

BOWLS

Southwest VEG GF	13.95	Mediterranean VEG GF	12.95
Teriyaki V GF	13.95	Heritage Market VEG GF	14.95

SALADS

Southwest Ranch VEG GF	10.95
cabbage, avocado, roasted corn, pickled red onions, cherry tomato, bell pepper, pumpkin seeds, buffalo hot sauce, house-made original ranch	
Organic Kale and Quinoa V GF	10.95
organic kale, crispy chickpeas, cucumber, quinoa, pumpkin/sunflower/hemp seeds, tahini apple cider vinaigrette	
Market Chopped VEG GF	10.95
aged white cheddar, raisins, pumpkin seeds, carrots, organic apple, walnuts, honey mustard vinaigrette	
Caesar* VEG	10.95
romaine lettuce, avocado, house-made croutons, snap peas, sunflower seeds, parmesan cheese, caesar dressing	
Asian V GF	10.95
organic kale and mixed greens, cabbage, avocado, bell pepper, cherry tomatoes, snap peas, ginger soy vinaigrette	

ADD PROTEIN TO ANY BOWL OR SALAD

True Crisp'd™ Chicken Tenders (2) GF	5.95
Antibiotic-Free Chicken GF	4.95
Grass-Fed Beef Patty* GF	6.95
Organic Tofu V GF	3.95

HANDHELDS

SERVED WITH SIMPLE GREEN SALAD: SUB GF BUN +2.5

Mediterranean Wrap V	10.95
organic mixed greens, roasted red peppers, house-made croutons, snap peas, cherry tomatoes, red onion, house-made hummus	
Caprese Wrap VEG	10.95
cherry tomatoes, fresh mozzarella, arugula, pistachio pesto	
BBQ Chicken Ranch Wrap	12.95
aged white cheddar, roasted corn, pickled red onion, grilled chicken, bbq sauce, house-made original ranch	
Chicken Caesar Wrap*	12.95
parmesan, house-made garlic croutons, snap peas, avocado, sunflower seeds, grilled chicken <i>swap for True Crisp'd™ air-fried chicken +2</i>	

All-American Burger*	14.95
Verde Farms organic 100% grass-fed beef, aged cheddar cheese, TFK special sauce, lettuce, organic tomato	

TRUE CRISP'D AIR-FRIED CHICKEN™ GLUTEN-FREE BREADING · SEED OIL-FREE
HAND BREADED · 12-HOUR HERB-BRINED

Crisp'd Buffalo Sandwich	13.95
house-made hot sauce, pickles, apple-cabbage slaw, served on a ciabatta bun, <i>sub grilled chicken</i>	
The OG Crisp'd Sandwich	13.95
house-made pickles, TFK special sauce, lettuce, served on a ciabatta bun, <i>sub grilled chicken</i>	

VEGAN V VEGETARIAN VEG GLUTEN-FRIENDLY GF

SHAREABLES

SUB GF FLATBREAD +2.75

Hummus Plate *V* 7.95
served with fresh veggies and baked flatbread

BBQ Chicken Flatbread 11.95

Margarita Flatbread *VEG* 10.95
add pepperoni +1

Caprese Flatbread *VEG* 10.95

FOR THE KIDS

Kid's Protein Plate 9.95 **Cheese Flatbread** *VEG* 7.95
choice of protein served with fresh veggies and 1 side
antibiotic-free chicken
True Crisp'd™ chicken
organic tofu
grass-fed beef patty
add pepperoni +1

Cheese Quesadilla *VEG* 7.95
shredded mozzarella cheese served with fresh veggies

DESSERT

Chocolate Chip Cookies *V GF* 2.95

Chocolate Chia Seed Pudding *V GF* 5.95

Soft Serve Ice Cream *V GF* 4.95
Cosmic Bliss Vanilla *V GF*, Straus Organic Dutch Chocolate* *VEG GF*, or Swirl* *VEG GF*

Soft Serve Toppings 0.85



PROTEIN PLATES

CHOOSE ANY PROTEIN + 2 SIDES

Antibiotic-Free Chicken + 2 SIDES 12.95

True Crisp'd™ Chicken Tenders (3) + 2 SIDES 13.95

Organic Tofu + 2 SIDES 11.95

Grass-Fed Beef Patty* + 2 SIDES 14.95

SIDES

Tomato Basil Soup *VEG GF* Cup | 3.95 Bowl | 5.95

Air-Fried French Fries *V GF* 4.95

Honey Roasted Carrots *VEG GF* 4.95

Greek Salad *VEG GF* 4.95

Mexican Street Corn *VEG GF* 4.95

Regenerative Quinoa

Brown Rice Blend *V GF* 4.95





COLD BEVERAGES

	REGULAR	LARGE
Lemonade	3.45	3.95
Strawberry Dragonfruit Lemonade	3.45	3.95
Passport TFK Green or Black Iced Tea	3.45	3.95

ON TAP

Health-Ade Pink Lady Apple Kombucha

Assortment of Local Brews on Tap

Mother Road Brewing Tower Station IPA

Four Peaks Brewing Golden Lager

Shop Beer Co. Church Music Juicy IPA

5.95

WINE

House Red or White Wine

6.95

ORGANIC CRAFT COFFEE & MATCHA

CHOICE OF WHOLE MILK, HEMP MILK OR ALMOND MILK

	REGULAR	LARGE
Craft Latte   MOCHA, VANILLA OR CARAMEL	4.95	5.45
Latte  	4.45	4.95
Espresso 	3.25	
Cappuccino 	4.45	
Americano 	3.25	
Cold Brew 	4.95	5.45
Nitro Cold Brew 	5.95	6.45
Strawberry Matcha Iced Latte 	5.25	5.75
Matcha Latte  	4.95	5.45

SERVED HOT  OR ICED 

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 meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.