

TRUE FOOD KITCHEN

Fall 2019

REFRESHERS

- 🌱 Dr. Weil's Wellness Shot (45 cal)
Honey Lemonade (70 cal) with matcha (adds 45 cal)
Pomegranate Chia Limeade (90 cal)
- 🌱 Sparkling Antioxidant Tea organic green tea, pomegranate, butterfly pea flower (80 cal)
Adaptogenic Tulsi Tea ginger honey, lemon (60 cal)
- 🌱 Sparkling Prickly Pear Tisane prickly pear, hibiscus, lime (70 cal)
Medicine Man heavy brewed green tea, black cherry, pomegranate, honey, sea buckthorn (110 cal)
Original Ginger "O.G." lime, honey, bubbly water (120 cal)
Hangover Rx pineapple, orange, honey, coconut water (70 cal)
Kale Aid kale, ginger, apple, celery, cucumber, lemon (100 cal)
Health-Ade Kombucha (70 cal)

STARTERS

- 🌱 Butternut Squash Soup (170 cal) **V GF**
- 🌱 Roasted Brussels Sprouts mushroom, miso sesame vinaigrette, chili thread (280 cal) **V GF**
- 🌱 Roasted Beet & Goat Cheese Flatbread arugula, pumpkin seed, cilantro pumpkin seed pesto (560 cal) **VEG**
Charred Cauliflower harissa tahini, medjool date, dill, mint, pistachio (410 cal) **V GF**
Kale Guacamole grapefruit, cilantro, roasted poblano, sunflower seed & house-made pita chips (580 cal) **V**
Herb Hummus cucumber, organic tomato, onion, olive, feta, lemon oregano vinaigrette & pita (710 cal) **VEG**
Edamame Dumplings dashi, white truffle oil, asian herbs (270 cal) **VEG**
- 🌱 Seasonal Vegetable Crudités chilled raw vegetables, tzatziki & black olive dip (750 cal) **VEG GF**

SALADS

- tofu (adds 230 cal) / chicken (adds 180 cal) / grass-fed steak* (adds 240 cal) / shrimp* (adds 140 cal) / salmon* (adds 260 cal)
- 🌱 Seasonal Ingredient butternut squash, cauliflower, brussels sprout, cannellini bean, organic kale, horseradish vinaigrette, toasted mulberry, pomegranate (610 cal) **V GF**
 - 🌱 Good Earth Kale Cobb avocado, organic tomato, brussels sprout, radish, garbanzo bean, dried sweet corn, gorgonzola, cashew poblano ranch (470 cal) **VEG GF**
Chopped Salad medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal) **VEG**
Organic Tuscan Kale lemon, garlic, grana padano, breadcrumb (350 cal) **VEG**
Mediterranean Salad quinoa, persian cucumber, olive, peppadew, organic tomato, green bean, feta, almond, oregano vinaigrette (580 cal) **VEG GF**

PIZZAS

- substitute gluten free crust (360 cal)
- 🌱 Butternut Squash caramelized onion, roasted garlic, organic kale, vegan almond ricotta, dried cranberry, sage (940 cal) **V**
Margherita crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal) **VEG**
Chicken Sausage crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)
Tomato & Arugula crushed organic DiNapoli tomato, olive oil, lemon (620 cal) **V**

BOWLS

- tofu (adds 230-250 cal) / chicken (adds 160-180 cal) / grass-fed steak* (adds 240-260 cal) / shrimp* (adds 140-160 cal) / salmon* (adds 260 cal)
- Ancient Grains miso sesame glazed sweet potato, turmeric, charred onion, snow pea, grilled portobello, avocado, hemp seed (690 cal) **V**
 - 🌱 Cauliflower Polenta grilled broccolini, snow pea, edamame, snap pea, zucchini, watermelon radish, miso, cashew, chili thread (350 cal) **V GF**
Korean Noodle sweet potato glass noodle, pickled shiitake, organic spinach, rainbow carrot, bean sprout, toasted sesame (550 cal) **V GF**
Toriyaki Quinoa broccoli, rainbow carrot, bok choy, mushroom, brown rice, avocado, toasted sesame (540 cal) **V GF**
Spicy Panang Curry sweet potato, green bean, bok choy, rainbow carrot, thai basil, coconut curry broth (contains shellfish) (710 cal) **GF**

