SALADS

Chinese Salad v GE

bok choy, cabbage, avocado, sesame seeds, watermelon radish, snow peas, cilantro, pickled ginger, toasted guinoa, roasted almonds, carrot ginger dressing

Seasonal Market Salad VEG GE

honey roasted carrots, roasted cauliflower. organic mixed greens, pistachios, feta, mediool dates, creamy apple cider vinaigrette

organic kale, parmesan, breadcrumbs, lemon, garlic

Chopped Salad VEG

aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, marcona almond, champagne vinaigrette

Simple Greens Salad v GF

Ancient Grains Bowl v

Turkey Bolognese

basil, campanelli

Our restaurants use gluten and all major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, sesame, soy, and wheat). Shared cooking areas

mean we cannot ensure any item is allergen-free. Ingredient changes may occur due to suppliers, recipe updates, methods, or seasons. Inform your

server of allergies or dietary needs before ordering, and we'll do our best to accommodate. *These items are served raw, undercooked or cooked to order. Consuming raw or undercooked items may increase the risk of foodborne illness, especially if you have certain medical conditions.

Organic Tuscan Kale Salad VEG

organic mixed greens, cucumber, cherry tomatoes, avocado, lemon oregano dressing

miso sesame glazed sweet potato, charred onion,

snap peas, portobello, avocado, organic grains,

pistachio pesto, hemp seed, turmeric

Diestel Farms turkey sausage, parmesan,

Shrimp*

Grass-Fed Steak*

BOWLS

ADD

PROTEIN

SERUES 8-10

Terivaki Quinoa Bowly GF

regenerative guinoa brown rice blend, broccoli rainbow carrots, bok choy, snap peas, pickled shiitake, sesame seeds

Korean Noodle Bowl v GF

glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts

Organic Tofu v

Grilled Chicken

SERVES 8-10

SERVES 8-10

WRAPS + SANDWICHES

tray of 16 assorted half wraps or sandwiches, choose up to two options

Grilled Chicken Ranch Wrap

avocado, organic roasted red pepper, organic mixed greens, hatch chili ranch

Mediterranean Wrap v

hummus, spicy herb sauce, red pepper pistachio spread, cucumber, snap peas, charred onions, organic spring mix, lemon oregano vinaigrette

Caprese Sandwich VEG

pistachio pesto, tomato, fresh mozzarella, arugula, ciabatta

Lemon Oregano Chicken Wrap

organic mixed greens, cucumber, carrots, snap peas, tomatoes, grilled chicken. lemon oregano vinaigrette

COOKIES + DESSERT

SERVES 8-10

Baker's Dozen Chocolate Chip Cookies | 35.00 v GF vegan & gluten-free batter, almond, TCHO 68% chocolate

Chocolate Peanut Butter Tarts (3) | 35.00 v GF almond & coconut crust, TCHO chocolate ganache. peanut butter filling



Sweet Potato Hash v GE

Roasted Brussels Sprouts v GF

Simple Salad v GF

FRESH DRINKS

Lemonades 1/2 gallon Pink or Peach Lemonade

Arnold Palmer 1/2 gallon Peach Lemonade + Traditional Black Tea

Matcha Horchata ½ gallon

Pesto Pasta Salad v contains tree nuts

Real Food for Real life

HEALTHY FOR PASTURE, PLATE, AND PLANET All our animal proteins are antihiptic and hormone-free. We seek the highest standard of animal proteins and

demand third party certifications.



sweeteners, unpronounceable preservatives and more, and "yes" to nutrient-dense ingredients

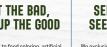
v Vegan veg Vegetarian GF Gluten-Friendly

AMP UP THE GOOD We say "no" to food coloring, artificial

We exclusively cook with olive and avocado oil and our menu is 100% seed oil free.

Italian Pasta Salad VEG

Kale Slaw VEG GE



SEE YA



FARMING We are leading the way in seeking regenerative organic ingredients

and are actively partnering with our growers to convert more acres.

SEED OIL

SERVES 8-10

GROUP PACKAGES

Bento Boxed

- 5 Bento Box Mediterranean w/ Kale Salad + Chocolate Chip Cookie
- 5 Bento Box Chicken Ranch Wrap w/ Kale Salad + Chocolate Chin Cookie

1/2 Gallon Peach Lemonade

1/2 Gallon Traditional Black Tea

Wrapped Up

- 1 Wrap Tray: 4 Mediterranean Wraps
- + 4 Chicken Ranch Wraps I Chopped Salad veg
- I Side of Italian Pasta Salad veg
- 1/2 Gallon Peach Lemonade
- 1/2 Gallon Traditional Black Tea

BENTO BOXES

individual box with choice of sandwich and side. served with a Chocolate Chip Cookie

Sandwich/Wrap Options

- Mediterranean Wran
- Caprese Sandwich
- Grilled Chicken Ranch Wrap Simple Salad
- Lemon Oregano Chicken Wrap



SIDES **TO SHARE**

SERVES 8-10 side portion

ORGANIC THAT MATTERS

certification for ngredients with potentia toxin concerns.

We prioritize organic

SERVES	I Essential Eats	
Wraps	I Chopped Salad veg	
Chin Cookie	1 Korean Noodle Bowl v GF	

SERVES 14-16

- 1 Side of Grilled Chicken
- Baker's Dozen Chocolate Chip Cookies v GF

SERVES 12-14

SERVES 16-20

- 1/2 Gallon Peach Lemonade
- 1/2 Gallon Traditional Black Tea

Ultimate Feast

• 1 TFK Dip Platter veg

- 1 Chopped Salad veg
- I Ancient Grains Bowl v
- 1 Side of Grilled Chicken
- 1 Side of Italian Pasta Salad veg
- I Side of Roasted Brussels Sprouts v GF
- Baker's Dozen Chocolate Chip Cookie v gr
- 3 Chocolate Peanut Butter Tarts v gF
- I Gallon Peach Lemonade
- I Gallon Traditional Black Tea
- 2 Bottles of Mountain Valley Water (still)

SHARABLE PLATTERS

SERVES 8-10

TFK Dip Platter veg

herb hummus, pistachio pesto and hatch chili ranch with crudité vegetables and ancient grain pita

Mediterranean Hummus Platter v

spicy herb sauce, red pepper pistachio spread. za'atar spice, served with ancient grain pita



SERVES 8-10

Iced Tea 1/2 gallon Green Tea or Traditional Black Tea

Mountain Valley Water Bottles each Spring or Sparkling



Baker's Dozen Chocolate Chip Cookie v GF

MIN. ORDER OF 10

Side Salad Options

Tuscan Kale

Sweet Potato Hash