



**TRUE
FOOD
KITCHEN**

Real Food for Real Life

We believe in the power of whole, real food. We partner with each of our growers, ranchers, and producers so that every ingredient meets our TRUE standards. That means better food for you, your family, and the planet.

STARTERS & SHAREABLES

Edamame Dumplings **VEG** ♥

white truffle oil, dashi, thai basil (270 cal)

Wild-Caught Tuna Lettuce Wraps* **GF**

bibb lettuce, fried rice, pineapple relish, chili garlic crunch (520 cal)
sub organic tofu

Mediterranean Hummus **v** ♥

spicy herb sauce, red pepper pistachio spread, za'atar spice, served with ancient grain pita (860 cal)
upgrade to fresh veggies

Charred Cauliflower **v GF**

medjool dates, harissa tahini, dill, mint, pistachio (370 cal)

Guacamole **v GF** ♥

Siete tortilla chips, avocado, lime, edamame, pistachio pesto (480 cal)

Sourdough Focaccia **VEG**

house-made sourdough, garlic, rosemary, honey butter (1330 cal)
available after 5pm, limited quantities

SALADS

Simple Green Salad **v GF**

organic mixed greens, cucumber, cherry tomatoes, avocado, lemon oregano dressing (470 cal)
add True Crisp'd™ Chicken

Chopped Salad **VEG**

aged white cheddar, farro, medjool dates, jicama, organic apple, dried cranberry, marcona almond, champagne vinaigrette (570 cal)
add salmon or grilled chicken*

Organic Tuscan Kale Salad **VEG** ♥

organic kale, parmesan, breadcrumbs, lemon, garlic (350 cal)
*add salmon**

Citrus Salmon Salad* **GF** ♥

orange-glazed sustainable salmon, feta, organic mixed greens, grapefruit, spiced nuts, citrus vinaigrette (530 cal)

Chinese Chicken Salad **GF**

grilled chicken, bok choy, cabbage, avocado, sesame seeds, watermelon radish, snap peas, cilantro, pickled ginger, toasted quinoa, roasted almonds, carrot ginger dressing (600 cal)

BOWLS

Wild-Caught Tuna Poke Bowl* **GF**

regenerative black rice, avocado, roasted mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzu (410 cal)

Thai Peanut Noodle Bowl **VEG GF**

spicy peanut sauce, glass noodles, Vital Farms pasture-raised egg, roasted mushrooms, carrots, cabbage, pickled fresnos (980 cal)

Teriyaki Quinoa Bowl **v GF**

regenerative quinoa brown rice blend, broccoli, rainbow carrots, bok choy, snap peas, pickled shiitake, sesame seeds (480 cal)

Korean Noodle Bowl **v GF** ♥

glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts (550 cal)

Ancient Grain Bowl **v** ♥

miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, organic grains, pistachio pesto, hemp seeds, turmeric (560 cal)

Spicy Panang Curry Bowl **GF**

sweet potato, bok choy, rainbow carrots, snap peas, charred onion, regenerative black rice, thai shellfish curry broth (600 cal)

ADD PROTEIN

to any salad or bowl

True Crisp'd Chicken (2pc) **GF**

(280 cal)

Grass-Fed Steak*

(240-260 cal)

Sustainably-Raised Shrimp

(120-140 cal)

Antibiotic-Free Chicken

(190-210 cal)

*Sustainable Arctic Salmon

(260 cal)

Organic Tofu **v**

(140-160 cal)

BURGERS

Choice of **Kale Salad** or **Simple Green Salad**

Upgrade your side! **Sweet Potato Hash**, **Honey Roasted Carrots**, or **Mac And Cheese**; Sub **Gluten-Friendly Bun**

The Grass-Fed Burger*

Verde Farms organic 100% grass-fed beef, mushroom, caramelized onions, organic arugula, parmesan, umami sauce (710 cal)

Turkey Burger

Diestel Farms turkey, smoked gouda, avocado, organic tomato, butter lettuce, jalapeño remoulade (530 cal)

Plant-Based Double Cheeseburger **v**

house-made portobello, beet and walnut vegan burger, served with lettuce, pickled onions, organic tomatoes, vegan cheese, jalapeño remoulade (720 cal)

SANDWICHES & WRAPS

Choice of **Kale Salad** or **Simple Green Salad**

Upgrade your side! **Sweet Potato Hash**, **Honey Roasted Carrots**, or **Mac And Cheese**; Sub **Gluten-Friendly Bun** or **Pita**

Pot Roast Beef Dip

slow-braised Verde Farms organic 100% grass-fed beef, caramelized onion, horseradish aioli, parmesan, au jus (690 cal)

Grilled Chicken Ranch Wrap

avocado, organic roasted red pepper, organic mixed greens, hatch chili ranch (710 cal)