BURGERS & SANDWICHES

- served with choice of cucumber salad (adds 110 cal), kale salad (adds 120 cal) or sweet potato hash (adds 200 cal)
- 🌱 Unbeetable Burger beet, kuzu, jicama slaw, crushed avocado, butter lettuce, vegan mayonnaise, flaxseed bun (700 cal) **V**
 - 🌱 Grilled Chicken Avocado Wrap organic tomato, cucumber, hummus, fresh mozzarella, lemon oregano vinaigrette, house-made pita (830 cal)
Inside Out Quinoa Burger hummus, tzatziki, organic tomato, butter lettuce, cucumber, red onion, avocado, feta (630 cal) **VEG GF**
Turkey Burger smashed avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (690 cal)
Grass-fed Burger* umami, mushroom, caramelized onion, arugula, parmesan, mayonnaise, flaxseed bun (860 cal)
T.L.T. smoked tempeh, butter lettuce, organic tomato, avocado, vegan mayonnaise, seeded grain bread (730 cal) **V**

ENTRÉES

- 🌱 Thai Coconut Sea Bass* coconut turmeric broth, bok choy, green bean, rainbow carrot, quinoa brown rice (650 cal) **GF**
- 🌱 Mediterranean Chicken quinoa, organic tomato, persian cucumber, olive, peppadew, green bean, feta, oregano vinaigrette (790 cal) **GF**
Lasagna Bolognese fennel chicken sausage, mushroom, organic spinach, lemon ricotta, herbs (450 cal) **GF**
Spaghetti Squash Casserole crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal) **VEG GF**
Poke Bowl* wild caught albacore, avocado, quinoa rice, mushroom, snow pea, cucumber, cashew, ginger, turmeric ponzu (560 cal)
Grilled Salmon* caramelized onion farro, quinoa, arugula, roasted beet, cilantro pumpkin seed pesto (720 cal)
Grass-fed Steak Tacos* tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime crema, anasazi bean (680 cal) **GF**
Grilled Fish Tacos* tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime crema, anasazi bean (570 cal) **GF**

- 🌱 Seasonal Highlight

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

V Vegan **VEG** Vegetarian **GF** Gluten Friendly / While we offer items prepared gluten free, other items containing gluten are prepared in our kitchen. Some ingredients may not be included in the menu description; please notify your server of any food allergies.

* 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.

Craft Cocktails

- 🌱 Beets by Jon (190 cal)
organic vodka, red beet, lemon, pineapple
- 🌱 Ginger Margarita (180 cal)
organic reposado tequila, ginger liqueur, sea buckthorn, honey
- Citrus Skinny Margarita (170 cal)
organic blanco tequila, muddled citrus, cucumber, mint
- 🌱 Pom Collins (170 cal)
lemon-infused vodka, organic aloe liqueur, pomegranate
- 🌱 Oaxacan Piña Punch "O.P.P." (230 cal)
organic mezcal, pineapple, lemon, honey
- 🌱 Passion Colada (230 cal)
lime-infused rum, passion fruit liqueur, pineapple, coconut
- Juniper Rose (170 cal)
rose-infused gin, lime, grapefruit, thyme
- 🌱 Apple Gold Rush (150 cal)
bourbon, apple, lemon, honey
- Rosé Sangria (280 cal)
organic rosé wine, spiced brandy, pineapple, lime



TRUE FOOD KITCHEN

Fall 2019

Wine Glass 150 cal / Carafe 220 cal / Bottle 620 cal

The only thing we love more than wine is wine that's held to the same standards we hold our food to: clean & good for the Earth. We only partner with wine producers that utilize organic, sustainable or bio-dynamic practices.

SPARKLING

- Cava Mercat (Penedès, Spain) **s**
- Sparkling Rosé ROSE d'OR (Bordeaux, France) **s**
- Veuve Clicquot Yellow Label (Champagne, France) **s**
- Blanc de Blancs Ruinart (Reims, France) 375 ml **s**

WHITE *Light, Bright & Crisp*

- Pinot Grigio Tangent (Edna Valley, CA) Proprietary Label **s**
- Sauvignon Blanc Rickshaw (California) **s**
- Sauvignon Blanc Crossings (Marlborough, New Zealand) **s**
- Sauvignon Blanc La Perrière (Sancerre, France) **s**
- Vermentino Cantina Mesa 'Giunco' Vermentino (Sardinia, Italy) **s**
- Albariño Ramón Bilbao (Rias Baixas, Spain) **s**

