



**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

Shrimp imported from Ecuador. A 2000-calorie daily intake is standard advice, but individual needs vary. Our restaurants use gluten and all major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, sesame, soy, and wheat). Shared cooking areas mean we cannot ensure any item is allergen-free. Ingredient changes may occur due to suppliers, recipe updates, methods, or seasons. Inform your server of allergies or dietary needs before ordering, and we'll do our best to accommodate. \*These items are served raw, undercooked or cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



# 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, fiorentine 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

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### **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

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### **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

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### **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

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### **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

A 2000-calorie daily intake is standard advice, but individual needs vary. Our restaurants use gluten and all major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, sesame, soy, and wheat). Shared cooking areas mean we cannot ensure any item is allergen-free.

Ingredient changes may occur due to suppliers, recipe updates, methods, or seasons. Inform your server of allergies or dietary needs before ordering, and we'll do our best to accommodate.\*These items are served raw, undercooked or cooked to order. Consuming raw or undercooked 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

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### 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

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**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

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## 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

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## 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

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## Yuzu Ranch Water

joto yuzu, lemon (40 cal)

## Tequila Lime Ranch Water

ana maria rosa tequila, lime (70 cal)

# ZERO-PROOF

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## 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

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## 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

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### 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

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**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

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**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

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### 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

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## 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

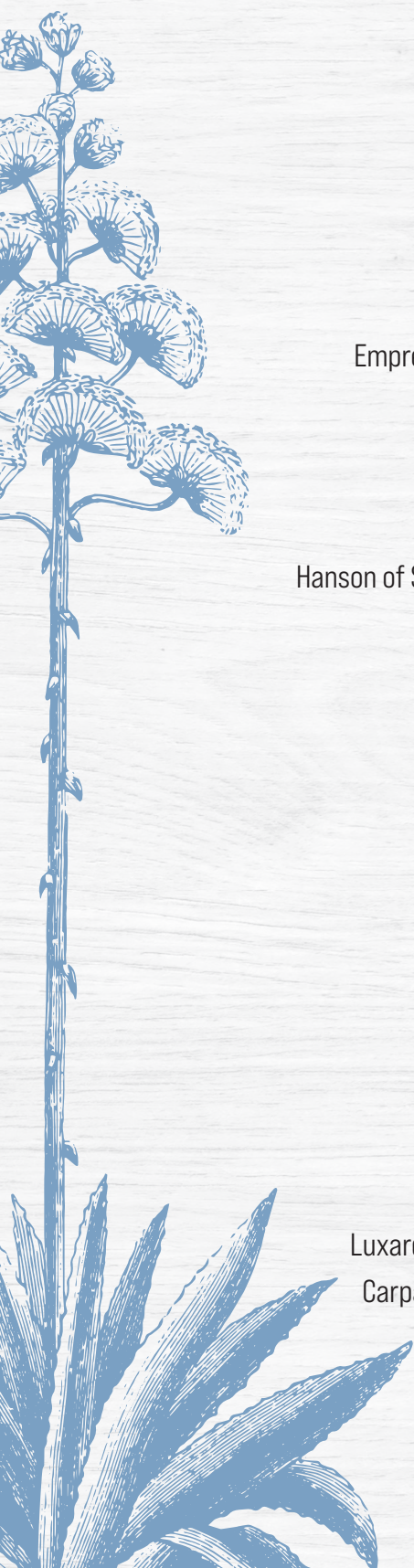
Lalo Blanco Tequila  
Casamigos Reposado Tequila  
Patrón Blanco Tequila  
Lunazul Blanco Tequila  
Ana Maria Rosa Tequila

## 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

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## 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)

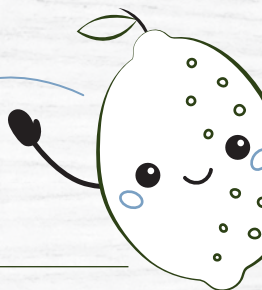


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♥ What The Doc Ordered... Founder Dr. Andrew Weil's Favorites



*Easy peezy,  
lemon squeezy*



## 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)

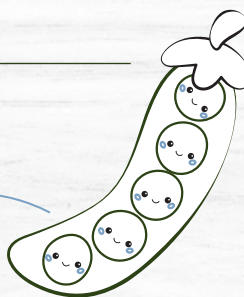
**Pomegranate** (20 cal)

## 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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