Mediterranean Wrap **v** ♥

hummus, spicy herb sauce, red pepper pistachio spread, cucumber, olives, artichoke, organic spring mix, lemon oregano vinaigrette (490 cal)

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

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SOURDOUGH PIZZAS Sub Gluten-Friendly Crust v GF

Bougie Blanco Pizza VEG

parmesan cream, black truffle, organic arugula, house-made hot honey (1220 cal)

Pepperoni Pizza

Niman Ranch uncured pepperoni, organic DiNapoli tomato sauce, mozzarella, basil (1180 cal)

Margherita Pizza VEG

fresh mozzarella, organic DiNapoli tomato sauce, basil (1040 cal)

Grass-Fed Bison Sausage Pizza*

Force of Nature regenerative bison sausage, charred scallion salsa, mozzarella, cotija, pickled fresno, organic DiNapoli tomato sauce, Vital Farms pasture-raised fried egg (1430 cal)

MADE FRESH
Sourdough
DAILY

DIP IT

Hatch Chili Ranch (130 cal) GF
Hella Ranch (150 cal)

TRUE CRISP'D™

AIR-FRIED CHICKEN

Buffalo Chicken Ranch Salad GF

organic mixed greens, Point Reyes blue cheese, avocado, cherry tomatoes, cucumber, organic sunflower seeds (730 cal)

Tender Plate GF

four tenders served with kale slaw (800-1070 cal)

sub sweet potato hash

served with choice of one sauce:

awesome sauce, BBQ, hot honey, hella ranch

SANDWICHES Choice of Kale Salad or Simple Green Salad

Sub Grilled Chicken; Sub Gluten-Friendly Bun

Nashville Hot Sandwich

house-made hot sauce, pickles, apple-cabbage slaw (750 cal)

Spicy Korean Chicken Sandwich

house-made pickles, korean bbq sauce, kale slaw (700 cal)

TFK Classic

Chicken Sandwich
house-made pickles, awesome sauce (520 cal)

**HORMONE
FREE**

**ANTIBIOTIC
FREE**

**GLUTEN
FREE**

**SEED OIL
FREE**

**HAND
BREADED**

**12-HOUR
HERB-BRINED**

ENTRÉES

Grass-Fed Meatloaf

Verde Farms organic 100% grass-fed beef, herb roasted fingerling potatoes, honey roasted carrots, mushroom jus, microgreens (910 cal)

Grilled Sustainable Salmon* GF ♥

Kvarøy Arctic sustainable salmon, snap peas, organic wild rice pilaf, thai basil vinaigrette (710 cal)

Lasagna Bolognese GF

Diestel Farms turkey sausage, organic spinach, ricotta, basil (460 cal)

Grilled Grass-Fed Tenderloin* GF

cheesy mashed potatoes, king trumpet mushrooms, seasonal vegetables, charred onions, peppercorn sauce (930 cal)

Seared Wild Tuna Tataki* GF

wild caught tuna, roasted mushrooms, carrots, regenerative quinoa brown rice blend, tataki sauce, baru nut, pineapple (650 cal)

Spaghetti Squash Casserole VEG GF

organic squash, caramelized onions, fresh mozzarella, organic DiNapoli tomato sauce (400 cal)

SIDES

Cheesy Mashed Potatoes VEG GF (250 cal)

Kale Salad VEG (120 cal)

Mac and Cheese VEG (430 cal)

Seasonal Veggies v GF (140 cal)

Honey Roasted Carrots VEG GF (100 cal)

Simple Salad v GF ♥ (150 cal)

Sweet Potato Hash v GF (200 cal)

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.

SIGNATURE COCKTAILS

Rosé Sangria

la vieille ferme organic rosé, pineapple, lime (260 cal)

Crime of Passion

prairie organic vodka, cappelletti aperitivo, passion fruit, lime, elderflower-rhubarb foam (190 cal)

The Indigo

empress 1908 indigo gin, empress 1908 elderflower rose gin, fiorentino elderflower, lime (220 cal)

True Story

gray whale gin, chateau aloe, cucumber, snap pea, pineapple, lemon (120 cal)

Smoke Show Old Fashioned

high west double rye, honey syrup and bitters enveloped in a hickory smoke for a rich flavor experience (230 cal)

Peach Mojito

don q rum, peach giffard, mint, lime (210 cal)

Citrus Skinny Margarita

lalo blanco tequila, cucumber, mint (170 cal)

Spicy Pineapple Margarita

ana maria rosa tequila, fresh jalapeño, lime (180 cal)

El Pomelo Margarita

patrón blanco tequila, grapefruit, fever-tree grapefruit, lime (200 cal)