WHITE *Opulent & Aromatic*

- Chardonnay Imagery (Sonoma County, CA) **s**
- Chardonnay Haras (Maipo Valley, Chile) **o**
- Chardonnay Frog's Leap (Napa Valley, CA) **o**
- Chardonnay Rombauer (Los Carneros, CA) **s**
- Grüner Veltliner Weingut Loimer (Kamptal, Austria) **o**

ROSÉ

- Rosé of Grenache M. Chapoutier "Belleruche" (Rhône Valley, France) **B**
- Rosé of Pinot Noir Baileyana (Edna Valley, CA) **s**

RED *Delicate & Elegant*

- Pinot Noir Parducci (Mendocino, CA) **s**
- Pinot Noir Montinore (Willamette Valley, OR) **B**
- Pinot Noir Lioco "Fox Block XIII" (North Coast, CA) Proprietary Label **s**
- Pinot Noir Robert Sinskey (Los Carneros, CA) **o B**
- Red Blend Skyfall (Columbia Valley, WA) **s**

RED *Old World*

- Cannonau Alta Vita (Sardinia, Italy) Proprietary Label **s**
- Rhône Blend Perrin "Nature" (Rhône Valley, France) **s**
- Sangiovese Borgo Scopeto "Chianti Classico" (Chianti, Italy) **s**
- Red Blend Gaja Ca' Marcanda "Promis" (Tuscany, Italy) **s**
- Tempranillo Blend Marques de Caceres (Rioja, Spain) **o**

RED *Bold & Structured*

- Malbec Alamos (Mendoza, Argentina) **s**
- Cabernet Sauvignon Terrazas de los Andes (Mendoza, Argentina) **s**
- Cabernet Sauvignon Long Meadow Ranch "Farmstead" (Napa Valley, CA) **o**
- Cabernet Sauvignon Lander-Jenkins (California) **s**
- Cabernet Sauvignon Hunt & Harvest (Napa Valley, CA) **o**
- Syrah Truchard (Los Carneros, CA) **s**

BEER & CIDER

- Local Rotating Seasonal
- Local Rotating IPA
- Stella Artois (Leuven, Belgium) (140 cal)
- Samuel Adams "Sam '76" (Boston, MA) (130 cal)
- Michelob Ultra "Pure Gold" (St. Louis, MO) (85 cal) **ORGANIC**
- Sierra Nevada "Pale Ale" (Chico, CA) (180 cal)
- Crispin Rosé Cider (Colfax, CA) (160 cal) **GLUTEN FREE**

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

s Sustainable **B** Bio-dynamic **o** Organic

We proudly feature the following spirits in our craft cocktails: Prairie Organic Vodka, New Amsterdam Vodka & Gin, IXA Organic Tequila, Dulce Vida Organic Tequila, Montelobos Organic Mezcal, Giffard, Old Forester Bourbon, Matusalem Rum, E&J Brandy, Barrow's, and Chateau.



TRUE FOOD KITCHEN BRUNCH

Fall 2019

REFRESHERS

- Dr. Weil's Wellness Shot sea buckthorn, pomegranate, ginger (45 cal)
- Honey Lemonade (70 cal) with matcha (adds 45 cal)
- Pomegranate Chia Limeade (90 cal)
- Sparkling Antioxidant Tea organic green tea, pomegranate, butterfly pea flower (80 cal)
- Sparkling Prickly Pear Tisane prickly pear, hibiscus, lime (70 cal)
- Medicine Man heavy brewed green tea, black cherry, pomegranate, honey, sea buckthorn (110 cal)
- Original Ginger "O.G." lime, honey, bubbly water (120 cal)
- Hangover Rx pineapple, orange, honey, coconut water (70 cal)
- Health-Ade Kombucha (70 cal)

JUICES & SMOOTHIES

- Bright Eyes apple, ginger, beet, pineapple, turmeric, carrot (170 cal)
- Kale Aid kale, ginger, apple, celery, cucumber, lemon (100 cal)
- Banana & Date Smoothie almond milk, almond butter, flaxseed (460 cal)
- Kale & Coconut Smoothie banana, pineapple, lemon, ginger, honey (490 cal)

