

TRUE FOOD KITCHEN

STARTERS

Edamame Dumplings **VEG**
white truffle oil, dashi, thai basil (270 cal)

Charred Cauliflower **V GF**
medjool dates, harissa tahini, dill, mint, pistachio (340 cal)

Seasonal Roasted Butternut Squash Soup **bowl V GF**
organic butternut squash, sage (260 cal)

Grass-Fed Meatloaf Sliders
Verde Farms organic 100% grass-fed beef, caramelized onions, smoked gouda, horseradish aioli, au jus (770 cal)

True Crisp'd™ Buffalo Tenders **GF**
True Crisp'd™ air-fried chicken tenders, house-made buffalo sauce, carrots, celery, hatch green chili ranch (780 cal)

Roasted Brussels Sprouts **V GF**
roasted mushroom, pickled fresnos, ginger soy glaze, lime (250 cal)

Mediterranean Hummus **V**
spicy herb sauce, red pepper pistachio spread, za'atar spice, served with ancient grain pita (930 cal)
sub fresh veggies

SALADS

Seasonal Market Salad **VEG GF**
honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy apple cider vinaigrette (600 cal)
*Chef's Suggestion - add grilled steak**

Chopped Salad **VEG**
aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, marcona almonds, champagne vinaigrette (600 cal)
Chef's Suggestion - add grilled chicken

Chinese Chicken Salad **GF**
grilled chicken, bok choy, cabbage, organic mixed greens, avocado, sesame seeds, watermelon radish, snap peas, cilantro, pickled ginger, toasted quinoa, roasted almonds, carrot ginger dressing (700 cal)

BOWLS

Wild-Caught Tuna Poke Bowl* **GF**
regenerative black rice, avocado, roasted mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzu (500 cal)

Teriyaki Quinoa Bowl **V GF**
regenerative quinoa brown rice blend, broccoli, rainbow carrots, bok choy, snap peas, pickled shiitake, sesame seeds (430 cal)

Korean Noodle Bowl **V GF**
glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts (620 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 (700 cal)

ADD PROTEIN to any salad or bowl

True Crisp'd™ Chicken (2pc) **GF**
(380 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)

ENTRÉES

Grilled Sustainable Salmon* **GF**
Kvarøy Arctic sustainable salmon, snap peas, organic wild rice pilaf, thai basil vinaigrette (640 cal)

Grilled Grass-Fed Tenderloin* **GF**
cheesy mashed potatoes, king trumpet mushrooms, seasonal vegetables, charred onions, peppercorn sauce (1150 cal)

Lasagne al Pesto **GF**
Diestel Farms turkey sausage bolognese, pistachio pesto, organic spinach, ricotta, mozzarella, basil (750 cal)

Chicken Parmesan **GF**
True Crisp'd™ air-fried chicken breast, fresh mozzarella, organic DiNapoli tomato sauce, spaghetti squash (820 cal)
sub campanelle pasta

Spaghetti Squash Casserole **VEG GF**
organic squash, caramelized onions, fresh mozzarella, organic DiNapoli tomato sauce (350 cal)

Grass-Fed Meatloaf
Verde Farms organic 100% grass-fed beef, cheesy mashed potatoes, honey roasted carrots, mushroom jus, microgreens (760 cal)

Pesto Pasta **VEG**
roasted mushrooms, cherry tomatoes, arugula, parmesan, pistachio pesto (840 cal)
add grilled chicken

SIDES

Cheesy Mashed Potatoes **VEG GF** (200 cal)

Honey Roasted Carrots **VEG GF** (100 cal)

Kale Salad **VEG** (140 cal)

Seasonal Veggies **V GF** (160 cal)

Simple Salad **V GF** (130 cal)

Sweet Potato Hash **V GF** (160 cal)

Seasonal Soup Cup **V GF** (120 cal)

Pesto Pasta **VEG** (420 cal)

BURGERS

Choice of Kale Salad or Simple Green Salad

Upgrade your side! **Sweet Potato Hash** or **Honey Roasted Carrots**; Sub **Gluten-Friendly Bun** **VEG GF**