LOW-PROOF Your Not So Boozy Options

Yuzu Ranch Water

joto yuzu, lemon (40 cal)

Tequila Lime Ranch Water

ana maria rosa tequila, lime (70 cal)

ZERO-PROOF

Clean Margarita

clean & co. tequila, carrot, orange, jalapeño, mint (180 cal)

Gone with the Gin

house-made zero-proof "gin", fever-tree tonic (150 cal)

Athletic Fauxjito

athletic run wild ipa na, mint, lime (90 cal)

Blueberry 75

lyre's sparkling, seedlip grove 42, lemon (50 cal)

COLD BEVERAGES & REFRESHERS

Mountain Valley Water

spring or sparkling, 1L (0 cal)

Peach or Pink Dragon Fruit Lemonade

(140-160 cal)

Green or Black Iced Tea (0 cal)

Kale Aid

organic kale, ginger, organic apple, celery, cucumber, lemon (100 cal)

Bright Eyes

pineapple, carrot, organic apple, ginger, turmeric, beet, lemon (170 cal)

Sparkling Prickly Pear Tisane

prickly pear, hibiscus, lime (70 cal)

Hangover Rx

pineapple, orange, coconut water, aloe vera, organic sea moss (140 cal)

The O.G.

ginger, honey, lime (120 cal)

Spritzers

house-filtered sparkling water mixed with fresh fruit juice choose from:

Lemon-Lime (5 cal), **Grapefruit** (10 cal), **Pineapple** (15 cal), **Pomegranate** (20 cal)

WINES

6 oz (150 cal) | 9 oz (220 cal) | Bottle (620 cal)

SPARKLING

Marqués de Cáceres Cava (Penedès, Spain) **o0**

La Marca Prosecco Rosé (Veneto, Italy) **s**

PINOT GRIGIO

Tangent (Edna Valley, CA) **P S**

SAUVIGNON BLANC

13° Celsius (Marlborough, NZ) **s**

Blindfold (Sonoma County, CA)

CHARDONNAY

Imagery (Sonoma County, CA) **s**

Benziger "Running Wild" (San Benito County, CA) **s**

Rombauer (Los Carneros, CA) **s**

RIESLING

Schloss Vollrads (Rheingau, Germany) **o**

ROSÉ

Pour les Gens (Vin de France) **P S**

Miraval "Studio" (Méditerranée) **s**

PINOT NOIR

True Myth (SLO Coast, CA) **s**

Borealis (Oregon) **o**

Duckhorn "Decoy" (California) **s**

CABERNET SAUVIGNON

Tribute (California) **s**

Liberty School (Paso Robles, CA) **s**

The Prisoner (Napa Valley, CA)

INTERESTING REDS

Terrazas de los Andes "Altos del Plata" Malbec (Mendoza, ARG) **s**

Alta Vita Cannonau (Sardinia, ITA) **P S**

OneHope Red Blend (California) **s**

Borgo Scopeto Chianti Classico (Chianti, ITA) **s**

P Proprietary Label **s** Sustainable **o** Organic

Full beer and cocktail list available in our table top menu.

CRAFT COFFEES & MATCHAS

Iced Oat Shakerato

organic espresso, oat milk, brown sugar (170 cal)

Cold Foam Cold Brew

Wandering Bear organic cold brew, oat milk, seasonal cold foam (60 cal)

Iced Lavender Matcha Latte **♥**

oat milk, butterfly lavender (180 cal)

Iced Matcha Horchata

oat milk, vanilla (150 cal)

Matcha Latte

oat milk, matcha (70 cal)

Full espresso, coffee & tea list available in our table top menu.

TFK WELLNESS SHOT

coconut water, pineapple, orange, aloe vera, sea moss, sea buckthorn (35 cal)

STARTERS

Roasted Brussels Sprouts v GF

roasted mushroom, pickled fresnos, ginger soy glaze, lime (370 cal)

Roasted Butternut Squash Soup

cup or bowl v GF (150 cal)

organic butternut squash, sage

MAINS

Seasonal Market Salad vEG GF

honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy apple cider vinaigrette (540 cal)

Chicken Parmesan GF

True Crisp'd™ air-fried chicken, fresh mozzarella, organic DiNapoli tomato sauce, spaghetti squash (870 cal)

Roasted Butternut Squash Pizza v

organic butternut squash, lemon almond ricotta, caramelized onion, organic kale, dried cranberry (1160 cal)

DESSERTS

Squash Pie v GF

graham cracker crust, whipped coconut cream (470 cal)

Chai Caramel Cake vEG

Cosmic Bliss vanilla ice cream, caramel sauce (530 cal)

SIPS

Pie Spiced Latte

organic espresso, oat milk, squash pie (110 cal)

Blood Orange Margarita

casamigos reposado, kish hibiscus lemon balm aperitif, blood orange, lime (190 cal)

Pomegranate Skinny Margarita

lunazul blanco tequila, pomegranate, lime (150 cal)

Doctor's Mule

hanson's of sonoma organic ginger vodka, joto yuzu, sea buckthorn, lime, fever-tree blood orange ginger beer, and a float of nonino amaro (320 cal)

v Vegan vEG Vegetarian GF Gluten-Friendly

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raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of

foodborne illness, especially if you have certain medical conditions.