BREAKFAST

- Blueberry Muffin (440 cal) VEG GF
- Smashed Avocado Toast* organic sunny side up eggs, smoked gouda, sesame, thyme (590 cal) VEG
- Banana Pancakes quinoa, greek yogurt, maple syrup (550 cal) VEG GF
- Vegan Chorizo Bowl jicama slaw, avocado, dried sweet corn, anasazi bean, radish, corn tortilla (720 cal) V GF
- Sunrise Bowl* organic sunny side up eggs, ancient grains, sweet potato, grilled portobello, avocado, hemp seed, cilantro pumpkin seed pesto (640 cal) VEG
- Garden Scramble* broccolini, onion, bell pepper, smoked gouda, grana padano, sweet potato (550 cal) VEG GF with sausage (adds 110 cal)
- Egg & Chicken Sausage Sandwich* manchego, organic tomato, smashed avocado (660 cal) & sweet potato hash (adds 200 cal)

STARTERS

- Butternut Squash Soup (170 cal) V GF
- Roasted Brussels Sprouts mushroom, miso sesame vinaigrette, chili thread (280 cal) V GF
- Roasted Beet & Goat Cheese Flatbread arugula, pumpkin seed, cilantro pumpkin seed pesto (560 cal) VEG
- Charred Cauliflower harissa tahini, medjool date, dill, mint, pistachio (410 cal) V GF
- Herb Hummus cucumber, organic tomato, onion, olive, feta, lemon oregano vinaigrette & pita (710 cal) VEG
- Edamame Dumplings dashi, white truffle oil, asian herbs (270 cal) VEG
- Seasonal Vegetable Crudités chilled raw vegetables, tzatziki & black olive dip (750 cal) VEG GF

SALADS

- tofu (adds 230 cal) / chicken (adds 180 cal) / grass-fed steak* (adds 240 cal) / shrimp* (adds 140 cal) / salmon* (adds 260 cal)
- Seasonal Ingredient butternut squash, cauliflower, brussels sprout, cannellini bean, organic kale, horseradish vinaigrette, toasted mulberry, pomegranate (610 cal) V GF
- Good Earth Kale Cobb avocado, organic tomato, brussels sprout, radish, garbanzo bean, dried sweet corn, gorgonzola, cashew poblano ranch (470 cal) VEG GF
- Chopped Salad medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal) VEG
- Organic Tuscan Kale lemon, garlic, grana padano, breadcrumb (350 cal) VEG
- Mediterranean Salad quinoa, persian cucumber, olive, peppadew, organic tomato, green bean, feta, almond, oregano vinaigrette (580 cal) VEG GF

PIZZAS

- substitute gluten free crust (360 cal)
- Butternut Squash caramelized onion, roasted garlic, organic kale, vegan almond ricotta, dried cranberry, sage (940 cal) V
- Margherita crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal) VEG
- Chicken Sausage crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)
- Tomato & Arugula crushed organic DiNapoli tomato, olive oil, lemon (620 cal) V

BOWLS

- tofu (adds 230-250 cal) / chicken (adds 160-180 cal) / grass-fed steak* (adds 240-260 cal) / shrimp* (adds 140-160 cal) / salmon* (adds 260 cal)
- Ancient Grains miso sesame glazed sweet potato, turmeric, charred onion, snow pea, grilled portobello, avocado, hemp seed (690 cal) V
- Cauliflower Polenta grilled broccolini, snow pea, edamame, snap pea, zucchini, watermelon radish, miso, cashew, chili thread (350 cal) V GF
- Korean Noodle sweet potato glass noodle, pickled shiitake, organic spinach, rainbow carrot, bean sprout, toasted sesame (550 cal) V GF
- Teriyaki Quinoa broccoli, rainbow carrot, bok choy, mushroom, brown rice, avocado, toasted sesame (540 cal) V GF
- Spicy Panang Curry sweet potato, green bean, bok choy, rainbow carrot, thai basil, coconut curry broth (contains shellfish) (710 cal) GF

