

NATURAL REFRESHMENTS

TFK SEASONAL SODA	4
SEASONAL SPARKLING TEA	5
MEDICINE MAN (ANTIOXIDANT BLAST)	6
Sea Buckthorn, Pomegranate, Cranberry, Black Tea & Soda	
THE NATURAL (HOT OR COLD)	4
Ginger, Agave & Soda	
CUCUMBER REFRESHER	5
Cucumber & Honey Lemonade	
POMEGRANATE LIMEADE	5
Lime Juice, Evaporated Cane, Pom Juice & Chia Seed	
GREEN ARNIE	5
Matcha Green Tea & Honey Lemonade	
CARROT LEMONADE	5
Carrot Juice, Ginger, Honey & Lemon	
HANGOVER RX	5
Coconut Water, Pineapple, Vanilla & Orange Juice	
HONEY LEMONADE	4
KALE-AID	6
Kale, Apple, Cucumber, Celery, Lemon & Ginger	

STARTERS

DAILY MARKET SOUP	7
MISO SOUP v	4
Wild Mushroom & Scallion	
SHIITAKE & TOFU LETTUCE CUPS v	9
Ginger, Soy & Cashew	
SALMON DIP*	12
House Smoked, Greek Yogurt & Crispy Pita	
EDAMAME DUMPLINGS veg	9
Daikon Radish & White Truffle Oil	
CARAMELIZED ONION TART veg	10
Smoked Garlic, Black Fig & Gorgonzola	
VEGETABLE CRUDITÉS veg	13
Two Dips: Tzatziki & Black Olive	
ALBACORE TATAKI* gf	12
Lime Ponzu, Daikon, Avocado, Cucumber & Scallion	
HERB HUMMUS veg	9
Pita Bread, Tomato, Onion & Feta	

SALADS

Add: Grilled Chicken \$5
Grilled Steelhead Salmon* \$10

TUSCAN KALE veg	8
Lemon, Parmesan & Bread Crumb	
AUTUMN INGREDIENT gf, v	12
Roasted Cauliflower, Brussels Sprouts, Squash, Mulberry, Pomegranate, White Bean & Horseradish Vinaigrette	
HARVEST CHOPPED gf, veg	11
Squash, Apple, Pomegranate, Walnut, Goat Cheese & Balsamic Vinaigrette	
FARM CHOPPED gf, veg	12
Roasted Broccoli, Root Vegetable, Coconut, Almond, Sultana, Goat Cheese & Herb Vinaigrette	
MEDITERRANEAN CHOPPED gf, veg	11
Cucumber, Olive, Cherry Tomato, Quinoa, Feta, Marcona Almond & Lemon Oregano Vinaigrette	
CHICKEN CHOPPED	14
Cranberry, Date, Jicama, Manchego, Farro, Marcona Almond & Champagne Vinaigrette	

PIZZA

Gluten Free Crust Available \$2

MARGHERITA veg	11
Mozzarella, Organic Tomato & Basil	
CHICKEN SAUSAGE	13
Tomato, Fennel & Fontina	
WILD MUSHROOM veg	13
Roasted Garlic & Taleggio	
BUTTERNUT SQUASH veg	12
Walnut, Smoked Mozzarella, Sweet Onion & Arugula	

SANDWICHES

Gluten Free Bun or Pita Available \$2

“INSIDE OUT” QUINOA BURGER gf, veg	12
Hummus, Tzatziki, Tomato, Cucumber, Red Onion, Avocado & Feta	
SHAVED TURKEY	12
Provolone, Tomato, Onion, Grape, Yogurt Dressing & Pita	
TURKEY BURGER	12
Provolone, Lettuce, Tomato, Avocado, Mayo & Flax Seed Bun	
ANDY’S FAVORITE “TLT” v	12
Tempeh, Lettuce, Tomato, Avocado, Vegenaise & Whole Grain Bread	
GRASS FED BISON BURGER*	16
Umami, Mushroom, Onion, Mayo, Watercress, Parmesan & Flax Seed Bun	

DINNER

ENTREES

GRASS FED NY STEAK* gf	25
Wilted Kale, Mushroom, Onion & TF Steak Sauce	
RED CHILI SHRIMP*	18
Sesame Noodle, Gai Lan, Spinach & Shiitake Mushroom	
SUB SHIRATAKI NOODLES gf 2	
ROASTED CHICKEN	19
Butternut Squash, Spinach, Farro, Preserved Lemon, Feta & Cannellini Bean Puree	
PANANG CURRY gf	
Brown Rice, Potato, Broccoli, Ginger, Carrot, Mushroom & Coconut Shellfish Broth	
CHOICE OF: TOFU 14 • CHICKEN 16 • SHRIMP* 17	
MISO GLAZED BLACK COD*	25
Bok Choy & Asian Mushroom	
TURKEY LASAGNA gf	14
Spinach, Ricotta & Organic Tomato	
TERIYAKI BROWN RICE BOWL v	
Asian Vegetable, Sesame & Avocado	
CHOICE OF: TOFU 14 • CHICKEN 15 • STEAK* 16	
GRILLED STEELHEAD SALMON* gf	24
Smoked Onion Quinoa, Roasted Beet, Arugula, Cilantro, Pumpkin Seed & Cotija	
STREET TACOS gf	16
Avocado, Cotija Cheese, Tomatillo Salsa, Sour Cream & Anasazi Bean	
CHOICE OF: GRASS FED STEAK* • TEXAS RED FISH*	
ROASTED RED FISH*	26
Portobello, Freekeh, Brussels Sprouts & Umami	
SPAGHETTI SQUASH CASSEROLE gf, veg	13
Fresh Mozzarella, Organic Tomato & Zucchini	

v: vegan veg: vegetarian gf: gluten free
While we offer *gluten free* items, our kitchen is not completely *gluten free*.