BRUNCH COCKTAILS

MIMOSAS

Made with *Marqués de Cáceres Cava* | glass or full bottle (150-600 cal)

served with choice of: fresh-squeezed orange, fresh-squeezed grapefruit, pomegranate
make it zero-proof – sub Lyre's

*It's a full bottle
kinda day*



Cinnamon Toastini

woodford reserve, st. george spiced pear, cinnamon cereal milk, maple (150 cal)

Espresso Martini

prairie organic vodka, borghetti espresso liqueur, organic Wandering Bear cold brew (170 cal)

Clear Mary

tito's handmade vodka, jack rudy tonic, tomato water, aleppo (220 cal)

Spiked Peach or Pink Dragon Fruit Lemonade

tito's handmade vodka, peach or pink dragon fruit lemonade (230-250 cal)

Rosé Sangria

la vieille ferme organic rosé, pineapple, lime (260 cal)

Blueberry 75 zero-proof

lyre's sparkling, seedlip grove 42, lemon (50 cal)

CRAFT COFFEES & MATCHAS

Full espresso, coffee & tea list available in our tabletop menu.

Iced Oat Shakerato

organic espresso, oat milk, brown sugar (170 cal)

Cold Foam Cold Brew

Wandering Bear organic cold brew, oat milk, seasonal cold foam (60 cal)

Iced Lavender Matcha Latte ♥

oat milk, butterfly lavender (180 cal)

Iced Matcha Horchata

oat milk, vanilla (150 cal)

Matcha Latte

oat milk, matcha (70 cal)

REFRESHERS

Kale Aid

organic kale, ginger, organic apple, celery, cucumber, lemon (100 cal)

Bright Eyes

pineapple, carrot, organic apple, ginger, turmeric, beet, lemon (170 cal)

Sparkling Prickly Pear Tisane

prickly pear, hibiscus, lime (70 cal)

Hangover Rx

Try it spiked with Tito's Handmade vodka
pineapple, orange, coconut water, aloe vera, organic sea moss (140 cal)

The O.G.

ginger, honey, lime (120 cal)

Juiced fresh daily

TFK WELLNESS SHOT

coconut water, pineapple, orange, aloe vera, sea moss, sea buckthorn (35 cal)

COFFEES & TEAS

Full espresso, coffee & tea list available in our tabletop menu.

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Organic Wandering Bear Cold Brew (5 cal)

Organic Fair Trade Coffee (0 cal)

Adaptogenic Tulsi Tea

holy basil, ginger, honey (60 cal)

Jasmine Pearl Green Tea (5 cal)

Passport Loose Leaf Tea choice of:

Darjeeling (5 cal)

Classic Chai (5 cal)

Peppermint (5 cal)

Chamomile (5 cal)



**TRUE
FOOD
KITCHEN**

BRUNCH

Served Saturday & Sunday until 3pm

BRUNCH ENTRÉES

Avocado Toast* **VEG**

smashed avocado, sourdough toast, Vital Farms pasture-raised jammy egg, pickled fresnos, parmesan, chili garlic crunch, served with organic mixed greens (870 cal)

Blueberry Pancakes **VEG GF**

organic blueberry compote, greek yogurt, maple syrup (680 cal)

Farmer's Market Scramble* **VEG GF**

Vital Farms pasture-raised scrambled eggs, roasted sweet potato, charred onions, organic roasted red peppers, aged white cheddar (680 cal)
add avocado

Rancher's Hash*

Vital Farms pasture-raised sunny-side-up eggs, fingerling potatoes, organic roasted red peppers, Verde Farms braised 100% grass-fed beef, aged white cheddar, avocado, cherry tomatoes, charred onions, charred scallion salsa, sourdough toast (900 cal)

Southwest Tofu Scramble **v GF** ♥

tofu, caramelized onions, organic roasted red peppers, organic spinach, charred scallion salsa, corn tortilla, avocado (510 cal)

Breakfast Tacos* **GF**

Verde Farms braised 100% grass-fed beef, Vital Farms pasture-raised scrambled eggs, fingerling potatoes, caramelized onion, charred scallion salsa, cotija, avocado, black beans (710 cal)

