

True Food

kitchen

BRUNCH
MENU

VOL. ONE: SUMMER

NATURAL REFRESHERS

Serving up juiced fruits and vegetables to help you feel your best.

BRIGHT EYES	6
<i>Pear, Ginger, Beet, Pineapple, Turmeric & Carrot</i>	
WEEKEND WARRIOR	6
<i>Banana, Flax, Almond Butter, Low-Fat Yogurt & Apple</i>	
SPARKLING WATERMELON SODA	4
<i>Watermelon, Lime, Cane Sugar & Sparkling Water</i>	
BLACK PEACH SPARKLING TEA	4
<i>Black Peach Tea, Lemon & Cane Sugar</i>	
KALE-AID	6
<i>Kale, Apple, Cucumber, Celery, Lemon & Ginger</i>	
ROOT & REMEDY	6
<i>Beet, Carrot, Ginger, Turmeric & Honey Lemonade</i>	
MEDICINE MAN (Antioxidant Blast)	6
<i>Sea Buckthorn, Pomegranate, Blueberry, Cranberry, Honey, Black Tea & Soda</i>	
THE NATURAL (Hot or Cold)	4
<i>Ginger, Honey & Citrus</i>	
CUCUMBER REFRESHER	5.5
<i>Cucumber & Honey Lemonade</i>	
POMEGRANATE LIMEADE	5
<i>Lime, Evaporated Cane, Pomegranate & Chia Seed</i>	
GREEN ARNIE	5
<i>Matcha Green Tea & Honey Lemonade</i>	
HANGOVER RX	5
<i>Coconut Water, Pineapple, Vanilla & Orange</i>	
HONEY LEMONADE	4.5

PIZZA

We make our spelt and flax dough in house daily.
ADD: Gluten Free Crust +2.5

SUMMER TOMATO VEG	12
<i>Heirloom Bruschetta Topping, Pesto, Arugula, Goat Cheese & Saba</i>	
HOUSE-MADE CHICKEN SAUSAGE	13
<i>Tomato, Fennel & Fontina</i>	
WILD MUSHROOM VEG	13.5
<i>Roasted Garlic & Taleggio</i>	
MARGHERITA VEG	12
<i>Mozzarella, Organic Tomato & Basil</i>	

SALADS

We're committed to serving organic produce inspired by the practices of The Environmental Working Group.

ADD: "Never-Ever" Grilled Chicken +5.5
Responsibly Raised Steelhead* +10

ORGANIC TUSCAN KALE VEG	9
<i>Lemon, Parmesan & Bread Crumb</i>	
SUMMER GARDEN GF VEG	13
<i>Spinach, Blueberry, Beet, Snap Pea, Cucumber, Radish, Goat Cheese, Pistachio & Preserved Lemon Vinaigrette</i>	
HEIRLOOM TOMATO & WATERMELON GF VEG	13
<i>Goat Cheese, Basil, Cashew & Olive Oil</i>	
MEDITERRANEAN CHOPPED GF VEG	11.5
<i>Cucumber, Olive, Cherry Tomato, Quinoa, Feta, Sprouted Almond & Lemon Oregano Vinaigrette</i>	
FARMERS MARKET GF VEG	13
<i>Pea, Asparagus, Artichoke, Avocado, Mint, Roasted Corn, Manchego & Champagne Vinaigrette</i>	
CHICKEN CHOPPED	13.5
<i>Cranberry, Date, Jicama, Manchego, Farro, Sprouted Almond & Champagne Vinaigrette</i>	

ENTREES

You care about where your food comes from; we do too. Our promise is to responsibly source every protein we serve.

RED CHILI SHRIMP* Sesame Noodle, Gai Lan, Spinach & Shiitake Mushroom	16
<i>Substitute Gluten Free Shirataki Noodles +2</i>	
PANANG CURRY GF Brown Rice, Potato, Broccoli, Ginger, Carrot, Mushroom & Coconut Shellfish Broth	Tofu 16 Chicken 17 Shrimp* 17
QUINOA TAGLIATELLE VEG Smoked Tomato Broth, Corn, Pea, Spinach, Asparagus & Grana Padano	14
TERIYAKI BROWN RICE BOWL V Asian Vegetable, Sesame & Avocado	Tofu 15 Chicken 16 Grass-Fed Steak* 16
RESPONSIBLY SOURCED STEELHEAD* GF Cauliflower Tabbouleh, Date, Pine Nut, Watercress & Tahini	20
STREET TACOS GF Avocado, Cotija Cheese, Tomatillo Salsa, Sour Cream & Anasazi Bean	Grass-Fed Steak* / Sustainable Fish* 16
SPAGHETTI SQUASH CASSEROLE GF VEG Fresh Mozzarella, Organic Tomato & Zucchini	13

BREAKFAST

Start your day with ingredients that make you crave in good conscience.

