

SALADS

SERVES 8-10

Chinese Salad v GF

bok choy, cabbage, avocado, sesame seeds, watermelon radish, snow peas, cilantro, pickled ginger, toasted quinoa, roasted almonds, carrot ginger dressing

Seasonal Market Salad vEG GF

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

Organic Tuscan Kale Salad vEG

organic kale, parmesan, breadcrumbs, lemon, garlic

Chopped Salad vEG

aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, marcona almond, champagne vinaigrette

Simple Greens Salad v GF

organic mixed greens, cucumber, cherry tomatoes, avocado, lemon oregano dressing

BOWLS

SERVES 8-10

Teriyaki Quinoa Bowl v GF

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

Korean Noodle Bowl v GF

glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts

Ancient Grains Bowl v

miso sesame glazed sweet potato, charred onion, snap peas, portobello, avocado, organic grains, pistachio pesto, hemp seed, turmeric

Turkey Bolognese

Diestel Farms turkey sausage, parmesan, basil, campanelli

ADD PROTEIN SERVES 8-10

Organic Tofu v

Shrimp*

Grilled Chicken

Grass-Fed Steak*



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 items may increase the risk of foodborne illness, especially if you have certain medical conditions.

WRAPS + SANDWICHES

SERVES 8-10

tray of 16 assorted half wraps or sandwiches, choose up to two options

Grilled Chicken Ranch Wrap

avocado, organic roasted red pepper, organic mixed greens, hatch chili ranch

Mediterranean Wrap v

hummus, spicy herb sauce, red pepper pistachio spread, cucumber, snap peas, charred onions, organic spring mix, lemon oregano vinaigrette

Caprese Sandwich vEG

pistachio pesto, tomato, fresh mozzarella, arugula, ciabatta

Lemon Oregano Chicken Wrap

organic mixed greens, cucumber, carrots, snap peas, tomatoes, grilled chicken, lemon oregano vinaigrette



COOKIES + DESSERT

SERVES 8-10

Baker's Dozen Chocolate Chip Cookies | 35.00 v GF

vegan & gluten-free batter, almond, TCHO 68% chocolate

Chocolate Peanut Butter Tarts (3) | 35.00 v GF

almond & coconut crust, TCHO chocolate ganache, peanut butter filling



SIDES TO SHARE

SERVES 8-10
side portion

Kale Slaw vEG GF

Sweet Potato Hash v GF

Pesto Pasta Salad v
contains tree nuts

Roasted Brussels Sprouts v GF

Italian Pasta Salad vEG

Simple Salad v GF

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.

v Vegan vEG Vegetarian GF Gluten-Friendly

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GROUP PACKAGES

Bento Boxed

SERVES 10

- 5 Bento Box Mediterranean Wraps w/ Kale Salad + Chocolate Chip Cookie
- 5 Bento Box Chicken Ranch Wrap w/ Kale Salad + Chocolate Chip Cookie
- ½ Gallon Peach Lemonade
- ½ Gallon Traditional Black Tea

Wrapped Up

SERVES 14-16

- 1 Wrap Tray: 4 Mediterranean Wraps + 4 Chicken Ranch Wraps
- 1 Chopped Salad vEG
- 1 Side of Italian Pasta Salad vEG
- Baker's Dozen Chocolate Chip Cookie v GF
- ½ Gallon Peach Lemonade
- ½ Gallon Traditional Black Tea

BENTO BOXES

MIN. ORDER OF 10

individual box with choice of sandwich and side, served with a Chocolate Chip Cookie

Sandwich/Wrap Options

- Mediterranean Wrap
- Caprese Sandwich
- Grilled Chicken Ranch Wrap
- Lemon Oregano Chicken Wrap

Side Salad Options

- Tuscan Kale
- Sweet Potato Hash
- Simple Salad



FRESH DRINKS

SERVES 8-10

Lemonades ½ gallon

Pink or Peach Lemonade

Arnold Palmer ½ gallon

Peach Lemonade + Traditional Black Tea

Matcha Horchata ½ gallon

Essential Eats

SERVES 12-14

- 1 Chopped Salad vEG
- 1 Korean Noodle Bowl v GF
- 1 Side of Grilled Chicken
- Baker's Dozen Chocolate Chip Cookies v GF
- ½ Gallon Peach Lemonade
- ½ Gallon Traditional Black Tea

Ultimate Feast

SERVES 16-20

- 1 TFK Dip Platter vEG
- 1 Chopped Salad vEG
- 1 Ancient Grains Bowl v
- 1 Side of Grilled Chicken
- 1 Side of Italian Pasta Salad vEG
- 1 Side of Roasted Brussels Sprouts v GF
- Baker's Dozen Chocolate Chip Cookie v GF
- 3 Chocolate Peanut Butter Tarts v GF
- 1 Gallon Peach Lemonade
- 1 Gallon Traditional Black Tea
- 2 Bottles of Mountain Valley Water (still)

SHARABLE PLATTERS

SERVES 8-10

TFK Dip Platter vEG

herb hummus, pistachio pesto and hatch chili ranch with crudité vegetables and ancient grain pita

Mediterranean Hummus Platter v

spicy herb sauce, red pepper pistachio spread, za'atar spice, served with ancient grain pita

Iced Tea ½ gallon

Green Tea or Traditional Black Tea

Mountain Valley Water Bottles each

Spring or Sparkling

TRUE FOOD KITCHEN