Turkey Burger
Diestel Farms turkey, smoked gouda, avocado, organic tomato, butter lettuce, jalapeño remoulade (600 cal)

Grass-Fed Burger*
Verde Farms organic 100% grass-fed beef, mushroom, caramelized onions, organic arugula, parmesan, umami sauce (660 cal)

Plant-Based Double Cheeseburger **V**
house-made portobello, beet and walnut vegan burger, served with lettuce, pickled onions, organic tomato, vegan cheese, jalapeño remoulade (750 cal)

All-American Burger*
Verde Farms organic 100% grass-fed beef, aged white cheddar cheese, awesome sauce, lettuce, organic tomato (720 cal)

SOURDOUGH PIZZAS

Sub Gluten-Friendly Crust **VEG GF**

Pepperoni Pizza
Niman Ranch uncured pepperoni, organic DiNapoli tomato sauce, mozzarella, basil (1020 cal)

Margherita Pizza **VEG**
fresh mozzarella, organic DiNapoli tomato sauce, basil (920 cal)

Seasonal Roasted Butternut Squash Pizza **V**
organic butternut squash, lemon almond ricotta, caramelized onion, organic kale, raisins (1000 cal)

MADE FRESH
Sourdough
DAILY

DIP IT

Hatch Chili Ranch or **Hella Ranch** (220 cal) **VEG GF**

TRUE CRISP'D™ AIR-FRIED CHICKEN

Crisp'd™ Green Salad **GF**
organic mixed greens, cucumber, cherry tomatoes, avocado, True Crisp'd™ air-fried chicken tenders, lemon oregano dressing (780 cal)

Tender Plate **GF**
four tenders served with kale slaw (960 -1170 cal)
sub sweet potato hash
served with choice of one sauce:
awesome sauce, BBQ, hella ranch

SANDWICHES Choice of Kale Salad or Simple Green Salad; Served on a Ciabatta Roll

Sub Grilled Chicken; Sub Gluten-Friendly Bun **VEG GF**

Buffalo Chicken Sandwich
house-made hot sauce, pickles, apple-cabbage slaw (1090 cal)

TFK Classic Chicken Sandwich
house-made pickles, awesome sauce, lettuce (830 cal)

**HORMONE
FREE**

**ANTIBIOTIC
FREE**

**GLUTEN
FREE**

**SEED OIL
FREE**

**HAND
BREADED**

V Vegan
VEG Vegetarian
GF Gluten-Friendly

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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, fiorente elderflower, lime (220 cal)

Smoke Show Old Fashioned

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

Moscow Mule

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

Espresso Martini

prairie organic vodka, borghetti espresso liqueur, organic espresso (170 cal)

Peach Mojito

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

Citrus Skinny Margarita

lunazul blanco tequila, cucumber, mint (170 cal)

Smoky Blood Orange Margarita

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

Spicy Pineapple Margarita

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

Blood Orange Margarita

tres agaves organic reposado, kish hibiscus lemon balm apéritif, blood orange, lime (190 cal)

ZERO-PROOF

Spicy Clean Margarita

clean & co. tequila, pineapple, lime, jalapeño, mint (180 cal)

Athletic Fauxjito

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

Blueberry 75

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

BEER

Michelob Ultra

4.2% ABV St. Louis, MO (95 cal)

Stella Artois

5% ABV Leuven, Belgium (140 cal)

Modelo Especial

4.4% ABV Nava, Mexico (145 cal)

Voodoo Ranger Juicy Haze IPA

7.5% ABV Fort Collins, CO (210 cal)

Athletic Brewing Run Wild IPA

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

WINE

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

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

HAPPY HOUR

M-TH | 3-6PM F | 3-5PM

\$2 OFF DUMPLINGS, SLIDERS & BUFFALO TENDERS | **\$3 OFF** ALL PIZZAS
\$5 BEERS AND GLASSES OF PROPRIETARY WINE | **\$3 OFF** ALL COCKTAILS

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), **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)

