

# true<sup>\*</sup>

PLANT-BASED

\*True food is local, flavorful and wholesome. True to nature. True to you.

## Starters

### CHEF'S FEATURED SOUP

#### HOUSE SALAD

Romaine and mixed greens topped with cucumbers, tomatoes, red onion, carrots and celery tossed with a basil vinaigrette.

60 CAL   

#### WINTER SALAD

Spinach, baby kale and julienne granny smith apples tossed in balsamic vinaigrette and topped with dried cranberries.

60 CAL   

#### ROASTED BEET SALAD

Roasted purple and golden beets served with balsamic reduction, pine nuts, and orange segments. Lightly drizzled with both citrus vinaigrette and basil vinaigrette.

70 CAL   

### CHEF'S FEATURED APPETIZER

Chef's daily creation.

## Entrees

#### ROASTED GARLIC GNOCCHI

Tofu gnocchi with house-made stewed tomato sauce simmered with Swiss chard and northern beans.

340 CAL   

#### SOUTHWEST SPICED ROASTED TEMPEH

Served with brown rice, sautéed peppers and onions. Garnished with a cilantro lime cashew sauce.

280 CAL   

#### PINOT MUSHROOM BOWL

Roasted root vegetable hash; Brussels sprouts, parsnips, sweet potatoes, golden beets, celery root, carrots, yellow onions and northern beans. Finished with pinot mushroom sauce.

340 CAL   

#### GRILLED TOFU

Served with garlic mashed potatoes, sautéed spinach and finished with pinot mushroom sauce.

250 CAL   

### CHEF'S FEATURED ENTRÉE

Chef's daily creation.



## H3 Plate

Create your own dinner using items from the options below.

### Proteins

Lightly seasoned with salt, pepper and olive oil.

ROASTED TEMPEH 3 ounce serving 160 CAL

### Starches

STEAMED BROWN RICE 1/4 cup serving 50 CAL  
STEAMED SWEET POTATOES 30 CAL  
STEAMED NORTHERN BEANS 50 CAL

### Vegetables

STEAMED BRUSSELS SPROUTS 1/2 cup serving 20 CAL  
STEAMED PEPPERS 25 CAL  
STEAMED CARROTS 25 CAL  
STEAMED BROCCOLI 10 CAL  
STEAMED GREEN BEANS 15 CAL  
STEAMED SPINACH 10 CAL

### Dressing & Sauce

VINAIGRETTES 1/2 ounce serving  
BASIL 25 CAL  
BALSAMIC 30 CAL  
CITRUS 15 CAL  
STEWED TOMATO SAUCE 5 CAL  
PINOT MUSHROOM SAUCE 25 CAL  
CILANTRO LIME CASHEW SAUCE 25 CAL

Recommended dinner calorie intake 400-450. Additional vegetarian options available upon request.

Dine Mindfully, please refrain from cell phone use.



Dairy Free



Gluten Free



Vegetarian



Vegan

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.

Note: While we do our best to accommodate and meet the dietary and allergy needs of our guests, we **cannot** guarantee that cross contact will not occur due to the shared cooking and preparation areas of our kitchen.

