7	13	4	50	520	55	2	31	4	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Tree Nuts, Peanuts, Shellfish, Sesame, Soy, Gluten.
Add On: Avocado	80	8.8	7	1	0	0	4	3	0	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.
Add On: Blueberry Pancake (single)	340	37.7	13	4	50	520	55	2	31	4	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Tree Nuts, Peanuts, Shellfish, Sesame, Soy, Gluten.
Add On: Bison Sausage	380	1.2	11	4	85	490	9	0	7	19	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: Fruit Bowl	100	11	0	0	0	0	24	3	15	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.

# TRUE FOOD KITCHEN

## FOOD - CREATE YOUR PLATE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Sustainably Raised Shrimp	180	20	7	2	20	30	27	0	14	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.
Organic Tofu	250	2.4	22	2.5	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.
Antibiotic-free Chicken	160	0.7	7	1	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.
Sustainable Arctic Salmon*	260	1.7	16	3.5	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.
Mac and Cheese	430	47.7	11	6	30	250	69	6	6	25	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Sweet Potato Hash	190	21.1	10	1	0	950	25	4	8	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.
Simple Salad	150	16.6	14	1.5	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.



Honey Roasted Carrots	100	11.1	6	1	0	520	11	3	6	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.
Kale Salad	120	13.3	11	1.5	0	180	2	1	0	1	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Cheesy Mashed Potatoes	250	27.7	19	12	55	370	15	2	2	5	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.
Tumeric Ancient Grains	160	17.7	3.5	0.5	0	135	27	2	1	4	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Sesame, Soy.
Miso Sesame Glaze	70	7.7	6	0.5	0	580	5	0	3	1	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.
Thai Basil Vinaigrette	200	22.2	22	3	20	230	0	0	0	0	Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts, Sesame, Soy, Wheat, Gluten.
BBQ Sauce	40	4.4	0	0	0	330	9	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.
Teriyaki Sauce	50	5.5	0	0	0	650	11	0	10	1	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.
Umami Sauce	130	14.4	12	1.5	0	190	3	0	0	4	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.

# TRUE FOOD KITCHEN

## FOOD - CATERING

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Organic Tuscan Kale Salad (8-10 ppl)	4030	447.7	389	59	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	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	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.
Chinese Salad (8-10 ppl)	2060	228.88	140	18	0	3560	171	47	7	47	Allergen Statement: Contains Soy, Tree Nuts (Almonds, Cashews) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Soy, Milk, Wheat, Gluten.
Citrus Salad (8-10)	2270	252.2	155	46	385	1221	159	23	94	68	Allergen Statement: Contains Milk, Eggs, Tree Nuts (Almonds, Sunflower Seeds, Walnuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Soy, Wheat, Gluten.
Seasonal Market Salad (8-10)	5180	575.5	499	87	125	9350	121	33	64	72	Allergen Statement: Contains Milk, Tree Nuts (Pistachio), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Soy, Wheat, Gluten.
Added Protein: Grilled Chicken	1730	192.2	87	16	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	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	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	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	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	6900	113	16	66	81	Allergen Statement: Contains Wheat, Tree Nuts (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	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.
Caprese Sandwich (8-10 ppl)	6480	720	442	163	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.
Buffalo Chicken Wrap (8-10 ppl)											
Thai Peanut Noodles (8-10 ppl)	6610	734.4	411	74	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	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	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	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	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: Fingerling Potato Salad (8-10 ppl)	2310	256.6	154	15	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	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	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	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 Slaw	830	92.2	62	3.5	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: Sweet Potato Hash (8-10 ppl)	660	73.3	25	3.5	0	2350	102	16	33	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, Tree Nuts, Wheat, Soy, Gluten.
Side: Roasted Brussels Sprouts	1640	182.2	120	17	0	5620	130	47	29	45	Allergen Statement: Contains Soy, Fish (Nori), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Side: Simple Salad	3170	352.2	295	39	0	4040	111	18	77	14	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	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.
Guacamole Platter (8-10 ppl)	2520	280	179	24	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	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.

# TRUE FOOD KITCHEN

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

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (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	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	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	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	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	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	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	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	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	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	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	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	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	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	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.
TFK Wellness Shot	35	3.8	0	0	0	0	0	0	6	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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
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Iced Oat Shakerato	170	18.8	3.5	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.
Cold Foam Cold Brew	60	6.6	2	0	0	45	11	1	6	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	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	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.
Matcha Latte	70	7.7	3.5	0	0	55	7	1	2	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.
Pie Spiced Latte	110	12.2	5	1	0	100	13	2	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.

## BEVERAGE - ORGANIC FAIR TRADE COFFEE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (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	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	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	60	8	1	5	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, Soy, Tree Nuts, Wheat, Gluten.</p>
Organic Wandering Bear Cold Brew	5	0.55	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	<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)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
True Story	120	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	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	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	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	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	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.
Peach Mojito	210	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	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	18	6	11	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.
El Pomelo Margarita	200	0	0	0	0	20	27	0	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.

Blood Orange Margarita	190	21.1	0	0	0	0	19	1	17	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 Skinny Margarita	140	15.5	0	0	0	770	10	0	8	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.
Doctor's Mule	320	35.5	0	0	0	0	67	0	39	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.
Smoky Blood Orange Margarita	220	24.2	0	0	0	0	19	1	17	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 - LOW-PROOF

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Yuzu Ranch Water	40	4.4	0	0	0	0	2	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.
Tequila Lime Ranch Water	70	7.7	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.

## BEVERAGE - ZERO-PROOF

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Blueberry 75	50	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	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	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.

Gone with the Gin	150	16.6	0	0	0	25	34	0	9	1	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
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## BEVERAGE - BRUNCH COCKTAILS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (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	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	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	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	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	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	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	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.
Rosé Sangria	260	28.8	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.

# TRUE FOOD KITCHEN

## BEVERAGE - BEER

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (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	5	0	0	1	USDA average values for beer; analysis for 12 fl oz.
Stella Artois	140	15.5	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	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	11	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Modelo Especial	145	16.1	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	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	USDA average values for beer; analysis for 12 fl oz.
Athletic Brewing Run Wild IPA	65	7.2	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)	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	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	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	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.