

NATURAL REFRESHMENTS

BRIGHT EYES gf, v	6
Carrot, Pear, Ginger, Beet, Pineapple & Turmeric	
WEEKEND WARRIOR gf, veg	6
Banana, Flax, Almond Butter, Low-Fat Yogurt & Apple Juice	
TFK SEASONAL SODA	4
SEASONAL SPARKLING TEA	5
KALE-AID	6
Kale, Apple, Cucumber, Celery, Lemon & Ginger	
ROOT & REMEDY	6
Beet, Carrot, Ginger, Turmeric & Honey Lemonade	
MEDICINE MAN (ANTIOXIDANT BLAST)	6
Sea Buckthorn, Pomegranate, Cranberry, Black Tea & Soda	
THE NATURAL (HOT OR COLD)	4
Ginger, Agave & Citrus	
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	
HANGOVER RX	5
Coconut Water, Pineapple, Vanilla & Orange Juice	
HONEY LEMONADE	4

STARTERS

DAILY MARKET SOUP	7
MISO SOUP v	4
Wild Mushroom & Scallion	
SHIITAKE & TOFU LETTUCE CUPS v	9
Ginger, Soy & Cashew	
KALE & AVOCADO DIP veg	8
Pink Grapefruit, Cilantro, Roasted Poblano, Cotija Cheese & Flax Cracker	
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, Radish, Avocado, Cucumber & Scallion	
HERB HUMMUS veg	9
Pita Bread, Tomato, Onion & Feta	

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.

SALADS

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

TUSCAN KALE veg	8
Lemon, Parmesan & Bread Crumb	
BABY GREENS gf, veg	4
Organic Baby Greens & House Made Umami Dressing	
THAI GREEN PAPAYA gf, v	11
Shaved Carrot, Kelp Noodle, Avocado, Mint, Cashew & Red Chili Sesame Vinaigrette	
AUTUMN INGREDIENT gf, v	12
Brussels Sprout, Squash, Mulberry, White Bean, Pomegranate, Cauliflower & Horseradish Vinaigrette	
HARVEST CHOPPED gf, veg	11
Squash, Apple, Pomegranate, Walnut, Goat Cheese & Balsamic Vinaigrette	
MEDITERRANEAN CHOPPED gf, veg	11
Cucumber, Olive, Cherry Tomato, Quinoa, Feta, Sprouted Almond & Lemon Oregano Vinaigrette	
CHICKEN CHOPPED	14
Cranberry, Date, Jicama, Manchego, Farro, Sprouted Almond & Champagne Vinaigrette	

ENTREES

RED CHILI SHRIMP*	16
Sesame Noodle, Gai Lan, Spinach & Shiitake Mushroom	
SUB SHIRATAKI NOODLES gf 2	
PANANG CURRY gf	
Brown Rice, Potato, Broccoli, Ginger, Carrot, Mushroom & Coconut Shellfish Broth	
CHOICE OF: TOFU 14 • CHICKEN 16 • SHRIMP* 17	
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	20
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* • STRIPED BASS*	
SPAGHETTI SQUASH CASSEROLE gf, veg	13
Fresh Mozzarella, Organic Tomato & Zucchini	

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	

BRUNCH

BREAKFAST

BANANA, ESPRESSO, PISTACHIO veg & DATE MUFFIN	3
CRANBERRY, WALNUT & gf, v OLIVE OIL MUFFIN	4
GOJI BERRY GRANOLA veg	7
Greek Yogurt, Banana, Dried Pomegranate, Walnut & Puffed Brown Rice	
TOFU SCRAMBLE WRAP v	9
Soy Chorizo, Pasilla & Anasazi Bean	
TWO ORGANIC EGGS* gf	10
Turkey Sausage & Sweet Potato Hash	
HUEVOS RANCHEROS* gf	9
Two Sunny-Side Up Eggs, Corn Tortillas, Ranchero Sauce & Cotija Cheese	
CHICKEN SAUSAGE SCRAMBLE* gf	12
Zucchini, Mushroom, Spinach, Kale & Three Eggs	
QUINOA JOHNNY CAKES veg	9
Banana, Maple Syrup & Greek Yogurt	
MARKET VEGETABLE SCRAMBLE* gf, veg	10
Sweet Potato Hash, Onion, Mushroom, Parmesan & Three Eggs	
BREAKFAST BURRITO*	9
Egg, Turkey Sausage, Provolone, Anasazi Bean & Salsa	

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	
SEARED SPICY TUNA WRAP*	15
Radish, Avocado, Mint, Snow Pea, Cashew, Sesame & Wasabi Aioli	
TURKEY BURGER	12
Provolone, Lettuce, Tomato, Avocado, Mayo & Flax Seed Bun	
ANDY'S FAVORITE "TLT" v	12
Tempeh, Lettuce, Tomato, Avocado, Veganaise & House Pita	
GRASS FED BISON BURGER*	16
Umami, Mushroom, Onion, Mayo, Watercress, Parmesan & Flax Seed Bun	