Grass-Fed Bison Sausage Pizza*

Force of Nature regenerative bison sausage, charred scallion salsa, mozzarella, cotija, pickled fresno, organic DiNapoli tomato sauce, Vital Farms pasture-raised fried egg (1430 cal)

Kid's Blueberry Pancake **VEG GF**

organic blueberry compote, greek yogurt, maple syrup (340 cal)

FOR THE TABLE

Seasonal Muffin **VEG**

single or order of three (280-840 cal)

Lemon & Blueberry Ricotta Muffin **VEG**

single or order of three (180-540 cal)

COLD BEVERAGES

Mountain Valley Water spring or sparkling, 1L (0 cal)

Peach or Pink Dragon Fruit Lemonade (140-160 cal)

Green or Black Iced Tea (0 cal)

Spritzers

house-filtered sparkling water mixed with fresh fruit juice

choose from: **Lemon-Lime** (5 cal), **Grapefruit** (10 cal), **Pineapple** (15 cal), **Pomegranate** (20 cal)

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

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VOA



INGREDIENT *Obsessed*

We believe in the power
of whole, real food.

We partner with each
of our growers, ranchers,
and producers so that
every ingredient meets
our TRUE standards.

That means better food for you,
your family, and the planet.

[TrueFoodKitchen.com/truestory](https://www.TrueFoodKitchen.com/truestory)

**ORGANIC
THAT MATTERS
HEALTHY FOR PASTURE,
PLATE AND PLANET
FUTURE-FORWARD FARMING
SEE YA SEED OIL
CUT THE BAD,
AMP UP
THE GOOD**

TRUEFOODKITCHEN.COM/TRUESTORY



Find out more online



SIGNATURE COCKTAILS

TRUE STORY

gray whale gin, chateau aloe, cucumber, snap pea, pineapple, lemon (120 cal)

DOCTOR'S MULE

hanson of sonoma organic ginger vodka, joto yuzu, sea buckthorn, lime, fever-tree blood orange ginger beer and a float of nonino amaro (320 cal)

CRIME OF PASSION

prairie organic vodka, cappelletti aperitivo, passion fruit, lime, elderflower-rhubarb foam (190 cal)

SMOKY BLOOD ORANGE MARGARITA

illegal mezcal, kish hibiscus lemon balm aperitif, blood orange, lime (220 cal)

THE INDIGO

empress 1908 indigo gin, empress 1908 elderflower rose gin, fiorente elderflower, lime (220 cal)

SMOKE SHOW OLD FASHIONED

high west double rye, honey syrup and bitters enveloped in a hickory smoke for a rich flavor experience (230 cal)



LEGENDS

Rosé Sangria

la vieille ferme organic rosé, pineapple, lime (260 cal)

Peach Mojito

don q rum, peach giffard, mint, lime (210 cal)

Espresso Martini

prairie organic vodka, borghetti espresso liqueur, organic Wandering Bear cold brew (170 cal)

Moscow Mule

prairie organic vodka, fever-tree blood orange ginger beer, lime (160 cal)

Citrus Skinny Margarita

lalo blanco tequila, cucumber, mint (170 cal)

Spicy Pineapple Margarita

ana maria rosa tequila, fresh jalapeño, lime (180 cal)

El Pomelo Margarita

patrón blanco tequila, grapefruit, fever-tree grapefruit, lime (200 cal)

Blood Orange Margarita

casamigos reposado, kish hibiscus lemon balm aperitif, blood orange, lime (190 cal)

LOW-PROOF

Your **Not So Boozy** Options

Yuzu Ranch Water

joto yuzu, lemon (40 cal)

Tequila Lime Ranch Water

ana maria rosa tequila, lime (70 cal)

ZERO-PROOF

Gone with the Gin

house-made zero-proof "gin", fever-tree tonic (150 cal)

Clean Margarita

clean & co. tequila, carrot, orange, jalapeño, mint (180 cal)

Athletic Fauxjito

athletic run wild ipa na, mint, lime (90 cal)

Blueberry 75

lyre's sparkling, seedlip grove 42, lemon (50 cal)

BEER

Coors Light

4.2% ABV
Golden, CO (100 cal)

Stella Artois

5% ABV
Leuven, Belgium (140 cal)

Blue Moon

5.4% ABV
Golden, CO (170 cal)

Stone Buenaveza Salt & Lime Lager

4.7% ABV
San Marcos, CA (140 cal)

Modelo Especial

4.4% ABV
Nava, Mexico (145 cal)

Voodoo Ranger Imperial IPA

9% ABV
Fort Collins, CO (250 cal)

Elysian Space Dust IPA

8.2% ABV
Seattle, WA (230 cal)

Athletic Brewing Run Wild IPA

Non-Alcoholic <0.5% ABV
Stratford, CT (65 cal)