MATCHA

Iced Lavender Matcha Latte

almond milk, butterfly lavender (80 cal)

Iced Matcha Horchata

almond milk, vanilla (120 cal)

Matcha Latte

matcha, choice of almond or whole milk (100 cal)

COFFEE & TEA

Choice of **almond** or **whole milk**

Adaptogenic Tulsi Tea

holy basil, ginger, honey (60 cal)

Jasmine Pearl Green Tea

(5 cal)

Passport Loose Leaf Tea (5 cal)

choice of Darjeeling, Classic Chai, Peppermint, Chamomile

Iced Shakerato

organic espresso, brown sugar (170 cal)


Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Organic Fair Trade Coffee (0 cal)



Hangover Rx Powered by AG1*
AG1, pineapple, orange, coconut water, aloe vera, sea moss (155 cal)

AG1 on the Rocks[†]
daily nutritional support (50 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 our menu is 100% seed oil free.



**TRUE
FOOD
KITCHEN**

TRUE TRIO

HALF SALAD + CUP OF SOUP

OR

WRAP + HALF SALAD OR CUP OF SOUP

AND

CHOICE OF BEVERAGE

Available Monday-Friday until 3pm

CUP OF SOUP

Seasonal/ Roasted Butternut Squash Soup **v GF**
organic butternut squash, sage (120 cal)

HALF SALADS

Seasonal/ Market Salad **VEG GF**
honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy apple cider vinaigrette (300 cal)

Chopped Salad **VEG**
aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, marcona almonds, champagne vinaigrette (300 cal)

Organic Tuscan Kale Salad **VEG**
organic kale, parmesan, breadcrumbs, lemon, garlic (185 cal)

WRAPS

Grilled Chicken Ranch Wrap
avocado, organic roasted red pepper, organic mixed greens, hatch chili ranch (680 cal)

Mediterranean Wrap **v**
hummus, spicy herb sauce, red pepper pistachio spread, cucumber, snap peas, charred onions, organic spring mix, lemon oregano vinaigrette (510 cal)

Lemon-Oregano Chicken Wrap
organic mixed greens, cucumber, carrots, snap peas, tomatoes, grilled chicken, lemon-oregano vinaigrette (550 cal)

BEVERAGES

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

Dine-in only. Price does not include additional proteins or other add-ons, which may be ordered at an additional cost. Substitutions are not permitted. Offer valid Monday-Friday until 3 PM. Not available with other promotions or discounts. 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.

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

BRUNCH COCKTAILS

MIMOSAS

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

served with choice of:
fresh-squeezed orange or pomegranate juice
make it zero-proof - enjoy with Lyre's

*It's a full bottle
kinda day*



Espresso Martini

prairie organic vodka, borghetti espresso liqueur, organic espresso (170 cal)

Bloody Mary

tito's handmade vodka, organic tomato, house spice blend, lemon (150 cal)

Spiked Seltzers

tito's handmade vodka, choice of: pomegranate, pineapple, lemon-lime juice (120 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)

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

MATCHA

Iced Lavender Matcha Latte

almond milk, butterfly lavender (80 cal)

Iced Matcha Horchata

almond milk, vanilla (120 cal)

Matcha Latte

matcha, choice of almond or whole milk (100 cal)

COFFEE & TEA

Choice of **almond** or **whole milk**

Adaptogenic Tulsi Tea

holy basil, ginger, honey (60 cal)

Jasmine Pearl Green Tea

(5 cal)

Passport Loose Leaf Tea (5 cal)

choice of Darjeeling, Classic Chai,
Peppermint, Chamomile

Iced Shakerato

organic espresso, brown sugar (170 cal)

Espresso (5 cal)

Americano (5 cal)

Cappuccino (80 cal)

Caffè Latte (80 cal)

Organic Fair Trade Coffee (0 cal)



**TRUE
FOOD**
KITCHEN

BRUNCH

Served Saturday & Sunday until 3pm

FOR THE TABLE

Lemon Blueberry Muffin **VEG**

single or three muffins

house-made ricotta olive oil batter, organic blueberries, lemon zest (280-830 cal)

