

**TRUE FOOD KITCHEN**



**SPRING 2024  
NUTRITIONAL GUIDE**



# TRUE FOOD KITCHEN

## FOOD - STARTERS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Creamy Tomato Soup w/ Mousse and Crumbs	340	37.7	27	14	0.5	65	1580	21	2	10	9	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Creamy Tomato Soup (No Mousse or Crumbs)	210	23.3	16	8	0	40	1170	16	1	8	4	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Wheat, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.
Wild Caught Tuna Lettuce Cups*	520	57.7	35	6	0	30	1320	27	4	5	27	Allergen Statement: Contains Fish, Tree Nuts (Baru), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Shellfish, Peanuts, Other Tree Nuts, Gluten.
Guacamole w/ Tortilla Chips	480	53.3	33	4.5	0	0	1220	40	11	3	12	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Tree Nuts, Gluten.
Mediterranean Hummus	870	96.6	66	9	0	0	2010	26	4	10	15	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Peanuts, Shellfish, Soy, Other Tree Nuts.
Charred Cauliflower	380	42.2	25	3	0	0	790	35	8	24	10	Allergen Statement: Contains Sesame, Tree Nuts (Pistachios). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Other Fish, Milk, Peanuts, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Edamame Dumplings	270	1.3	12	4.5	0	15	770	67	3	3	19	Allergen Statement: Contains Milk, Sesame, Soy, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts.
Sourdough Street Corn Flatbread	600	66.6	26	6	0	25	1930	82	3	8	21	Allergen Statement: Contains Milk, Wheat., Soy (vegenaise). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Treenuts, Sesame.
Loaded Fingerling Potatoes	400	44.4	30	5	0	15	6150	27	5	4	7	Allergen Statement: Contains Milk, Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - PIZZAS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Spinach & Mushroom Pizza	1190	132.2	47	5	0	0	2150	161	8	7	28	Allergen Statement: Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Southwest Bison Sausage Pizza	1420	157.7	48	18	0	300	3080	145	3	9	53	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Treenuts, Soy, Sesame.
Bougie Blanco Pizza	1220	135.5	41	18	0	85	4960	152	2	5	53	Allergen Statement: Contains Eggs, Milk, Wheat, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain, Fish, Shellfish, Peanuts, Tree Nuts, Soy.
Heritage Pepperoni Pizza	1180	131.1	37	13	0	130	2270	157	2	4	46	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Margherita Pizza	1040	115.5	31	15	0	95	1750	145	28	4	37	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Treenuts, Soy, Sesame.
Gluten-Free Crust	360	40	3	0	0	0	390	78	0	9	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - BURGERS, SANDWICHES, WRAPS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
The O.G. Grass-fed Burger*	710	78.8	40	12	1	115	1440	45	5	8	46	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Sesame.
True Blue Grass-Fed Burger*	770	85.5	45	15	1	340	1640	41	3	7	49	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
Smoked Gouda Turkey Burger	530	58.8	21	6	0	110	1300	40	3	8	47	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Vegan Double Cheeseburger	720	80	40	7	0	0	1950	82	8	12	16	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Tree Nuts (Walnuts), Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peabuts, Other Tree Nuts, Sesame.
Gluten-Free Bun	200	22.2	6	0	0	0	370	37	5	5	4	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Sesame, Shellfish, Sov. Tree Nuts. Wheat. Gluten.
Mediterranean Wrap	490	54.4	30	3.5	0	0	1030	14	2	8	10	Analysis and allergens do not include choice of side. Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts, Other Tree Nuts, Soy.
Italian Meatball Sub	750	83.3	40	20	0	145	1710	48	1	4	52	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Yam & Cheese Sandwich	540	60	25	11	0.5	65	1470	60	6	13	22	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
TFK Original Chicken Sandwich	640	71.1	31	4	0	115	1690	44	4	11	45	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
The Ultimate Pot Roast Beef Dip	690	76.6	40	18	0.5	95	1680	46	1	4	27	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat.. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Grilled Chicken Ranch Wrap	720	80	38	5	0	85	1420	56	5	6	40	Analysis and allergens do not include choice of side. Allergen Statement: Contains Milk, Wheat Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy.
Spicy Korean Chicken Sandwich	800	88.8	33	2	0	100	2140	83	4	30	41	Analysis and allergens do not include choice of side. Allergen Statement: Contains Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.