Join us

for bubbles & brunch every
Saturday & Sunday until 3pm

WINES

6 oz (150 cal) | 9 oz (220 cal) | Bottle (620 cal)

SPARKLING

Marqués de Cáceres Cava (Penedès, Spain) **o**

La Marca Prosecco Rosé (Veneto, Italy) **s**

PINOT GRIGIO

Tangent (Edna Valley, CA) **P S**

SAUVIGNON BLANC

13° Celsius (Marlborough, NZ) **s**

Blindfold (Sonoma County, CA)

CHARDONNAY

Imagery (Sonoma County, CA) **s**

Benziger “Running Wild” (San Benito County, CA) **s**

Rombauer (Los Carneros, CA) **s**

RIESLING

Schloss Vollrads (Rheingau, Germany) **o**

ROSÉ

Pour les Gens (Vin de France) **P S**

Miraval “Studio” (Méditerranée) **s**

PINOT NOIR

True Myth (SLO Coast, CA) **s**

Borealis (Oregon) **o**

Duckhorn “Decoy” (California) **s**

CABERNET SAUVIGNON

Tribute (California) **s**

Liberty School (Paso Robles, CA) **s**

The Prisoner (Napa Valley, CA) **6**

INTERESTING REDS

Terrazas de los Andes “Altos del Plata” Malbec (Mendoza, ARG) **s**

Alta Vita Cannonau (Sardinia, ITA) **P S**

OneHope Red Blend (California) **s**

Borgo Scopeto Chianti Classico (Chianti, ITA) **s**

TRUE FOOD PROPRIETARY WINES

Tangent Pinot Grigio

Each harvest we meet with our friend, Master Winemaker Rob Takigawa, to develop the perfect blend of Pinot Grigio to pair with our seasonal menu. This single-vineyard wine from the cool, crisp Edna Valley features fresh stone fruit and citrus aromas with flavors of pineapple, peach, grapefruit and apple.

Alta Vita Cannonau

From Sardinia, one of the five Blue Zones in the world. Made with the Cannonau grape, which boasts more antioxidants than any other grape on the planet. A lighter-bodied red wine. Pairs well with vegetarian and light meat dishes.

Pour les Gens Rosé

Handpicked and curated with love by our team. Super approachable, its name means “For the People.” From the South of France, versatile, crisp, and refreshing, with a great balance of body and freshness. Your ultimate sidekick!

P Proprietary Label **s** Sustainable **o** Organic

HAPPY HOUR

SIPS

\$3

SPRITZERS

house-filtered sparkling water mixed with fresh fruit juice
choose from: **Lemon-Lime** (5 cal), **Grapefruit** (10 cal),
Pineapple (15 cal) or **Pomegranate** (20 cal)

\$5

BEER

Modelo Especial
(Nava, Mexico) [145 cal]

Blue Moon (Golden, CO) [170 cal]

Coors Light (Golden, CO) [100 cal]

Athletic Brewing Run Wild IPA
Non-Alcoholic (Stratford, CT) [65 cal]

\$6

Glass

WINE *1/2 off bottles*

Pour les Gens Rosé
bottle | 21

Alta Vita Cannonau
bottle | 17

Tangent Pinot Grigio
bottle | 17

13° Celsius Sauvignon Blanc
bottle | 17

\$8

Glass

SANGRIA *\$25 pitcher*

Rosé Sangria

la vieille ferme organic rosé, pineapple, lime (250/1000 cal)

\$8

COCKTAILS

Peach Mojito
don q rum, peach giffard,
mint, lime (210 cal)

Spiked Spritzers
prairie organic vodka with choice
of: lemon-lime, grapefruit,
orange, pineapple, or
pomegranate juice (120 cal)

LOW-PROOF

Yuzu Ranch Water
joto yuzu, lemon (40 cal)

Tequila Lime Ranch Water
ana maria rosa tequila,
lime (70 cal)

\$10

COCKTAILS

Pomegranate Skinny Margarita
lunazul blanco tequila, pomegranate, lime (150 cal)

Moscow Mule

prairie organic vodka, fever-tree blood orange ginger beer, lime (160 cal)

Clean Margarita (zero-proof)

clean & co. tequila, carrot, orange, jalapeño, mint (180 cal)

\$12

COCKTAILS

House Old Fashioned (200 cal)

True Story

gray whale gin, chateau aloe, cucumber, snap pea, pineapple,
lemon (120 cal)

MONDAY - FRIDAY | 3-6PM

BITES

Spiced Mixed Nuts **GF**

walnuts, almonds, sunflower seeds,
curry spice blend (120 cal)

\$4

Chili Cuke Crunchers **v GF**

scallions, basil, cilantro, citrus ponzu,
chili garlic crunch (130 cal)

