



BOWLS

Southwest VEG GF	13.95
regenerative quinoa brown rice blend, avocado, elote, black beans, cotija cheese, organic pickled frenos, marinated tomatoes, charred scallion salsa (730 cal)	
Mediterranean VEG GF	12.95
regenerative quinoa brown rice blend, arugula, roasted red peppers, greek salad, feta cheese, harissa yogurt (480 cal)	
Heritage Market VEG GF	14.95
regenerative quinoa brown rice blend, honey roasted carrots, crispy chickpeas, arugula, pistachio pesto, hummus (560 cal)	
Teriyaki V GF	13.95
regenerative quinoa brown rice blend, cabbage, snap peas, bell pepper, ginger soy vinaigrette, avocado, scallions (580 cal)	
Chicken Teriyaki GF	15.95
grilled chicken breast, regenerative quinoa brown rice blend, cabbage, snap peas, bell pepper, ginger soy vinaigrette, avocado, scallions (580 cal) 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, pumpkin seeds, buffalo hot sauce, house-made original ranch (520 cal)	
Organic Kale and Quinoa V GF	10.95
organic kale, crispy chickpeas, cucumber, quinoa, pumpkin/sunflower/hemp seeds, tahini apple cider vinaigrette (660 cal)	
Market Chopped VEG GF	10.95
aged white cheddar, raisins, pumpkin seeds, carrots, organic apple, walnuts, honey mustard vinaigrette (690 cal)	
Caesar* VEG	10.95
romaine lettuce, avocado, house-made croutons, snap peas, sunflower seeds, parmesan cheese, caesar dressing (690 cal)	
Asian V GF	10.95
organic kale and mixed greens, cabbage, avocado, bell pepper, cherry tomatoes, snap peas, ginger soy vinaigrette (280 cal)	

ADD PROTEIN TO ANY BOWL OR SALAD

True Crisp'd™ Chicken Tenders (2) GF (390 cal)	5.95
Grass-Fed Beef Patty* GF (260 cal)	6.95
Antibiotic-Free Grilled Chicken GF (195 cal)	4.95
Organic Tofu V GF (140 cal)	3.95

SHAREABLES

SUB GF FLATBREAD +2.75

Hummus Plate V	7.95
served with fresh veggies and baked flatbread (510 cal)	
BBQ Chicken Flatbread	11.95
red onions, aged white cheddar, shredded mozzarella, grilled chicken breast, corn, cilantro, BBQ sauce (560 cal)	
Margarita Flatbread VEG	10.95
fresh mozzarella, organic DiNapoli tomato sauce, basil (490 cal) add pepperoni +1	
Caprese Flatbread VEG	10.95
fresh mozzarella, cherry tomatoes, basil, garlic purée, pistachio pesto (490 cal)	

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

SAUCES

BBQ Sauce V GF (33 cal), TFK Special Sauce V GF (80 cal),	1.00
House-made Original Ranch VEG GF (146 cal),	
Buffalo Sauce V GF (80 cal), Honey Mustard VEG GF (66 cal),	
House-made Spicy Ranch VEG GF (26 cal)	

SIDES

Tomato Basil Soup VEG GF	Cup 3.95 Bowl 5.95
garnished with parmesan and basil (100 cal)	
Air-Fried French Fries V GF	4.95
air-fried with avocado oil (170 cal)	
Honey Roasted Carrots VEG GF (100 cal)	4.95
Greek Salad VEG GF	4.95
cherry tomatoes, cucumber, red onion, parsley, feta, lemon, olive oil (220 cal)	
Mexican Street Corn VEG GF	4.95
corn, cotija, aleppo, lime, cilantro (270 cal)	
Regenerative Quinoa	
Brown Rice Blend V GF (90 cal)	4.95