# TRUE FOOD KITCHEN

## FOOD - SALADS & BOWLS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Organic Strawberry Arugula Salad	420	46.6	34	6	0	30	490	24	6	12	9	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame, Gluten.
Organic Strawberry Arugula Salad (No Dressing)	180	20	8	2	0	5	200	23	6	12	9	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Buffalo Chicken Ranch Salad	890	98.8	59	6	0	105	8380	45	8	10	41	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame, Gluten.
Buffalo Chicken Ranch Salad (No Dressing)	680	75.5	37	5	0	110	1570	42	8	9	42	Allergen Statement: Contains Eggs, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Gluten.
Kale Caesar Salad	390	43.3	30	7	0	55	770	22	5	2	14	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame.
Kale Caesar (No Dressing)	140	15.5	5	1	0	5	300	17	5	3	8	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Southwest Steak Cobb Salad	770	85.5	63	13	0	295	860	28	11	9	39	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy, Gluten.
Southwest Steak Cobb Salad (No Dressing)	570	63.3	43	11	0	275	640	26	11	8	32	Allergen Statement: Contains Egg, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Shellfish, Peanuts, Tree Nuts, Sesame, Soy, Gluten.
Citrus Salmon Salad	530	58.8	29	8	0	125	3220	27	3	15	42	Allergen Statement: Contains Egg, Milk, Fish (Salmon), Shellfish, Tree Nuts (Almonds, Walnuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Peanuts, Other Tree Nuts, Sesame, Soy.
Citrus Salmon Salad (No Dressing)	470	52.2	26	7	0	90	2740	19	3	12	41	Allergen Statement: Contains Egg, Milk, Fish (Salmon), Shellfish, Tree Nuts (Almonds, Walnuts). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Peanuts, Other Shellfish, Other Tree Nuts, Sesame, Soy.
Add On: Organic Tofu	250	27.7	22	2.5	0	0	1910	5	0	0	12	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.

Add On: Antibiotic-free Chicken	160	17.7	7	1	0	65	150	0	0	0	23	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Grass-fed Steak*	180	20	16	4	0	65	60	0	0	0	16	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Sustainably Raised Shrimp*	140	15.5	6	1	0	180	230	1	0	0	20	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Other Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Sustainable Arctic Salmon*	260	28.8	16	3.5	0	70	330	2	0	0	29	Allergen Statement: Contains Fish (Salmon). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Organic Smoked Tempeh	80	8.8	2	0	0	0	470	7	0	0	8	Allergen Statement: Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Shellfish, Milk, Peanuts, Sesame, Tree Nuts, Wheat, Gluten.
Burrito Bowl	520	57.7	23	4.5	0	30	1280	65	8	6	17	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Tree Nuts, Wheat, Sesame, Gluten.
Teriyaki Remix Bowl	650	72.2	24	3.5	0	0	1660	80	10	31	16	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Tree Nuts (Baru), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Gluten.
Spicy Panang Curry Bowl	600	66.6	30	25	0	0	2130	72	7	30	9	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Fish (Fish Sauce), Shellfish, Tree Nuts (Coconut). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Sesame, Other Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Ancient Grains Bowl	560	62.2	30	3.5	0	0	1730	63	8	15	12	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Sesame, Soy, Wheat, Tree Nuts (Pistachio). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts.
Thai Peanut Noodle Bowl	900	100	40	7	0	185	1520	124	3	13	15	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Eggs, Peanuts, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Wild-Caught Tuna Poke Bowl*	410	45.5	18	3	0	30	1350	35	7	5	32	Analysis and allergens do not include choice of protein. Allergen Statement: Contains Fish (Tuna), Tree Nuts (Baru), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Soy, Gluten.
Add On: Tofu, Wok	250	27.7	19	2.5	0	0	360	9	0	2	13	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Add On: Chicken, Wok	180	20	8	1	0	65	400	3	0	2	23	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.