True Food
kitchen

*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.

WINES

	glass	bottle
BUBBLES		
DOLCI COLLINE (ITALY) Prosecco	9	36
MOET & CHANDON “IMPERIAL ROSÉ” (FRANCE) Champagne	16	90
WHITES		
M.A.N. FAMILY WINES sus (AGTER-PAARL, SOUTH AFRICA) Chenin Blanc	6	24
TANGENT sus (CENTRAL COAST, CA) Pinot Grigio	7	28
MANIFESTO sus (NORTH COAST, CA) Sauvignon Blanc	8	32
CROSSINGS sus (MARLBOROUGH, NZ) Sauvignon Blanc	10	40
HARAS org (MAIPO VALLEY, CHILE) Chardonnay	6	24
HEDGES “CMS” bio (COLUMBIA VALLEY, WA) Sauvignon Blanc, Chardonnay, Marsanne	8	32
DREAMING TREE sus (CENTRAL COAST, CA) Chardonnay	8	32
LAGUNA sus (RUSSIAN RIVER VALLEY, CA) Chardonnay	12	48
FROG’S LEAP org (NAPA VALLEY, CA) Chardonnay	13	52
SNOQUALMIE “NAKED” org (COLUMBIA VALLEY, WA) Riesling	8	32
REDS		
PURATO org (SICILY, ITALY) Nero d'Avola	6	24
MISHA’S VINEYARD “FOX BLOCK EIGHT” sus (CENTRAL OTAGO, NZ) Pinot Noir	15	58
PARDUCCI sus (CALIFORNIA) Pinot Noir	8	32
MESSINA HOF local (TEXAS) Cabernet Sauvignon	7	28
PERRIN “RESERVE” org (RHONE VALLEY, FRANCE) Grenache Blend	8	32
ALVARO PALACIOS “CAMINS” bio (PRIORAT, SPAIN) Carinena, Garnacha, Cabernet, Syrah	15.5	60
TENUTA DELL ORNELLAIA “LE VOLTE” org (TUSCANY, ITALY) Super Tuscan	15.5	60
FATTORIA RODANO “POGGIALUPI” org (TUSCANY, ITALY) Super Tuscan	10	40
SELLA & MOSCA sus (SARDINIA, ITALY) Cannonau	12	48
ALAMOS sus (MENDOZA, ARGENTINA) Malbec	6	24
TERRAZAS DE LOS ANDES sus (MENDOZA, ARGENTINA) Carbernet Sauvignon	7	28
PASO CREEK sus (PASO ROBLES, CA) Cabernet Sauvignon	10	40
LONG MEADOW RANCH org (NAPA VALLEY, CA) Cabernet Sauvignon	12	48
YALUMBA org (SOUTH AUSTRALIA) Shiraz	12	48
EOS sus (PASO ROBLES, CA) Petite Sirah	10	40

COCKTAILS

SPONTANEOUS HAPPINESS	9
Ginger & Vanilla Infused Shochu, St. Germain, Fresh Lime	
CUCUMBER-CITRUS SKINNY MARGARITA	10
Ixà Organic Silver Tequila, Lime, Fresh Mint, Soda	
THAI GRAPEFRUIT MARTINI	11
Prairie Organic Vodka, Thai Basil, Grapefruit	
GREEN GRAPE ACAI MOJITO	9
Crusoe Organic Spiced Rum, VeeV Acai, Muddled Green Grape, Plum Bitters	
CUCUMBER MARTINI	10
Ketel One Vodka, St. Germain, Pineapple, Cucumber	
GINGER MARGARITA	11
Hornitos Añejo Tequila, St. Germain, Ginger Agave, Flamed Orange	
MAPLE OLD FASHIONED	10
Old Overholt Rye Whiskey, Maple Syrup, Citrus Smash	
SPICED APPLE SIDECAR	9
House-Mulled Brandy, Apple Juice, Lemon	

BEER

“OMISSION PALE ALE” (WIDMER)	5.5
“AÇAI BERRY WHEAT ALE” (EEL RIVER) org	5.5
“SEASONAL SELECTION” (WASATCH BREWING)	6.5
“INDIA PALE ALE” (DEEP ELLUM) local	6.25
“BLOOD & HONEY” (REVOLVER) local	6.5
TRUMER PILS	5.5
“BLACK BUTTE PORTER” (DESCHUTES)	6.5
“SEASONAL SELECTION” (RAHR & SONS BREWERY) local	6
“LIGHT LAGER” (COORS BREWING)	5.25
STELLA ARTOIS	6.5
“HARD CIDER” (ANGRY ORCHARD) gf	6

bio: biodynamically farmed gf: gluten free



org: certified organically farmed sus: sustainably farmed