

ARTISAN HOUSE-BAKED BREADS

BANANA BREAD \$5 V
165 . 25 . 2 . 7 . 2 . 155

COFFEE CAKE MUFFIN \$5 V
191 . 24 . 2 . 10 . 2 . 150

BLUEBERRY WHOLE GRAIN
MUFFIN \$6 V
213 . 35 . 4 . 7 . 1 . 227

LIGHT & FRUITY

OVERNIGHT COCONUT CHIA OATS \$16 V
mixed berries, toasted coconut
155 . 21 . 3 . 7 . 3 . 9

ORGANIC OATMEAL \$14 GF . V
blueberries, toasted walnuts, maple syrup
168 . 20 . 5 . 8 . 4 . 4

ORGANIC STRAWBERRY & CASHEW BUTTER TOAST \$18 V
grilled banana, maple syrup, candied cashews
179 . 22 . 5 . 8 . 3 . 54

TOASTS

served with a frisée, arugula & radicchio salad with an orange vinaigrette

WARM GREENS AVOCADO TOAST \$18 V
warm baby kale, spinach, pickled red onions, beluga lentils
477 . 48 . 30 . 20 . 12 . 672

RED LENTIL HUMMUS TOAST \$20 V
avocado spread, blistered cherry tomatoes, micro basil, balsamic caviar
495 . 57 . 30 . 19 . 8 . 518

SMOKED SALMON & AVOCADO TOAST \$22
roasted cherry tomatoes, lemon caper sour cream, micro arugula
454 . 40 . 32 . 20 . 9 . 592

DRESSED EGG TOAST \$20
deviled egg salad, pickled onion, radishes, jalapeno, chives
blistered cherry tomatoes
455 . 44 . 31 . 20 . 5 . 747

- MAKE IT FANCY – ADD:
- JUST EGG \$4 GF . V
 - ORGANIC EGGS \$4 GF
 - SMOKED SALMON \$4 GF

DELICIOUS, HEALTHY, BREAKFAST

ALL AMERICAN 2 EGGS \$18 / 3 EGGS \$20
eggs any style, breakfast potatoes, choice of chicken sausage or bacon
artisanal toast: wheat, sourdough, or ciabatta with fruit preserves
482 . 47 . 32 . 18 . 5 . 740

COCONUT MILK FRENCH TOAST \$18
fresh blueberries, strawberries & sliced banana, shaved toasted almonds
maple syrup, two eggs any style
463 . 55 . 30 . 14 . 5 . 517

BREAKFAST EGG TACOS \$18 GF . V
JUST Egg, cheddar cheese, vegan breakfast sausage, pico de gallo
chipotle aioli, cilantro-lime cabbage slaw, corn tortillas, black beans
house salad
500 . 55 . 29 . 20 . 12 . 533

SOYRIZO BREAKFAST BURRITO \$20 V
JUST Egg, avocado, cheddar cheese, pico de gallo, chipotle aioli
black beans, house salad
500 . 54 . 29 . 20 . 13 . 680

CHICKEN CHORIZO BREAKFAST BURRITO \$20
two organic eggs, avocado, cheddar cheese, pico de gallo
breakfast potatoes, chipotle aioli , house salad
496 . 45 . 32 . 20 . 5 . 721

NUTRIENT ANALYSIS
CALORIES . CARB GRAMS . PROTEIN GRAMS . FAT GRAMS . FIBER GRAMS . SODIUM MG
GF = Gluten-Free (no wheat, rye, or barley)
V = Vegan (contains no animal product. May contain honey.)

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES
*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. We offer a variety of freshly prepared gluten-free items (no wheat, rye, or barley), however, our kitchens are not gluten-free environments.

3 EGG BREAKFAST SCRAMBLES \$20

served with a frisée, arugula, radicchio salad with an orange vinaigrette, and your choice of toast

ORGANIC EGGS
483 . 53 . 30 . 17 . 5 . 619

JUST EGG V
494 . 54 . 30 . 18 . 10 . 729

ORGANIC EGG WHITES
432 . 53 . 32 . 10 . 5 . 735

TOFU NOOCH V
402 . 47 . 30 . 14 . 9 . 522

peppers, mushrooms, onions, spinach, tomato, mozzarella
vegan cheddar, vegan mozzarella
+\$2 chicken chorizo, bacon, soyrizo

SOME REALLY NICE SALADS

NAPA CABBAGE THAI SALAD \$15 V
purple cabbage, spinach, edamame, carrots, cucumber, radish
sweet peppers, crispy wonton strips, nori
448 . 40 . 38 . 19 . 7 . 745

QUINOA BOWL \$15 GF . V
mixed greens, cucumbers, roasted sweet potato, roasted
garbanzos, avocado, green goddess dressing, harissa lime aioli
466 . 42 . 34 . 20 . 10 . 628

BANH MI LETTUCE CUPS \$15 GF . V
bibb lettuce, pickled carrot, daikon, cucumber, napa cabbage
micro cilantro, roasted sweet potato, sriracha aioli
465 . 40 . 39 . 19 . 14 . 637

- MAKE IT FANCY – ADD:
- LAND LOVERS VEGAN BEEF \$10 V
 - NON-GMO SOY CHICKEN \$8 V
 - ORGANIC TOFU \$10 GF . V
 - ORGANIC CHICKEN \$12 GF
 - SEARED SHRIMP \$15 GF

HOLDABLES

served with a frisée, arugula & radicchio salad with an orange vinaigrette

VEGAN CHICKEN AVOCADO WRAP \$18 V
vegan mozzarella, gem lettuce, heirloom tomato
guacamole, tahini dressing
487 . 59 . 28 . 20 . 16 . 690