Add On: Grass-fed Steak*, Wok	260	28.8	22	5	0	75	170	0	0	0	18	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Add On: Shrimp*, Wok	160	17.7	6	1	0	180	480	4	0	2	20	<p>Allergen Statement: Contains Sesame, Shellfish (Shrimp), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Other Shellfish, Tree Nuts, Wheat, Gluten.</p>

# TRUE FOOD KITCHEN

## FOOD - ENTRÉES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Seared Tuna Tataki*	650	72.2	29	6	0	55	1160	52	7	17	46	Allergen Statement: Contains Fish (Tuna), Tree Nuts (Baru), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Gluten.
Idaho Rainbow Trout	690	76.6	41	6	0	105	1110	37	5	8	42	Allergen Statement: Contains Wheat, Fish (Trout). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Other Fish, Milk, Peanuts, Shellfish, Tree Nuts, Gluten.
Hawaiian Fried Rice	830	92.2	57	10	0	380	2100	50	6	16	24	Allergen Statement: Contains Eggs, Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Hawaiian Fried Rice (sub Tempeh)	860	95.5	59	10	0	370	2270	55	6	16	30	Allergen Statement: Contains Eggs, Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Lasagna Bolognese	450	50	27	11	0.5	120	1210	29	4	8	24	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grilled Sustainable Salmon*	710	78.8	46	8	0	100	3310	36	4	5	39	Allergen Statement: Contains Eggs, Fish (Salmon). Gluten Statement: Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Wheat, Other Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Not Your Mama's Meatloaf	910	101.1	79	17	0	120	2740	28	6	7	28	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame, Gluten.
Spaghetti Squash Casserole	410	45.5	22	10	0	60	1360	39	8	16	19	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Grilled Grass-Fed Steak*	600	66.6	38	8	0	110	6450	48	5	10	36	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grilled NY Strip* (LV Forum Shops Only)	920	102.2	63	6	0	230	8150	27	6	7	23	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.



Creamy Bucatini Pasta	880	97.7	36	18	0.5	85	2690	107	10	6	37	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Chicken Tender Plate	820	91.1	44	4	0	150	1660	36	2	6	52	Allergen Statement: Contains Egg. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.

# TRUE FOOD KITCHEN

## FOOD - SIDES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Classic Mac and Cheese	470	52.2	17	9	0	45	330	65	3	2	19	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Chef Matt's Lentil Salad	340	37.7	22	2.5	0	0	1620	30	8	5	10	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Kale Caesar Salad	190	21.1	15	3.5	0	25	430	9	2	1	6	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
Thai Peanut Noodle Salad	270	30	16	3	0	0	710	27	5	8	9	Allergen Statement: Contains Peanuts, Tree Nuts (Peanut, Baru), Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Shellfish, Soy, Other Tree Nuts, Wheat, Gluten.
Grilled Street Corn	380	42.2	25	7	0	15	1860	40	4	14	8	Allergen Statement: Contains Milk, Soy. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Simple Salad - need, could not find - Gabbey to send	150	16.6	14	1.5	0	0	160	5	1	4	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Umami Potatoes	220	24.4	15	2	0	0	3900	23	5	2	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grilled Asparagus	60	6.66	6	1	0	0	110	1	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Creamy Tomato Soup (cup)	210	23.3	16	8	0	40	1170	16	1	8	4	Allergen Statement: Contains Milk. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Sesame, Peanuts, Shellfish, Soy, Tree Nuts, Wheat.
Chili Garlic Crunch	190	21.2	20	3	0	0	480	4	1	1	1	Allergen Statement: Contains Sesame. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Herb Roasted Fingerling Potatoes	150	16.6	3.5	0	0	0	1950	17	3	1	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - DESSERTS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
The Pink Lime Tart	730	81.1	37	24	0	0	80	88	7	64	7	Allergen Statement: Contains Tree Nuts (Almonds, Coconut), Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Gluten.
Blueberry Crumble Sundae	650	72.2	38	21	0.5	0	45	72	6	58	10	Allergen Statement: Contains Milk, Tree Nuts (Almond). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Egg, Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts, Gluten.
Flourless Chocolate Cake	510	56.6	33	19	0	125	220	47	0	42	8	Allergen Statement: Contains Eggs, Milk, Soy, Tree Nuts (Almonds). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Wheat, Gluten.
Strawberry Crumble	410	45.5	24	15	1	35	45	44	1	25	5	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts.
Strawberry Crumble (no ice cream)	270	30	14	9	0.5	35	45	34	1	16	3	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Other Tree Nuts.
Colossal Cookie and Ice Cream	890	98.9	46	27	1.5	110	300	108	0	56	12	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Colossal Cookie	620	68.8	26	16	1	110	300	87	0	38	8	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Kid's Cookies & Ice Cream	420	46.6	19	17	0	0	340	82	0	50	3	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Cosmic Bliss Ice Cream	70	7.7	5	3	0	0	0	5	0	5	1	Allergen Statement: Contains Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.
Vegan Vanilla Ice Cream	60	6.6	3.5	3	0	0	5	8	0	7	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Gluten.

