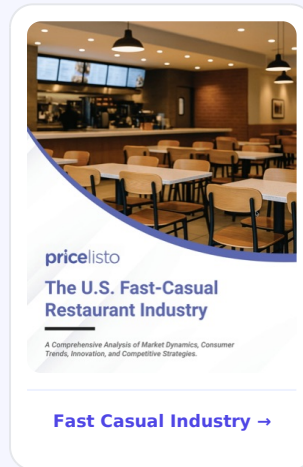




True Food Kitchen

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

Entrees

ITEM	PRICE
Spaghetti Squash Casserole, VEG GF organic squash, caramelized onions, fresh mozzarella, DiNapoli tomato sauce 19g protein	\$20.15
Asian Wild-Caught Shrimp*, GF (Entrées) regenerative black rice, roasted mushrooms, edamame, snap peas, pickled organic fresnos, cilantro, thai basil, scallions...	\$27.05
Steak Frites*, GF Verde Farms organic 100% grass-fed NY strip, peppercorn sauce, True Crisp'd™ air-fried french fries, simple salad 78g...	\$49.40
Chicken Parmesan (Entrées) True Crisp'd™ air-fried chicken breast, fresh mozzarella, DiNapoli tomato sauce, campanelle pasta 50g protein	\$23.60
Tender Plate, GF (Entrées) four tenders served with simple salad, with choice of one sauce: TFK special sauce, peri peri ketchup, BBQ, spicy ranch...	\$19.50
Jambalaya Pasta* chicken and pork andouille sausage, wild-caught shrimp, antibiotic-free chicken, holy trinity, penne pasta 50g prote...	\$24.75

Kids

ITEM	PRICE
Kids Chicken Teriyaki Bowl, GF rainbow carrot, bok choy, snap peas, regenerative quinoa brown rice blend GF	\$11.50
Kids Cheese Pizza, VEG mozzarella, DiNapoli tomato sauce	\$11.50
Kids Butter Noodles, VEG campanelle noodles, butter, parmesan VEG	\$9.20
Kids Chicken Tender Plate, GF two hand-breaded, air-fried True Crisp'd chicken tenders, served with hummus & rainbow carrot served with choice of on...	\$11.50
Kids Grass-Fed Cheeseburger* with melted cheese, served with herb hummus and rainbow carrots	\$11.50
Kids Tomato Sauce Noodles, VEG campanelle noodles, organic DiNapoli tomato sauce, parmesan	\$9.20

Desserts

ITEM	PRICE
Spiced Carrot Cake, VEG GF vanilla mascarpone mousse, candied oranges, walnuts	\$12.10
Flourless Chocolate Cake, VEG GF TCHO chocolate, vegan vanilla ice cream, caramel, almonds, cacao nibs	\$12.10
Chocolate Chip Cookie, V GF TCHO chocolate	\$3.40

Sides

ITEM	PRICE
Antibiotic-free Chicken 37g protein	\$8.00
Roasted Seasonal Vegetables, V GF sweet potato, carrots, cauliflower, kale dressing 2g protein	\$6.90

ITEM	PRICE
Organic Tofu, V GF 14g protein	\$6.35
True Crisp'd Air-Fried French Fries, VEG GF 3g protein	\$6.90
Cheesy Mashed Potatoes, VEG GF 5g protein	\$6.90
Seasonal Roasted Butternut Squash Soup, Cup, V GF sage 1g protein	\$4.60
Honey Roasted Carrots, VEG GF 1g protein	\$6.90
Kale Salad, VEG 3g protein	\$4.60
Simple Salad, V GF cucumber, organic mixed greens, lemon oregano dressing 0g protein	\$4.60
Fresh Vegetables	\$6.90
Sweet Potato Chips V GF 2g protein	\$6.90
Avocado	\$4.60
Grass-fed Steak* 29g protein	\$10.95
Wild-Caught Shrimp* 36g protein	\$9.15
Sustainable Arctic Salmon* 29g protein	\$12.60
True Crisp'd Chicken (2pc) GF 30g protein	\$9.15
Grass-fed Burger Patty*	\$9.20
Pistachio Pesto	\$1.15
House Made: Spicy Ranch, VEG GF	\$1.15
House-Made: Original Ranch, VEG GF	\$1.15
TFK Special Sauce, V GF	\$1.15
Chili Garlic Crunch, VEG GF	\$1.15
Side Baked Flatbread	\$2.30

Seasonal Menu

ITEM	PRICE
Roasted Brussels Sprouts, V GF roasted wild mushroom, pickled organic fresnos, ginger soy glaze, lime	\$14.90
Seasonal Market Salad, VEG GF honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy tahini apple c...	\$19.00
Asian Wild-Caught Shrimp*, GF regenerative black rice, roasted mushrooms, edamame, snap peas, pickled organic fresnos, cilantro, thai basil, scallions...	\$27.05