BANANA, ESPRESSO, PISTACHIO & DATE MUFFIN VEG	3.5
BLUEBERRY, ALMOND & OLIVE OIL MUFFIN GF VEG	4
GOJI BERRY GRANOLA VEG	7
<i>Greek Yogurt, Banana, Strawberry, Dried Blueberry, Walnut & Puffed Brown Rice</i>	
TOFU SCRAMBLE WRAP V	9
<i>Soy Chorizo, Pasilla & Anasazi Bean</i>	
TWO ORGANIC EGGS* GF	10
<i>Turkey Sausage & Sweet Potato Hash</i>	
ORGANIC HUEVOS RANCHEROS* GF	9.5
<i>Two Sunny-Side Up Organic Eggs, Corn Tortillas, Ranchero Sauce & Cotija Cheese</i>	
CHICKEN SAUSAGE SCRAMBLE* GF	12
<i>Zucchini, Mushroom, Spinach, Kale & Three Organic Eggs</i>	
QUINOA JOHNNY CAKES VEG	9.5
<i>Blueberry, Maple Syrup & Greek Yogurt</i>	
MARKET VEGETABLE SCRAMBLE* GF VEG	10
<i>Sweet Potato Hash, Asparagus, Onion, Mushroom, Parmesan & Two Organic Eggs</i>	
BREAKFAST BURRITO*	9.5
<i>Organic Egg, Turkey Sausage, Provolone, Anasazi Bean & Salsa</i>	

HEALTH STARTS WITH GRATITUDE.

STARTERS

Our Anti-Inflammatory Diet is a blueprint for a lifetime of optimal nutrition.

DAILY MARKET SOUP	7
MISO SOUP V	4
<i>Wild Mushroom & Scallion</i>	
SHIITAKE & ORGANIC TOFU LETTUCE CUPS V	10
<i>Ginger, Soy & Cashew</i>	
KALE & AVOCADO DIP VEG	8.5
<i>Pink Grapefruit, Cilantro, Roasted Poblano, Cotija Cheese & Spiced Pita Chips</i>	
EDAMAME DUMPLINGS VEG	10
<i>Daikon Radish & White Truffle Oil</i>	
SMOKED STEELHEAD DIP	11
<i>Greek Yogurt, Lemon, Pickled Onion, Kalamata Olive & Spiced Pita Chips</i>	
VEGETABLE CRUDITÉS VEG	Small 8.5 Large 13
<i>Two Dips: Tzatziki & Black Olive</i>	
WILD CAUGHT ALBACORE TATAKI* GF	12
<i>Snap Pea, Avocado, Radish, Carrot-Miso & Yuzu Dressing</i>	
HERB HUMMUS VEG	10
<i>Pita Bread, Tomato, Onion & Feta</i>	

SANDWICHES

It's good to go without. Our classics are never processed, refined, or made from manufactured ingredients.

ADD: Gluten Free Bun or Pita +2.5

"INSIDE OUT" QUINOA BURGER GF VEG	12.5
<i>Hummus, Tzatziki, Tomato, Cucumber, Red Onion, Avocado & Feta</i>	
SHAVED TURKEY	13.5
<i>Provolone, Tomato, Onion, Grape, Yogurt Dressing & Pita</i>	
SEARED SPICY WILD CAUGHT TUNA WRAP*	15
<i>Radish, Avocado, Mint, Snow Pea, Cashew, Sesame & Wasabi Aioli</i>	
TURKEY BURGER	13
<i>Provolone, Lettuce, Tomato, Avocado, Mayo & Flax Seed Bun</i>	
ANDY'S FAVORITE "TLT" V	12
<i>Tempeh, Lettuce, Tomato, Avocado, Veganaise & Whole Grain Bread</i>	
GRASS-FED BISON BURGER*	16
<i>Umami, Mushroom, Onion, Mayo, Watercress, Parmesan & Flax Seed Bun</i>	

V Vegan VEG Vegetarian GF Gluten Free // While we offer gluten free items, our kitchen is not completely gluten free.

*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.

True Food

kitchen

LIBATIONS, PRESSES & PUNCHES

Featuring organic and gluten free spirits that pair perfectly with fresh juice.

SCRATCH BLOODY MARY	10
<i>Prairie Organic Vodka, Lime, Organic Tomato, House Spice</i>	
SPONTANEOUS HAPPINESS	9
<i>Ginger & Vanilla Infused TyKu Shochu, St. Germain, Lime</i>	
CUCUMBER-CITRUS SKINNY MARGARITA	10
<i>Ixâ Organic Silver Tequila, Lime, Mint, Soda</i>	
THAI GRAPEFRUIT MARTINI	11
<i>Prairie Organic Vodka, Thai Basil, Grapefruit</i>	
GINGER MARGARITA	11
<i>Gran Centenario, St. Germain, Ginger, Honey, Flamed Orange</i>	
WATERMELON MARTINI	10
<i>Ketel One Vodka, Watermelon, Lime, Cane Sugar</i>	
CHERRY BOURBON SOUR	11
<i>Buffalo Trace Bourbon, Lemon, Cherry Bitter, Pinot Noir Float</i>	
AÇAI & APRICOT	10
<i>VeeV Açai, Luxardo Apricot, Mint, Pineapple, Lemon</i>	
BLUEBERRY ROYALE	10
<i>Prairie Organic Vodka, St. Germain, Mint, Muddled Blueberry, Prosecco</i>	
FARMERS MARKET SANGRIA	10
<i>Spiced Brandy, Citrus, White Wine, Seasonal Fruit Smash</i>	

BUBBLES

	Glass	Bottle
DOLCI COLLINE	9	36
<i>(Italy) Prosecco</i>		
DOMAINE CHANDON "ÉTOILE ROSÉ"	13	52
<i>(Napa/Sonoma) Sparkling</i>		

ONCE, DURING PROHIBITION, I WAS FORCED TO LIVE FOR DAYS ON NOTHING BUT FOOD AND WATER.

