

# True Food

kitchen

LUNCH  
MENU

VOL. ONE: SUMMER

## NATURAL REFRESHERS

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

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

## STARTERS

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

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

HEALTH STARTS WITH GRATITUDE.

## PIZZA

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

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

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

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

## ENTREES

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

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

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

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

## LIBATIONS, PRESSES & PUNCHES

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

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

## BUBBLES

	Glass	Bottle
<b>DOLCI COLLINE</b> .....	9	36
<i>(Italy) Prosecco</i>		
<b>DOMAINE CHANDON "ETOILE ROSÉ"</b> .....	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.

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

GF Gluten Free

## WHITES

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

	Glass	Bottle
<b>SNOQUALMIE "ECO"</b> .....	8	32
<i>(Columbia Valley, WA) Riesling</i>		
<b>PIRCAS NEGRAS</b> .....	7	28
<i>(La Rioja, Argentina) Torrontes</i>		
<b>WEINGUT LOIMER</b> .....	10	40
<i>(Kamptal, Austria) Grüner Veltliner</i>		
<b>TANGENT</b> .....	7	28
<i>(Edna Valley, CA) Pinot Grigio</i>		
<b>MANIFESTO</b> .....	8	32
<i>(North Coast, CA) Sauvignon Blanc</i>		
<b>CROSSINGS</b> .....	10	40
<i>(Marlborough, NZ) Sauvignon Blanc</i>		
<b>HABIT "HAPPY CANYON"</b> .....	12	48
<i>(Santa Barbara County, CA) Sauvignon Blanc</i>		
<b>HARAS</b> .....	6	24
<i>(Maipo Valley, Chile) Chardonnay</i>		
<b>COLUMBIA WINERY</b> .....	8	32
<i>(Columbia Valley, WA) Chardonnay</i>		
<b>LINCOURT "COURTNEY'S"</b> .....	11	44
<i>(Santa Rita Hills, CA) Chardonnay</i>		
<b>FROG'S LEAP</b> .....	13	52
<i>(Napa Valley, CA) Chardonnay</i>		
<b>DELOACH "ESTATE"</b> .....	-	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
<b>MELVILLE "FOX BLOCK NINE"</b> .....	15	58
<i>(Santa Barbara, CA) Pinot Noir</i>		
<b>PARDUCCI</b> .....	8	32
<i>(California) Pinot Noir</i>		
<b>FREY</b> .....	11	44
<i>(Mendocino, CA) Pinot Noir</i>		
<b>ROBERT SINSKEY</b> .....	-	65
<i>(Los Carneros, CA) Pinot Noir</i>		
<b>QUPÉ "SAWYER LINDQUIST VINEYARD"</b> .....	-	65
<i>(Edna Valley, CA) Grenache</i>		
<b>SELLA &amp; MOSCA "RISERVA"</b> .....	12	48
<i>(Sardinia, Italy) Cannonau</i>		
<b>CHATEAU BOUSQUETTE "CHATEAU VERONIQUE"</b> .....	8	32
<i>(Languedoc, France) Red Blend</i>		
<b>SAN QUIRICO</b> .....	10	40
<i>(Chianti Colli Senesi, Italy) Sangiovese</i>		
<b>PURATO NERO D'AVOLA</b> .....	7	28
<i>(Sicily, Italy) Terre Siciliane</i>		
<b>MARQUES DE CACERES</b> .....	10	40
<i>(Rioja, Spain) Tempranillo Blend</i>		
<b>ALAMOS</b> .....	6	24
<i>(Mendoza, Argentina) Malbec</i>		
<b>A LISA</b> .....	-	55
<i>(Patagonia, Argentina) Malbec</i>		
<b>CHARLES SMITH "VELVET DEVIL"</b> .....	8	32
<i>(Columbia Valley, WA) Merlot</i>		
<b>TERRAZAS DE LOS ANDES</b> .....	7	28
<i>(Mendoza, Argentina) Cabernet Sauvignon</i>		
<b>HIDDEN CRUSH</b> .....	9	36
<i>(Central Coast, CA) Cabernet Sauvignon</i>		
<b>LONG MEADOW RANCH</b> .....	12	48
<i>(Napa Valley, CA) Cabernet Sauvignon</i>		
<b>FAUST</b> .....	-	75
<i>(Napa Valley, CA) Cabernet Sauvignon</i>		
<b>EOS</b> .....	8	32
<i>(Paso Robles, CA) Petite Sirah</i>		
<b>KUNDE</b> .....	10	40
<i>(Sonoma Valley, CA) Zinfandel</i>		