CHEESEBURGER YOUR WAY \$22
lettuce, heirloom tomato, red onion, cheddar cheese
special sauce, whole-wheat bun
choice of burger: classic beef or vegan
500 . 51 . 33 . 20 . 7 . 619

VEGAN BEEF BANH MI SANDWICH \$21 V
Land Lovers vegan beef, pickled vegetables, napa cabbage
cilantro, sriracha aioli, whole wheat roll
488 . 60 . 36 . 15 . 8 . 663

RAMEN \$22
shiitake mushrooms, corn, bok choy, cilantro, shredded cabbage
choice of protein: tofu, vegan chicken
Non-Vegetarian Ramen Available choice of protein: soft egg, chicken
427 . 57 . 30 . 12 . 9 . 737

HOLY TRINITY TACOS \$18
pico de gallo, cilantro-lime cabbage slaw, chipotle aioli, 3 corn tortillas
(\$3 upcharge for mix and match)

- choice of protein:
- Land Lovers Vegan Beef V
489 . 58 . 45 . 10 . 12 . 338
 - soyrizo GF.V
492 . 60 . 29 . 20 . 16 . 441
 - vegan chimichurri chicken V
448 . 58 . 30 . 12 . 14 . 749
 - 3 chili-braised chicken GF
467 . 55 . 34 . 15 . 11 . 715
 - Cajun shrimp GF
453 . 54 . 43 . 11 . 10 . 478
 - chicken chorizo GF
498 . 53 . 33 . 19 . 10 . 576

At Truth & Tonic, we are committed to fresh, health-conscious dining.
Our vegan dishes are prepared with care and free from cross-contamination.

NOURISHING SMOOTHIES 16 oz \$12

SPINACH AVOCADO BANANA

almond milk, vanilla plant protein

345 . 34 . 23 . 14 . 10 . 112 GF

INFLAMMATION BERRY

blueberry, mango, pineapple, banana, turmeric, coconut milk,
pomegranate juice, vanilla plant protein

365 . 41 . 17 . 11 . 9 . 36 GF

CHOCOLATE PEANUT BUTTER & BANANA

chocolate plant protein, almond milk

320 . 40 . 23 . 9 . 11 . 414 GF

THE GREEN BEAST

spinach, baby kale, mango, coconut milk, apple juice,
vanilla plant protein

300 . 46 . 6 . 7 . 7 . 70 GF

EXTRA BENEFITS :

PROTEIN | \$2 each

Lion's mane mushroom boost powder, Peruvian maca powder

TO PROMOTE WELLNESS, WE WILL GLADLY ADD:

**açaí powder, avocado oil, goji berries, chia seeds, hemp seeds,
flax seeds, wheat germ**

BRUNCHY MIMOSAS \$14 each \$38 bottomless

PINEAPPLE CRANBERRY

pineapple juice, sweetened cranberry juice, champagne

TANGY TANGERINE

vanilla bean syrup, tangerine, champagne

THE CLASSIC

fresh pressed orange juice, champagne

LIBATIONS \$14 each

CR BLOODY MARY

signature recipe tomato juice, prairie organic vodka

CR PALOMA

house-made grapefruit soda, lime juice, Dos Caras tequila

RUMHAVEN COCONUT MOJITO

coconut rum, pineapple juice, organic cane sugar, mint

WATERMELON MARGARITA

butterfly tequila, watermelon, hibiscus

FUNCTIONAL JUICES 12 oz \$10

VEGAS RECOVERY

beets, apple, ginger, orange, pomegranate, green tea, kale

161 . 38 . 2 . tr . 1 . 41 GF

THE INFLAMMATION FIGHTER

cherry juice, ginger, pineapple, apple, orange,
turmeric, black pepper

187 . 44 . 2 . tr . 1 . 10 GF

GREEN MACHINE

cucumber, celery, kale, apple, turmeric, black pepper, ginger

140 . 32 . 3 . 1 . 3 . 58 GF

FRESH JUICE 12oz \$9 singles or blends

orange, tangerine, pineapple, gala apple, carrot, greens,
cranberry nectar, ginger, turmeric

COFFEE

DRIP COFFEE | 16oz \$7

medium-dark bizzarri house blend

ESPRESSO | 12oz \$7 • 16oz \$8

caffe latte

cappuccino

caffe Americano

cold brew

GUSTO CREMA TRADITIONAL ESPRESSO \$4

TRADITIONAL ESPRESSO MACCHIATO \$5

MILK OPTIONS

almond, soy, coconut, oat

non-fat milk, 2% milk, half & half

HOUSE-MADE SYRUP INFUSIONS

vanilla bean, caramel, crème brûlée, toasted hazelnut,
mocha, lavender vanilla

MUSHROOM BOOST \$3

CRAFT BEERS & BOOZY SELTZERS

Featuring a different craft brewery each month.
See our beer & seltzer list for our daily pour.

HIGH NOON NATURALLY FLAVORED SELTZERS \$8

HUDL LAGER \$8

HUDL HAZY IPA \$8

VEGAN WINES BY THE GLASS

CHARDONNAY \$12

PINOT GRIS \$12

FIT VINE PROSECCO \$12

ROSE \$14

PINOT NOIR \$14

J'ENWEY BOUTIQUE ORGANIC BLENDED TEA

HOT TEA | 12oz \$6 • 16oz \$7

ICED TEA | 16oz \$6

unsweetened Japanese green tea, black tea, herbal hibiscus tea



See over 500 recipes on
our **Nourish** blog.