W.C. FIELDS

BEERS

Support the guy down the street, drink great local beer.

"329 LAGER"	5.5
<i>(Golden Road)</i>	
"HARD CIDER" GF	5.5
<i>(Angry Orchard)</i>	
"NECTAR IPA"	6.25
<i>(Humboldt Brewing)</i>	
"GRAPEFRUIT IPA"	6.5
<i>(Ballast Point)</i>	
"HEFE" 160Z	6.5
<i>(Golden Road)</i>	
"PILSNER"	6.5
<i>(Lammsbrau)</i>	
"CALI PALE"	5.75
<i>(Firestone Walker)</i>	
STELLA ARTOIS	5.75
"IPA"	5.75
<i>(Lagunitas)</i>	
"OMISSION PALE ALE"	5.5
<i>(Widmer)</i>	

GF Gluten Free

We feature a selection of sustainable, organic, and bio-dynamic wines.

WHITES

Grasses, greens, and grains pair well with a glass of white wine.

	Glass	Bottle
SNOQUALMIE "ECO"	8	32
<i>(Columbia Valley, WA) Riesling</i>		
PIRCAS NEGRAS	7	28
<i>(La Rioja, Argentina) Torrontes</i>		
WEINGUT LOIMER	10	40
<i>(Kamptal, Austria) Grüner Veltliner</i>		
TANGENT	7	28
<i>(Edna Valley, CA) Pinot Grigio</i>		
MANIFESTO	8	32
<i>(North Coast, CA) Sauvignon Blanc</i>		
CROSSINGS	10	40
<i>(Marlborough, NZ) Sauvignon Blanc</i>		
HABIT "HAPPY CANYON"	12	48
<i>(Santa Barbara County, CA) Sauvignon Blanc</i>		
HARAS	6	24
<i>(Maipo Valley, Chile) Chardonnay</i>		
COLUMBIA WINERY	8	32
<i>(Columbia Valley, WA) Chardonnay</i>		
LINCOURT "COURTNEY'S"	11	44
<i>(Santa Rita Hills, CA) Chardonnay</i>		
FROG'S LEAP	13	52
<i>(Napa Valley, CA) Chardonnay</i>		
DELOACH "ESTATE"	—	75
<i>(Russian River Valley, CA) Chardonnay</i>		

REDS

People live longer and healthier lives in cultures deeply rooted in the enjoyment of red wine.

	Glass	Bottle
MELVILLE "FOX BLOCK NINE"	15	58
<i>(Santa Barbara, CA) Pinot Noir</i>		
PARDUCCI	8	32
<i>(California) Pinot Noir</i>		
FREY	11	44
<i>(Mendocino, CA) Pinot Noir</i>		
ROBERT SINSEY	—	65
<i>(Los Carneros, CA) Pinot Noir</i>		
QUPÉ "SAWYER LINDQUIST VINEYARD"	—	65
<i>(Edna Valley, CA) Grenache</i>		
SELLA & MOSCA "RISERVA"	12	48
<i>(Sardinia, Italy) Cannonau</i>		
CHATEAU BOUSQUETTE "CHATEAU VERONIQUE"	8	32
<i>(Languedoc, France) Red Blend</i>		
SAN QUIRICO	10	40
<i>(Chianti Colli Senesi, Italy) Sangiovese</i>		
PURATO NERO D'AVOLA	7	28
<i>(Sicily, Italy) Terre Siciliane</i>		
MARQUES DE CACERES	10	40
<i>(Rioja, Spain) Tempranillo Blend</i>		
ALAMOS	6	24
<i>(Mendoza, Argentina) Malbec</i>		
A LISA	—	55
<i>(Patagonia, Argentina) Malbec</i>		
CHARLES SMITH "VELVET DEVIL"	8	32
<i>(Columbia Valley, WA) Merlot</i>		
TERRAZAS DE LOS ANDES	7	28
<i>(Mendoza, Argentina) Cabernet Sauvignon</i>		
HIDDEN CRUSH	9	36
<i>(Central Coast, CA) Cabernet Sauvignon</i>		
LONG MEADOW RANCH	12	48
<i>(Napa Valley, CA) Cabernet Sauvignon</i>		
FAUST	—	75
<i>(Napa Valley, CA) Cabernet Sauvignon</i>		
EOS	8	32
<i>(Paso Robles, CA) Petite Sirah</i>		
KUNDE	10	40
<i>(Sonoma Valley, CA) Zinfandel</i>		