ITEM	PRICE
Seasonal Roasted Butternut Squash Soup, V GF sage	\$9.80
Seasonal Butternut Squash Pizza, V butternut squash, lemon almond ricotta, caramelized onion, organic kale, raisins	\$22.95
Salads & Bowls	
Ancient Grain Bowl, V organic grains, miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, pistachio pesto, hemp s...	\$21.30
Chopped Salad, VEG organic mixed greens, romaine, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champa...	\$19.00
Organic Tuscan Kale Salad, VEG organic kale, parmesan, breadcrumbs, lemon, garlic 9g protein	\$16.05
Seasonal Market Salad, VEG GF (Salads & Bowls) honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy tahini apple c...	\$19.00
Chinese Chicken Salad, GF grilled chicken, bok choy, cabbage, organic mixed greens, avocado, watermelon radish, snap peas, cilantro, pickled ginge...	\$21.80
Spicy Panang Curry Bowl, GF regenerative black rice, sweet potato, bok choy, rainbow carrots, snap peas, charred onion, thai shellfish curry broth...	\$22.45
Teriyaki Quinoa Bowl, V GF regenerative quinoa brown rice blend, broccoli, rainbow carrots, bok choy, snap peas, pickled shiitake, sesame seeds...	\$20.65
Korean Noodle Bowl, V GF glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts 14g protein	\$20.65
Wild-Caught Tuna Poke Bowl*, GF regenerative black rice, avocado, roasted mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzu 32g p...	\$29.35
Cold Beverages	
Kale Aid organic kale, ginger, organic apple, celery, cucumber, lemon	\$11.25
The O.G. ginger, honey, lime	\$7.80
Pineapple Spritzer	\$5.75
Pomegranate Spritzer	\$5.75
Bright Eyes pineapple, carrot, organic apple, ginger, turmeric, beet, lemon	\$11.25
Lemon-Lime Spritzer	\$5.75
Iced Black Tea	\$5.20
Iced Green Tea	\$5.20
Apple Lemonade apple, lemon	\$6.35
Pink Dragonfruit Lemonade dragon fruit, lemon	\$6.35

ITEM	PRICE
Sparkling Prickly Pear Tisane prickly pear, hibiscus, lime	\$7.80
Hangover Rx pineapple, orange, coconut water, aloe vera, organic sea moss	\$9.80
Seasonal Iced Tea	\$5.20
Grapefruit Spritzer grapefruit, mint	\$5.75
Mountain Valley Sparkling Water	\$8.05
Mountain Valley Spring Water	\$8.05
Sourdough Pizzas	

ITEM	PRICE
Margherita Pizza, VEG fresh mozzarella, organic DiNapoli tomato sauce, basil 38g protein	\$20.15
Seasonal Butternut Squash Pizza, V (Sourdough Pizzas) butternut squash, lemon almond ricotta, caramelized onion, organic kale, raisins 26g protein	\$22.95
Pepperoni Pizza Niman Ranch uncured pepperoni, organic DiNapoli tomato sauce, mozzarella, basil 43g protein	\$22.95
Spinach and Wild Mushroom Pizza, V roasted wild mushrooms, organic spinach, garlic purée, lemon almond ricotta 29g protein	\$22.95

Starters	
ITEM	PRICE
Charred Cauliflower, V GF medjool dates, harissa tahini, dill, mint, pistachio 9g protein	\$14.90
Roasted Brussels Sprouts, V GF (Starters) roasted wild mushroom, pickled organic fresnos, ginger soy glaze, lime 9g protein	\$14.90
Seasonal Roasted Butternut Squash Soup, V GF (Starters) sage 2g protein	\$9.80
Edamame Dumplings, VEG white truffle oil, dashi, thai basil, sesame seeds (+\$1 chili garlic crunch) 12g protein	\$17.20
Guacamole, V avocado, lime, cilantro, cherry tomatoes, served with baked flatbread (swap fresh veggies +\$2) 6g protein	\$14.40
Mediterranean Hummus, V spicy herb sauce, red pepper pistachio spread, za'atar spice, served , served with baked flatbread or upgrade fresh vegg...	\$14.40

Burgers	
ITEM	PRICE
Turkey Burger Diestel Farms turkey, smoked gouda, avocado, tomato, butter lettuce, jalapeño remoulade 43g protein	\$21.80
Grass-Fed Burger* Verde Farms organic 100% grass-fed beef, mushroom, caramelized onions, organic arugula, parmesan, umami sauce 51g pro...	\$22.95
Plant-Based Double Cheeseburger, V house-made portobello, beet, and walnut vegan patty, butter lettuce, pickled onions, tomato, vegan cheese, jalapeño remo...	\$22.45

ITEM	PRICE
All-American Burger* Verde Farms organic 100% grass-fed beef, aged white cheddar, TFK special sauce, butter lettuce, tomato 51g protein	\$22.95
True Crisp'd Chicken	
Chicken Parmesan True Crisp'd™ air-fried chicken breast, fresh mozzarella, DiNapoli tomato sauce, campanelle pasta 50g protein	\$23.60
Tender Plate, GF four tenders served with simple salad, with choice of one sauce: TFK special sauce, peri peri ketchup, BBQ, spicy ranch...	\$19.50
Tea, Organic Coffee & Matcha	
ITEM	PRICE
Adaptogenic Tulsi Tea holy basil, ginger, honey	\$5.75
Coffee	\$4.60
Caffe Latte	\$6.35
Cappuccino	\$5.75
Iced Lavender Matcha Latte almond milk, butterfly lavender	\$7.50
Iced Matcha Horchata almond milk, vanilla	\$7.50
Iced Shakerato organic espresso, brown sugar	\$6.65
Decaf Coffee	\$4.60
Matcha Latte matcha, almond milk	\$6.90
Pi Day	
ITEM	PRICE
Charred Broccoli and Burrata Pizza garlic purée, parmesan, lemon zest, house-made chili oil	\$19.50
Sausage and Smoked Gouda Pizza house-made italian turkey sausage, DiNapoli tomato sauce, fresh mozzarella, roasted fennel, garnished with parmesan and...	\$19.50