# TRUE FOOD KITCHEN

## FOOD - HAPPY HOUR

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Spiced Mixed Nuts	120	13.3	9	1	0	0	110	5	2	3	4	Allergen Statement: Shellfish (in curry), Peanuts, Tree Nuts (Almonds, Walnuts) Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Other Tree Nuts, Wheat, Sesame, Sov. Gluten.
Chili Cuke Cucumbers	130	14.4	6	1	0	0	2390	18	2	8	4	Allergen Statement: Contains Sesame, Soy. Gluten Statement: Contains Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Fish, Peanuts, Shellfish, Tree Nuts, Gluten.
Street Taco Chicken- need	360	40	19	3	0	65	870	36	5	4	21	Allergen Statement: Contains Milk, Tree Nuts (Pistachos), Soy. Gluten Statement: Contains Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Sesame, Gluten.
Street Taco Beef	300	33.3	9	2.5	0	20	500	35	3	4	10	Allergen Statement: Contains Milk, Tree Nuts (Pistachos), Soy. Gluten Statement: Contains Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Sesame, Gluten.
Buffalo Cauliflower	430	47.7	35	6	0	25	8690	17	6	6	10	Allergen Statement: Contains Eggs, Milk, Wheat, Sesame, Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Tree Nuts, Soy.
Grilled Cheese Dippers and Tomato Soup	470	52.2	44	13	0	45	1080	15	1	7	7	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Dip Duo	570	63	29	4.5	0	0	1250	64	6	4	19	Allergen Statement: Contains Milk, Wheat, Sesame. Gluten Statement: Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Tuna Tostada*	170	18.8	8	2	0	30	85	3	1	1	22	Allergen Statement: Contains Fish (Tuna), Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Other Fish, Shellfish, Peanuts, Tree Nuts, Soy, Gluten.
Turkey Meatballs	570	63.3	21	10	0	95	2490	55	1	14	42	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Tree Nuts.
Not Your Mama's Meatloaf Sliders	740	82.2	46	19	1	195	2290	43	1	9	43	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.



# TRUE FOOD KITCHEN

## FOOD - KIDS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Buttered Noodles	450	50	15	9	0	40	160	65	3	2	14	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Chicken Teriyaki Bowl	410	45.5	10	2	0	95	990	38	2	15	40	Allergen Statement: Contains Eggs, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Grass-fed Burger*	630	70	32	12	1	120	1050	43	5	8	43	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
Mac and Cheese	500	55.5	18	10	0	50	340	66	3	2	21	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
Marinara Noodles	400	44.4	6	2	0	10	490	73	3	6	16	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.
Chicken Tender Plate (select locations)	480	53.3	22	2	0	100	790	31	3	7	35	Allergen Statement: Contains Eggs, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Soy, Fish, Peanuts, Shellfish, Tree Nuts, Gluten.
Cheese Pizza	950	105.5	25	10	0	50	1830	143	28	4	32	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Sesame, Soy, Fish, Peanuts, Shellfish, Tree Nuts.