*Street Taco **GF**

choice of Verde Farms braised
100% grass-fed beef or grilled chicken,
cotija, guacamole, pickled fresnos,
corn tortilla, lime (260-280 cal)

\$6

Buffalo Cauliflower **VEG**

Point Reyes blue cheese, house-made
buffalo sauce, breadcrumbs (430 cal)

\$8

True Crisp'd™ Buffalo Tenders **GF**

house-made buffalo sauce, carrots,
celery, hatch green chili ranch (560 cal)

\$10

Dip Duo **VEG**

herb hummus and guacamole with
Siete tortilla chips and ancient
grain pita (570 cal)

Edamame Dumplings **VEG** ♥

white truffle oil, dashi, thai basil (270 cal)

*Grass-Fed Meatloaf Sliders *2 sliders*

Verde Farms organic 100% grass-fed
beef, caramelized onions, smoked
gouda, horseradish aioli, au jus (740 cal)

\$12

v Vegan **VEG** Vegetarian **GF** Gluten-Friendly

♥ What The Doc Ordered... Founder Dr. Andrew Weil's Favorites

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. *These items are served raw, undercooked or cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

CRAFT COFFEES & MATCHAS

Iced Oat Shakerato

organic espresso, oat milk, brown sugar (170 cal)

Cold Foam Cold Brew

Wandering Bear organic cold brew, oat milk, cardamom cold foam (60 cal)

Seasonal Pie Spiced Latte

organic espresso, oat milk, squash pie (110 cal)

Iced Lavender

Matcha Latte

oat milk, butterfly lavender (180 cal)

Iced Matcha Horchata

oat milk, vanilla (150 cal)

Matcha Latte

oat milk, matcha (70 cal)

COFFEES & TEAS

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Organic Wandering

Bear Cold Brew (5 cal)

Organic Fair Trade Coffee

(0 cal)

Adaptogenic Tulsi Tea

holy basil, ginger, honey (60 cal)

Jasmine Pearl Green Tea

(5 cal)

Passport Loose Leaf Tea

choice of:

Darjeeling (5 cal)

Classic Chai (5 cal)

Peppermint (5 cal)

Chamomile (5 cal)

COLD BEVERAGES

Mountain Valley Water spring or sparkling, 1L (0 cal)

Peach or Pink Dragon Fruit Lemonade (140-160 cal)

Green or Black Iced Tea (0 cal)

Spritzers

house-filtered sparkling water mixed with fresh fruit juice choose from:

Lemon-Lime (5 cal), **Grapefruit** (10 cal),

Pineapple (15 cal), **Pomegranate** (20 cal)

REFRESHERS

Kale Aid

organic kale, ginger, organic apple, celery, cucumber, lemon (100 cal)

Bright Eyes

pineapple, carrot, organic apple, ginger, turmeric, beet, lemon (170 cal)

Sparkling Prickly Pear Tisane

prickly pear, hibiscus, lime (70 cal)

Hangover Rx

pineapple, orange, coconut water, aloe vera, organic sea moss (140 cal)

The O.G.

ginger, honey, lime (120 cal)

TFK WELLNESS SHOT

coconut water, pineapple, orange, aloe vera, sea moss, sea buckthorn (35 cal)

SPIRITS

BOURBON/RYE

Maker's Mark Bourbon
Woodford Reserve Bourbon
High West Double Rye

RUM

Don Q Rum

GIN

Gray Whale Gin
Amass Gin
Empress 1908 Indigo Gin
Empress 1908 Elderflower Rose Gin

VODKA

Prairie Organic Vodka
Tito's Handmade Vodka
Hanson of Sonoma Organic Ginger Vodka