BURGERS, SANDWICHES & ENTRÉES

- burgers & sandwiches served with choice of cucumber salad (adds 110 cal), kale salad (adds 120 cal) or sweet potato hash (adds 200 cal)
- Unbeetable Burger beet, kuzu, jicama slaw, crushed avocado, butter lettuce, vegan mayonnaise, flaxseed bun (700 cal) V
- Grilled Chicken Avocado Wrap organic tomato, cucumber, hummus, fresh mozzarella, lemon oregano vinaigrette, house-made pita (830 cal)
- Inside Out Quinoa Burger hummus, tzatziki, organic tomato, butter lettuce, cucumber, red onion, avocado, feta (630 cal) VEG GF
- Grass-fed Burger* umami, mushroom, caramelized onion, arugula, parmesan, mayonnaise, flaxseed bun (860 cal)
- T.L.T. smoked tempeh, butter lettuce, organic tomato, avocado, vegan mayonnaise, seeded grain bread (730 cal) V
- Spaghetti Squash Casserole crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal) VEG GF
- Grilled Salmon* caramelized onion farro, quinoa, arugula, roasted beet, cilantro pumpkin seed pesto (720 cal)
- Poke Bowl* wild caught albacore, avocado, quinoa rice, mushroom, snow pea, cucumber, cashew, ginger, turmeric ponzu (560 cal)
- Grass-fed Steak Tacos* tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime crema, anasazi bean (680 cal) GF
- Grilled Fish Tacos* tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime crema, anasazi bean (570 cal) GF

Seasonal Highlight

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Craft Cocktails

- The Detox Retox (120 cal)
cava, pineapple, orange, honey
- Antioxidant Mimosa (130 cal)
cava, pomegranate, sea buckthorn, honey

Prairie Mary (150 cal)
organic vodka, organic tomato,
house spice blend, lemon

Rosé Sangria (280 cal)
organic rosé wine, spiced brandy, pineapple, lime

Coffee & Teas

- Cinnamon Vanilla Latte (120-160 cal)
Cascara Cold Brew (90 cal)
cascara, coconut milk
- Matcha Horchata (200 cal)
oat milk, cinnamon, matcha, vanilla
- Adaptogenic Tulsi Tea (60 cal)
ginger honey, lemon



TRUE FOOD KITCHEN BRUNCH

Fall 2019

CRAFT COCKTAILS

- 🌿 Beets by Jon organic vodka, red beet, lemon, pineapple (190 cal)
- 🌿 Ginger Margarita organic reposado tequila, ginger liqueur, sea buckthorn, honey (180 cal)
- Citrus Skinny Margarita organic blanco tequila, muddled citrus, cucumber, mint (170 cal)
- 🌿 Pom Collins lemon-infused vodka, organic aloe liqueur, pomegranate (170 cal)
- 🌿 Oaxacan Piña Punch "O.P.P." organic mezcal, pineapple, lemon, honey (230 cal)
- 🌿 Passion Colada lime-infused rum, passion fruit liqueur, pineapple, coconut (230 cal)
- Juniper Rose rose-infused gin, lime, grapefruit, thyme (170 cal)
- 🌿 Apple Gold Rush bourbon, apple, lemon, honey (150 cal)

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KIDS

Honey Lemonade (70 cal)

Almond Butter, Banana & Apple Sandwich

seeded grain bread, carrots & tzatziki (680 cal) **VEG**

Mozzarella & Organic Tomato Pizza (740 cal) **VEG**

Chicken Teriyaki Bowl

pea, broccoli, carrot, brown rice & quinoa (320 cal) **GF**

Grass-fed Burger*

mozzarella, flaxseed bun, carrots & tzatziki (790 cal)

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary. Additional nutrition information available upon request.

VEG Vegetarian **GF** Gluten Friendly / While we offer items prepared gluten free, other items containing gluten are prepared in our kitchen. Some ingredients may not be included in the menu description; please notify your server of any food allergies.

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DESSERTS

 Squash Pie
graham crust, coconut whipped cream (480 cal) **V GF**

Flourless Chocolate Cake
caramel, almond, vanilla ice cream, cacao nib (500 cal) **VEG GF**

Chia Seed Pudding
banana, toasted coconut (330 cal) **V GF**

Vanilla Ice Cream (220 cal) **V GF**

TEAS

Adaptogenic Tulsi Tea
ginger honey, lemon (60 cal)

Matcha Horchata
oat milk, cinnamon, matcha, vanilla (200 cal)

LOOSE LEAF TEAS (5 cal)

White Peony “Bai Mudan”

Jasmine Pearl Green Tea

Genmaicha Green Tea

Wood Dragon Oolong

Darjeeling

Classic Chai

Peppermint *herbal*

Chamomile *herbal*

ORGANIC FAIR TRADE COFFEE


Espresso (5 cal)

Cappuccino (35-80 cal)

Latte (35-80 cal)

 Cinnamon Vanilla Latte (120-160 cal)

Cascara Cold Brew
cascara, coconut milk (90 cal)

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