# TRUE FOOD KITCHEN

## FOOD - BRUNCH

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Lemon & Blueberry Ricotta Muffin (single)	340	37.7	13	3.5	0	40	65	49	0	25	6	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Lemon & Blueberry Ricotta Muffin (three)	540	60	20	5	0	60	95	81	1	42	10	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Strawberry Crumble Cake (single)	270	30	14	9	0.5	35	45	34	1	16	3	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Strawberry Crumble Cake (three)	800	88.8	43	26	1.5	140	140	98	3	46	9	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Loaded Fingerling Potatoes	400	44.4	30	5	0	15	6150	27	5	4	7	Allergen Statement: Contains Milk, Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Wheat, Fish, Peanuts, Shellfish, Tree Nuts.
Grass-fed Beef Breakfast Burrito*	1120	124.4	67	20	0	455	3020	80	1	5	60	Allergen Statement: Contains Egg, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.
Blueberry Pancakes	680	75.5	25	8	0	100	1050	111	6	62	8	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Avocado Toast*	820	91.1	41	11	0	210	1730	90	7	22	27	Allergen Statement: Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Sesame, Soy, Tree Nuts.
Southwest Tofu Scramble	630	70	28	5	0	0	1870	76	6	7	22	Allergen Statement: Contains Wheat, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Peanuts, Sesame, Tree Nuts.
Hawaiian Fried Rice	830	92.2	57	10	0	380	2100	50	6	16	24	Allergen Statement: Contains Eggs, Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Hawaiian Fried Rice (sub Tempeh)	860	95.5	59	10	0	370	2270	55	6	16	30	Allergen Statement: Contains Eggs, Sesame, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Milk, Peanuts, Shellfish, Tree Nuts, Wheat, Gluten.
Farmer's Market Scramble*	730	81.1	55	19	0.5	705	1720	18	4	7	41	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Huevos Rancheros*	700	77.7	48	16	0	270	2100	37	0	3	29	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Smoked Salmon Toast*	720	80	38	9	0	125	2290	46	4	8	49	Allergen Statement: Contains Milk, Wheat, Fish (Salmon), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Other Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Bigg Egg Breakfast*	1120	124.4	50	11	0	445	3660	96	4	45	36	Allergen Statement: Contains Eggs, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Fish, Peanuts, Shellfish, Sesame, Soy, Tree Nuts.
The Breakfast Sandwich*	1110	123.3	66	15	0	295	2160	56	6	17	38	Allergen Statement: Contains Eggs, Milk, Wheat, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Brunch Tasting Tower*	1820	202.2	86	31	1	385	2490	192	12	87	72	Allergen Statement: Contains Eggs, Milk, Wheat, Fish (Salmon), Tree Nuts (almonds). Gluten Statement: Contains Gluten. Cross Contact: May Contain Other Fish, Peanuts, Shellfish, Sesame, Soy, Other Tree Nuts.
Grass-fed New York Strip & Eggs* (LV Forum Shops Only)	1160	128.8	51	16	0	565	1830	52	2	6	69	Allergen Statement: Contains Eggs, Wheat, Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Sesame, Fish, Peanuts, Shellfish, Soy, Tree Nuts.
Add On: Avocado	80	8.8	7	1	0	0	0	4	3	0	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Blueberry Pancake (single)	340	37.7	13	4	0	50	520	55	2	31	4	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Wheat, Fish, Tree Nuts, Peanuts, Shellfish, Sesame, Soy, Gluten.
Add On: Chicken Sausage	110	12.2	5	1.5	0	45	610	3	0	1	12	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Bison Sausage	380	1.2	11	4	0	85	490	9	0	7	19	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Add On: Fruit Bowl	100	11	0	0	0	0	0	24	3	15	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

# TRUE FOOD KITCHEN

## FOOD - CATERING

+-	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Strawberry & Arugula Salad (8-10 ppl)	5010	556.6	456	74	0.5	410	5960	200	49	108	74	Allergen Statement: Contains Eggs, Milk. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Kale Caesar Salad (8-10 ppl)	5260	584.4	426	115	1	755	10890	202	67	39	200	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Tuscan Kale Salad (8-10 ppl)	4030	447.7	389	59	0	40	7480	120	30	29	58	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Soy.
Southwest Cobb Salad (8-10 ppl)	4110	456.6	330	58	0	1040	10330	218	60	94	101	Allergen Statement: Contains Eggs, Milk, Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Simple Greens Salad (8-10 ppl)	3610	401.1	330	32	0	341	3410	142	20	104	11	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Added Protein: Grilled Chicken	1730	192.2	87	16	0	595	4790	6	1	1	219	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Added Protein: Wok'd Tofu	1230	410	86	12	0	0	760	43	0	4	86	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Added Protein: Grilled Steak	1610	178.8	141	35	0	585	540	0	0	0	145	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Added Protein: Bavette Steak	2260	251.1	202	50	0	775	710	0	0	0	191	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Added Protein: Wok'd Shrimp	1140	126.6	48	7	0	1455	1830	10	0	0	157	Allergen Statement: Contains Shellfish (Shrimp). Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Other Shellfish, Tree Nuts, Wheat, Soy, Gluten.
Brown Rice & Quinoa			7	1.5	0	0	30	170	12	2	20	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.