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 (930 cal)

Blueberry Pancakes **VEG GF**

organic blueberry compote, greek yogurt, maple syrup (780 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 (760 cal)

add avocado

Rancher's Hash*

Vital Farms pasture-raised sunny-side-up eggs, roasted sweet potatoes, organic roasted red peppers, Cape Grim organic 100% grass-fed steak, aged white cheddar, avocado, cherry tomatoes, charred onions, charred scallion salsa, sourdough toast (930 cal)

Southwest Tofu Scramble **v GF**

tofu, caramelized onions, organic roasted red peppers, organic spinach, charred scallion salsa, corn tortilla, avocado (590 cal)

Breakfast Tacos* **GF**

Cape Grim organic 100% grass-fed steak, Vital Farms pasture-raised scrambled eggs, caramelized onion, charred scallion salsa, pickled fresnos, avocado, black beans (620 cal)

Kid's Blueberry Pancake **VEG GF**

organic blueberry compote, greek yogurt, maple syrup (450 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), **Pineapple** (15 cal), **Pomegranate** (20 cal)

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TRUE FOOD KITCHEN

DESSERTS

Chocolate Peanut Butter Tart v GF

almond & coconut crust, TCHO chocolate ganache, peanut butter filling (720 cal)

Flourless Chocolate Cake VEG GF

TCHO 68% chocolate, vegan vanilla ice cream, caramel, almonds, cacao nibs (660 cal)

Chocolate Chip Cookie v GF

vegan & gluten-friendly batter, TCHO 68% chocolate (400 cal)

Chocolate Chip Cookie À La Mode v GF

vegan & gluten-free batter, almond, TCHO 68% chocolate served with vegan vanilla ice cream (530 cal)

Sorbet v GF

lemon sorbet, blueberry compote (170 cal)

Cosmic Bliss Ice Cream VEG GF

organic grass-fed ice cream (270 cal)

Vegan Vanilla Ice Cream v GF

(320 cal)

AFTER-DINNER DRINKS

COCKTAILS

Espresso Martini

prairie organic vodka, borghetti espresso liqueur, organic espresso (170 cal)

Smoke Show Old Fashioned

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

COFFEE + MATCHA

Iced Shakerato

organic espresso, brown sugar, choice of almond or whole milk (170 cal)

Iced Lavender Matcha Latte

almond milk, butterfly lavender (80 cal)

Iced Matcha Horchata

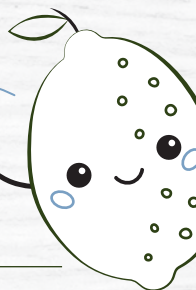
almond milk, vanilla (120 cal)

Matcha Latte

matcha, choice of almond or whole milk (100 cal)

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*Easy peasy.
lemon squeezezy*



ENTRÉES

Buttered Noodles VEG

curly pasta with melted butter and a sprinkle of parmesan cheese (520 cal)

Chicken Teriyaki Bowl GF

mixed veggies including rainbow carrots, broccoli, bok choy, snap peas with quinoa brown rice (630 cal)

Grass-Fed Cheeseburger*

served with hummus and rainbow carrots (570 cal)

Tomato Sauce Noodles VEG

curly noodles with delicious tomato sauce and a sprinkle of cheesy parmesan goodness (440 cal)

Cheese Pizza VEG

pizza with gooey cheese and tasty tomato sauce (850 cal)

True Crisp'd™ Chicken Tender Plate GF

two delicious, crispy chicken tenders with a sidekick of hummus and rainbow carrots (650 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)

Pineapple (15 cal)

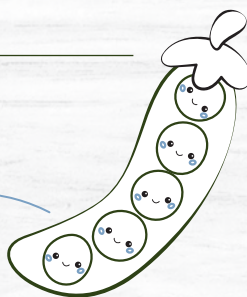
Pomegranate (20 cal)

DESSERT

Kid's Cookie and Ice Cream Sundae v GF

vegan & gluten-free batter, almond, TCHO 68% chocolate served with vegan vanilla ice cream (500 cal)

Besties!



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