True Food
kitchen

WINES

BUBBLES

	glass	bottle
DOLCI COLLINE (ITALY) Prosecco	9	36
DOMAINE CHANDON “ÉTOILE ROSÉ” sus (NAPA/SONOMA) Sparkling	13	52

WHITES

M.A.N. FAMILY WINES sus (AGTER-PAARL, SOUTH AFRICA) Chenin Blanc	6	24
TANGENT sus (EDNA VALLEY, CA) Pinot Grigio	7	28
MANIFESTO sus (NORTH COAST, CA) Sauvignon Blanc	8	32
CROSSINGS sus (MARLBOROUGH, NZ) Sauvignon Blanc	10	40
TWOMEY sus (NAPA/SONOMA, CA) Sauvignon Blanc	13	52
HARAS org (MAIPO VALLEY, CHILE) Chardonnay	6	24
COLUMBIA WINERY sus (COLUMBIA VALLEY, WA) Chardonnay	8	32
LINCOURT “COURTNEY’S” sus (SANTA RITA HILLS, CA) Chardonnay	11	44
FROG’S LEAP org (NAPA VALLEY, CA) Chardonnay	13	52
SNOQUALMIE “ECO” org (COLUMBIA VALLEY, WA) Riesling	8	32

REDS

MELVILLE “FOX BLOCK NINE” sus (SANTA BARBARA CO., CA) Pinot Noir	15	58
PARDUCCI sus (CALIFORNIA) Pinot Noir	8	32
PERRIN “RESERVE” org (RHONE VALLEY, FRANCE) Grenache Blend	8	32
ALVARO PALACIOS “CAMINS” bio (PRIORAT, SPAIN) Carinena, Garnacha, Cabernet, Syrah	15.5	60
FATTORIA RODANO “POGGIALUPI” org (TUSCANY, ITALY) Super Tuscan	10	40
PURATO NERO D’ AVOLA org (SICILY, ITALY) Terre Siciliane	7	28
SELLA & MOSCA “RISERVA” sus (SARDINIA, ITALY) Cannonau	12	48
ALAMOS sus (MENDOZA, ARGENTINA) Malbec	6	24
CHARLES SMITH WINES “VELVET DEVIL” sus (COLUMBIA VALLEY, WA) Merlot	8	32
TERRAZAS DE LOS ANDES sus (MENDOZA, ARGENTINA) Cabernet Sauvignon	7	28
HIDDEN CRUSH sus (CENTRAL COAST, CA) Cabernet Sauvignon	9	36
LONG MEADOW RANCH org (NAPA VALLEY, CA) Cabernet Sauvignon	12	48
EOS sus (PASO ROBLES, CA) Petite Sirah	8	32
KUNDE sus (SONOMA VALLEY, CA) Zinfandel	10	40
BOXWOOD “TRELLIS” loc (MIDDLEBERG, VA) Red Blend	11	44

COCKTAILS

SPONTANEOUS HAPPINESS Ginger & Vanilla Infused Shochu, St. Germain, Fresh Lime	12
MAE’S GARDEN PARTY VeeV Acai, Juiced Cucumber, House Limeade, Sparkling Wine	11
JALISCO FLOWER Gran Centenario Anejo, St. Germain, Fresh Grapefruit, Red Beet, Sparkling Wine	11
THAI GRAPEFRUIT MARTINI Prairie Organic Vodka, Thai Basil, Grapefruit	12
ASIAN PEAR MOJITO Crusoe White Rum, VeeV Acai, Asian Pear Smash, Fresh Mint	12
CUCUMBER MARTINI Ketel One Vodka, St. Germain, Pineapple, Cucumber	13
FARMER’S MARKET SANGRIA Spiced Brandy, Fresh Squeezed Citrus, Red Wine, Seasonal Fruit Smash	12
SCRATCH BLOODY MARY Prairie Organic Vodka, Fresh Lime Juice, Handmade Napoli Tomato, House Spice	12

BEER

“8 POINT IPA” (DEVIL’S BACKBONE) loc	6
“OMISSION PALE ALE” (WIDMER BREWING)	6
STELLA ARTOIS	6
“PALE ALE” (DC BRAU PUBLIC) loc	6.5
“LIGHT LAGER” (COORS BREWING)	5.5
“ORGANIC PILSNER” (LAMSBRAU) org	6.75
“HARD CIDER” (ANGRY ORCHARD) gf	5.5
“ENGLISH PALE” (OLD BUST HEAD) loc	6.5
“PALE ALE” (FLYING DOG BREWING) loc	6.5
“CLASSIC LAGER” (YUENGLING) loc	5.5
“SCHWARTZ BIER” (DEVIL’S BACKBONE) loc	6

bio: biodynamically farmed gf: gluten free

org: certified organically farmed sus: sustainably farmed loc: locally sourced