Mediterranean Wrap (8-10 ppl)	3320	368.8	168	18	0	0	6900	113	16	66	81	Allergen Statement: Contains Wheat, Treenuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Shellfish, Other Tree Nuts, Wheat, Soy, Gluten.
Grilled Chicken Ranch Wrap (8-10 ppl)	4320	480	210	26	0	400	8490	136	42	74	222	Allergen Statement: Contains Milk, Wheat, Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Shellfish, Other Tree Nuts, Wheat, Sesame, Gluten.
Thai Basil Chicken Ranch Wrap (8-10 ppl)	4320	480	235	34	0	465	6690	97	23	69	197	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy.
Kale Caesar Wrap (8-10 ppl)	4580	508.8	244	59	0.5	380	9470	185	41	51	159	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Soy.
Avocado Sandwich (8-10 ppl)	4650	516.6	273	40	0	0	19260	523	71	98	81	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Peanuts, Sesame, Shellfish, Tree Nuts, Soy.
Caprese Sandwich (8-10 ppl)	6480	720	442	163	0	1095	8970	401	18	25	251	Allergen Statement: Contains Milk, Wheat, Tree Nuts (Pistachios). Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Peanuts, Sesame, Shellfish, Other Tree Nuts, Soy.
Burrito Bowl (8-10 ppl)	4280	475.5	118	21	0	155	9020	674	56	41	144	Allergen Statement: Contains Milk, Tree Nuts (Pistachios), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Wheat, Fish, Peanuts, Shellfish, Other Tree Nuts, Gluten.
Hawaiian Fried Rice (8-10 ppl)	4170	463.3	210	38	0.5	330	19930	385	47	138	199	Allergen Statement: Contains Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Peanuts, Tree Nuts (Baru), Milk, Wheat, Fish, Shellfish, Tree Nuts, Gluten.
Thai Peanut Noodles (8-10 ppl)	6610	734.4	411	74	0	1675	15130	634	34	172	144	Allergen Statement: Contains Eggs, Peanuts, Tree Nuts (Baru), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Fish, Shellfish, Other Tree Nuts, Gluten.
Teriyaki Remix (8-10 ppl)	4580	508.8	244	35	0	0	10660	563	62	183	96	Allergen Statement: Contains Tree Nuts (XX), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Eggs, Peanuts, Wheat, Fish, Shellfish, Other Tree Nuts, Gluten.
Turkey Bolognese (8-10 ppl)	5580	620	73	18	0	165	6070	1000	51	47	260	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Peanuts, Fish, Shellfish, Sesame, Soy, Tree Nuts.
Ancient Grains (8-10 ppl)	5710	634.4	325	42	0	0	10990	612	84	83	131	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Other Tree Nuts.
Side: Lentil Salad (8-10 ppl)	3460	384.4	222	26	0	0	16060	310	84	63	104	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.

Side: Fingerling Potato Salad (8-10 ppl)	2310	256.6	154	15	0	0	5247	173	35	14	20	Allergen Statement: Contains Soy. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Gluten.
Side: Chilled Asian Noodle Salad (8-10 ppl)	2700	300	165	32	0	0	7080	274	52	78	87	Allergen Statement: Contains Peanuts, Tree Nuts (Baru), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Milk, Wheat, Fish, Shellfish, Other Tree Nuts, Gluten.
Side: Pesto Pasta Salad (8-10 ppl)	3190	354.4	155	20	0	0	477	393	28	28	77	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Milk, Fish, Shellfish, Soy, Peanuts, Other Tree Nuts.
Side: Italian Pasta Salad (8-10 ppl)	3470	385.5	175	22	0	30	4860	396	21	51	80	Allergen Statement: Contains Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Soy, Peanuts, Tree Nuts, Sesame.
Side: Kale Caesar Salad (8-10 ppl)	2000	222.2	169	42	0.5	320	4230	70	18	10	63	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Soy, Peanuts, Tree Nuts, Sesame.
Kale Jicama Slaw	830	92.2	62	3.5	0	0	1570	49	14	24	12	Allergen Statement: Contains Soy. Gluten Statement: Contains Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Eggs, Wheat, Fish, Shellfish, Soy, Peanuts, Tree Nuts, Sesame, Gluten.
Side: Grilled Asparagus (8-10 ppl)	700	77.7	62	9	0	0	1100	34	14	10	17	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Tree Nuts, Wheat, Soy, Gluten.
TFK Dip Platter (8-10 ppl)	3520	391.1	219	26	0	5	6840	272	56	69	100	Allergen Statement: Contains Milk, Wheat, Tree Nuts (Pistachios), Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Shellfish, Peanuts, Other Tree Nuts.
Edamame Guacamole Platter (8-10 ppl)	2520	280	179	24	0	0	6010	204	57	13	58	Allergen Statement: Contains Tree Nuts (Pistachios), Soy, Sesame. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Wheat, Eggs, Fish, Shellfish, Peanuts, Other Tree Nuts, Gluten.
Mediterranean Hummus Platter	4200	466.6	308	40	0	0	11960	133	17	47	81	Allergen Statement: Contains Wheat, Tree Nuts (Pistachios), Soy, Sesame. Gluten Statement: Contains Gluten. Cross Contact: May Contain Milk, Eggs, Fish, Shellfish, Peanuts, Other Tree Nuts.
GF Baker's Dozen Cookies (13 cookies)	2240	248.8	92	72	0	0	2070	345	2	166	14	Allergen Statement: Contains Wheat. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Milk, Eggs, Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame, Gluten.
Colossal Cookies (8 cookies)	8030	892.2	340	206	12	1400	3900	1129	0	491	102	Allergen Statement: Contains Eggs, Milk, Wheat. Gluten Statement: Formulated with no Gluten-containing ingredients. Cross Contact: May Contain Fish, Shellfish, Peanuts, Tree Nuts, Soy, Sesame, Gluten.
Dessert Platter	11810	1312.2	517	320	16	1810	5590	1636	9	739	145	Allergen Statement: Contains Eggs, Milk, Wheat, Tree Nuts (Almonds), Soy. Gluten Statement: Contains Gluten. Cross Contact: May Contain Fish, Shellfish, Peanuts, Other Tree Nuts, Sesame.