TEQUILA

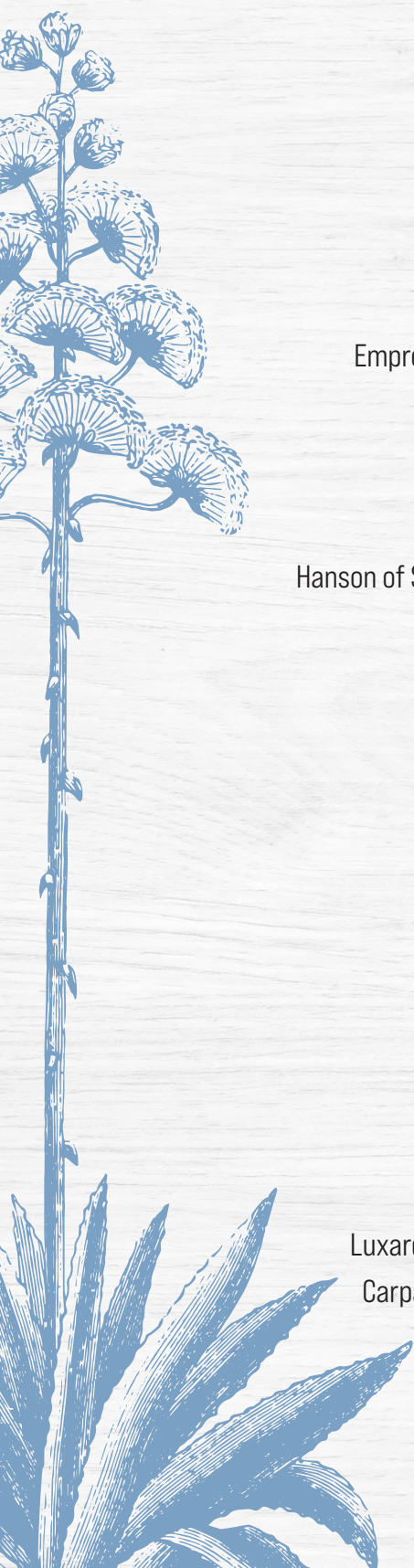
Lalo Blanco Tequila
Casamigos Reposado Tequila
Patrón Blanco Tequila
Lunazul Blanco Tequila
Ana Maria Rosa Tequila

MEZCAL

Illegal Mezcal

CORDIALS

Nonino Amaro
Ramazzotti Amaro
Luxardo Maraschino Cherry Liqueur
Carpano Antica Formula Vermouth
Borghetti Espresso Liqueur
Carpano Bianco Vermouth
Fiorente Elderflower Liqueur
Cappelletti Aperitivo



DESSERTS

Seasonal Squash Pie **v GF**

graham cracker crust, whipped coconut cream (470 cal)

Chocolate Peanut Butter Tart **v GF** ♥

almond & coconut crust, TCHO chocolate ganache, peanut butter filling (870 cal)

Seasonal Chai Caramel Cake **VEG**

Cosmic Bliss vanilla ice cream, caramel sauce (530 cal)

Flourless Chocolate Cake **VEG GF**

TCHO 68% chocolate, vegan vanilla ice cream, caramel, almonds, cacao nibs (470 cal)

Chocolate Chunk Cookie à la mode **v GF**

warm chocolate chunk cookie, vegan vanilla ice cream (490 cal)

Sorbet **v GF**

lemon sorbet, blueberry compote (190 cal)

Cosmic Bliss Ice Cream **VEG GF**

scoop of organic grass-fed ice cream (120 cal)

Vegan Vanilla Ice Cream **v GF**

scoop (120 cal)

Espresso Martini

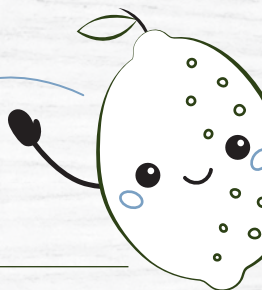
prairie organic vodka, borghetti espresso liqueur, organic Wandering Bear cold brew (170 cal)



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*Easy peezy,
lemon squeezezy*



ENTRÉES

Buttered Noodles **VEG**

curly pasta with melted butter and a sprinkle of parmesan cheese (450 cal)

Chicken Teriyaki Bowl **GF**

mixed veggies including rainbow carrots, broccoli, bok choy, snap peas with quinoa brown rice (440 cal)

Grass-Fed Cheeseburger*

served with hummus and rainbow carrots (630 cal)

Tomato Sauce Noodles **VEG**

curly noodles with delicious tomato sauce and a sprinkle of cheesy parmesan goodness (400 cal)

Cheese Pizza **VEG**

pizza with gooey cheese and tasty tomato sauce (950 cal)

True Crisp'd™ Chicken Tender Plate **GF**

two delicious, crispy chicken tenders with a sidekick of herb hummus and rainbow carrots (370 cal)

pick your favorite sauce to dip them in:

bbq sauce, organic ketchup, ranch

DRINKS

Peach Lemonade

peach, lemon (140 cal)

Pink Lemonade

dragon fruit, lemon (160 cal)

Prickly Pear Fizz

prickly pear, hibiscus, lime (70 cal)

Fruity Bubble Water

choose your juice adventure!

Lemon-Lime (5 cal)

Grapefruit (10 cal)

Pineapple (15 cal)

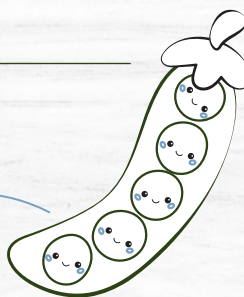
Pomegranate (20 cal)

DESSERT

Kid's Cookie and Ice Cream Sundae **V GF**

warm chocolate chunk cookie with creamy vegan vanilla ice cream (420 cal)

Besties!



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