

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
choice of protein served with fresh veggies and 1 side
antibiotic-free chicken
True Crisp'd™ chicken
organic tofu
grass-fed beef patty

Cheese Flatbread VEG 7.95
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



PROTEIN PLATES

CHOOSE ANY PROTEIN + 2 SIDES

Antibiotic-Free Grilled 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 4.95

Brown Rice Blend V GF 4.95



BOWLS

Southwest	VEG GF	13.95	Teriyaki	V GF	13.95
Mediterranean	VEG GF	12.95	Chicken Teriyaki	GF	15.95
Heritage Market	VEG GF	14.95	double the protein with extra chicken +5		

SALADS

Southwest Ranch	VEG GF	10.95
cabbage, avocado, roasted corn, pickled red onions, cherry tomato, bell pepper, cucumber, 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, pistachios, 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 Grilled 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, cherry tomatoes, 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		
swap for True Crisp'd™ air-fried chicken +2		

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, sub grilled chicken	
The OG Crisp'd Sandwich	13.95
house-made pickles, TFK special sauce, lettuce, served on a ciabatta bun, sub grilled chicken	

VEGAN	V	VEGETARIAN	VEG	GLUTEN-FRIENDLY	GF
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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

WINE

House Red or White Wine

ORGANIC CRAFT COFFEE & MATCHA

CHOICE OF WHOLE MILK, HEMP MILK OR ALMOND MILK

	REGULAR	LARGE
Craft Latte  	4.95	5.45
MOCHA, VANILLA OR CARAMEL		
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.