# TRUE FOOD KITCHEN

## BEVERAGE - COLD BEVERAGES, REFRESHERS, SPRITZERS & TEA

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Kale Aid	100	11.1	0.5	0	0	0	80	25	2	15	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Bright Eyes	170	18.8	0.5	0	0	0	80	40	3	25	3	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Sparkling Prickly Pear Tisane	70	13.3	0	0	0	0	10	20	0	18	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Hangover Rx	140	15.5	0	0	0	0	20	34	0	29	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
The O.G.	120	13.3	0	0	0	0	0	32	1	27	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pink Lemonade	160	17.7	0	0	0	0	15	39	1	37	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Peach Lemonade	140	15.5	0	0	0	0	0	37	0	21	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Lemon-Lime Spritzer	5	0.55	0	0	0	0	0	1	0	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Grapefruit Spritzer	10	1.11	0	0	0	0	0	3	0	2	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pineapple Spritzer	15	1.66	0	0	0	0	0	4	0	3	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Pomegranate Spritzer	20	2.2	0	0	0	0	0	4	0	4	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Adaptogenic Tulsi Tea	60	6.6	0	0	0	0	15	16	0	14	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Jasmine Pearl Green Tea	5	0.55	0	0	0	0	0	0	0	0	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Passport Loose Leaf Tea	5	0.55	0	0	0	0	0	0	0	0	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>

## BEVERAGE - CRAFT COFFEES & MATCHA

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Iced Oat Shakerato	170	18.8	3.5	0	0	0	65	35	1	28	1	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Coconut Cream Cold Brew	120	13.3	6	6	0	0	20	15	0	13	1	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Iced Lavendar Matcha Latte	150	16.6	4	0	0	0	65	27	1	21	1	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Iced Strawberry Matcha Tonic	250	27.7	0	0	0	0	0	87	1	86	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Iced Matche Horchata	240	26.6	9	0.5	0	0	105	40	2	35	2	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>

## BEVERAGE - ORGANIC FAIR TRADE COFFEE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Americano	5	0.55	0	0	0	0	0	0	0	0	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Espresso	5	0	0	0	0	0	10	1	0	0	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>



Cappuccino	80	8.8	4.5	0	0	0	60	8	1	5	1	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Organic Wandering Bear Cold Brew	5	0.55	0	0	0	0	0	0	0	0	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Drip Coffee	0	0	0	0	0	0	0	0	0	0	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>

# TRUE FOOD KITCHEN

## BEVERAGE - SIGNATURE COCKTAILS & LEGENDS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
True Story	120	13.3	0	0	0	0	0	3	0	3	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
The Indigo	220	24.4	0	0	0	0	0	20	0	18	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
O.G. Drop	240	26.6	0	0	0	0	0	21	0	19	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Smoke Show Old Fashioned	230	25.5	0	0	0	0	0	9	0	9	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Crime of Passion	190	21.1	0	0	0	0	0	15	0	12	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Avo-rita	250	27.7	8	1	0	0	1300	20	4	12	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Summer Portch Tea	140	15.5	0	0	0	0	0	11	1	10	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Rosé Sangria	260	28.8	0	0	0	0	5	33	0	29	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Mezcal Margarita	260	28.8	0	0	0	0	0	26	0	24	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Peach Mojito	210	23.3	0	0	0	0	0	19	0	16	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Citrus Skinny Margarita	170	18.8	0	0	0	0	18	0	16	0	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Spicy Pineapple Margarita	180	20	0	0	0	0	0	19	0	16	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Moscow Mule	160	17.7	0	0	0	0	0	18	6	11	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