HANDHELDS

SERVED WITH SIMPLE GREEN SALAD: SUB GF BUN +2.5

Mediterranean Wrap V	10.95
organic mixed greens, roasted red peppers, croutons, snap peas, cherry tomatoes, red onion, house-made hummus (410 cal)	
Caprese Wrap VEG	10.95
cherry tomatoes, fresh mozzarella, arugula, pistachio pesto (460 cal)	
BBQ Chicken Ranch Wrap	12.95
aged white cheddar, roasted corn, pickled red onion, grilled chicken, bbq sauce, original ranch (670 cal)	
Chicken Caesar Wrap*	12.95
parmesan, garlic croutons, snap peas, avocado, sunflower seeds, grilled chicken (740 cal) 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 (720 cal)	

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 (810 cal)	
The OG Crisp'd Sandwich	13.95
house-made pickles, TFK special sauce, lettuce, served on a ciabatta bun, sub grilled chicken (650 cal)	

FOR THE KIDS

Kid's Protein Plate	9.95	Cheese Flatbread VEG	7.95
choice of protein served with fresh veggies and 1 side (270 cal)		add pepperoni +1 (270 cal)	
- antibiotic-free chicken		Cheese Quesadilla VEG	7.95
- True Crisp'd™ chicken		shredded mozzarella cheese	
- organic tofu		served with fresh veggies (250 cal)	
- grass-fed beef patty			

DESSERT

Chocolate Chip Cookies V GF (400 cal)	2.95
Chocolate Chia Seed Pudding* V GF (270 cal)	5.95
*contains almond milk	

VEGAN V VEGETARIAN VEG GLUTEN-FRIENDLY GF



COLD BEVERAGES

	REGULAR	LARGE
Lemonade (60-70 cal)	3.45	3.95
Strawberry Dragonfruit Lemonade (15-20 cal)	3.45	3.95
Passport TFK Green Iced Tea (15 cal)	3.45	3.95
Passport TFK Black Iced Tea (20 cal)	3.45	3.95

ON TAP

Health-Ade Pink Lady Apple Kombucha (70 cal)	5.95
Assortment of Local Brews on Tap (160-280 cal)	
Mother Road Brewing Tower Station IPA	
Four Peaks Brewing Golden Lager	
Shop Beer Co. Church Music Juicy IPA	

WINE

House Red or White Wine	6.95
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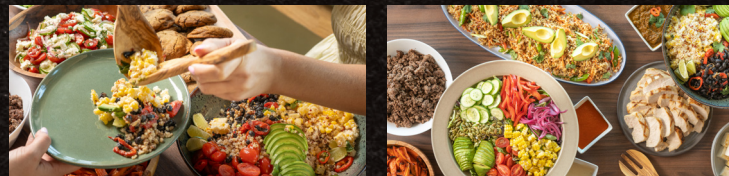
ORGANIC CRAFT COFFEE & MATCHA

CHOICE OF WHOLE MILK OR ALMOND MILK

	REGULAR	LARGE
Craft Latte (130-290 cal) ☕❄️	4.95	5.45
<i>MOCHA, VANILLA OR CARAMEL</i>		
Latte (100 cal) ☕❄️	4.45	4.95
Espresso (5 cal) ☕	3.25	
Cappuccino (80 cal) ☕	4.45	
Americano (5 cal) ☕	3.25	
Cold Brew (0 cal) ❄️	4.95	5.45
Nitro Cold Brew (0 cal) ❄️	5.95	6.45
Strawberry Matcha Iced Latte (100-120 cal) ❄️	5.25	5.75
Matcha Latte (80-270 cal) ☕❄️	4.95	5.45

..... Visit our Grab & Go

With a fresh daily selection of snacks, ice cold beverages, salads, wraps, quick bites and provisions. All partners are selected with the highest quality ingredients standards in mind.



Now Offering **CATERING**



A 2000-calorie daily intake is standard advice, but individual needs vary. 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 foodborne illness, especially if you have certain medical conditions.

SERVED HOT ☕ OR ICED ❄️