## BEVERAGE - ZERO-PROOF

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Blueberry 75	50	5.5	0	0	0	0	5	14	0	13	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Clean Margarita	180	20	0	0	0	0	20	19	1	16	1	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Athletic Fauxjito yes gluten	90	10	0	0	0	0	0	21	0	19	0	Allergen Statement: Contains Wheat. Gluten Statement: Contains Gluten. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts.

## BEVERAGE - BRUNCH COCKTAILS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Cinnamon Tostini	150	16.6	0	0	0	0	0	14	0	12	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Berry Cerealtini	200	22.2	0	0	0	0	0	19	0	19	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Espresso Martini	170	18.8	0	0	0	0	0	11	0	10	10	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Clear Mary	220	24.4	0	0	0	0	0	5	0	5	4	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Mimosa (glass)	150	6.6	0	0	0	0	0	8	0	7	0	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.
Mimosa (bottle)	600	66.6	0	0	0	0	10	34	0	28	2	Allergen Statement: Does not contain any of the 9 major food allergens. Gluten Statement: Formulated with no gluten-containing ingredients. Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.

Spiked Peach Lemonade	230	25.2	0	0	0	0	0	1	0	1	0	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>
Spiked Pink Lemonade	250	27.7	0	0	0	0	10	28	0	26	1	<p>Allergen Statement: Does not contain any of the 9 major food allergens.</p> <p>Gluten Statement: Formulated with no gluten-containing ingredients.</p> <p>Cross Contact: May Contain Eggs, Fish, Milk, Peanuts, Sesame, Shellfish, Soy, Tree Nuts, Wheat, Gluten.</p>



# TRUE FOOD KITCHEN

## BEVERAGE - BEER

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Coors Light	100	11.1	0	0	0	0	0	5	0	0	1	USDA average values for beer; analysis for 12 fl oz.
Stella Artois	140	0	0	0	0	0	0	11	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Blue Moon	170	18.8	0	0	0	0	0	14	0	0	2	USDA average values for beer; analysis for 12 fl oz.
Stone Buenaveza Salt & Lime Lager	140	15.5	0	0	0	0	0	11	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Modelo Especial	145	16.1	0	0	0	0	0	18	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Voodoo Ranger Imperial IPA	250	27.7	0	0	0	0	5	15	0	0	2	USDA average values for beer; analysis for 12 fl oz.
Elysian Space Dust IPA	229	25.4	0	0	0	0	0	0	0	0	0	USDA average values for beer; analysis for 12 fl oz.
Athletic Brewing Run Wild IPA	65	7.2	0	0	0	0	0	16	0	0	0	USDA average values for beer; analysis for 12 fl oz.

## BEVERAGE - WINE

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Notes
Wine, 6 fl oz	150	0	0	0	0	0	10	5	0	1	0	USDA average vales for table wine; analysis for 6 fl oz.
Wine, 9 fl oz	220	0	0	0	0	0	15	7	0	2	0	USDA average vales for table wine; analysis for 9 fl oz.
Wine, Bottle (750 mL)	620	0	0	0	0	0	40	20	0	6	1	USDA average vales for table wine; analysis for Bottle (750 mL)

Values shown are for full dish. Values are current as of April 2024. The nutrition information provided is a compilation of the nutrient data from True Food Kitchen's suppliers, the USDA and nutrient database analysis of True Food Kitchen's recipes and our analysis. All tamari used in our dishes is gluten free. Please note the following: (i) Test menu items, specials, limited time offers, and/or regional items may not be included in the nutrition information contained herein. (ii) Special or customized orders will alter the nutrition information contained herein. (iii) From time to time, True Food Kitchen may have to obtain products from different or substitute suppliers which may alter the nutrition information contained herein. (iv) Menu item ingredients are based upon recipes and portions, but variations may occur based upon ordinary differences inherent in the preparation, local suppliers, region of the country, and season of the year. (v) Each of our menu items are prepared by hand, individually, so serving sizes can vary. (vi) Differences in available dishware, packaging, or containers may affect the serving size. The nutrition information is updated periodically in an attempt to reflect the current nutritional value of our menu items. \*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.