

TRUE FOOD KITCHEN MENU



+1 520-829-5005

2905 E Skyline Dr #298, Tucson, AZ
85718, United States

OPEN

11:00 AM - 09:00 PM

BURGERS

Grass-Fed Burger*	\$22.95	Plant-Based Double Cheeseburger, V	\$22.45
Turkey Burger	\$21.80	All-American Burger*	\$22.95

SIDES

Kale Salad, VEG	\$4.60	True Crisp'd Chicken (2pc) GF	\$9.15
Fresh Vegetables	\$6.90	Antibiotic-Free Chicken	\$8.00
Sustainable Arctic Salmon*	\$12.60		

Buffalo Chicken Sandwich	\$0.00	Tender Plate, GF	\$19.50
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TRUE CRISP'D CHICKEN

TFK Classic Chicken
Sandwich

\$0.00

Chicken Parmesan

\$23.60

SEASONAL MENU

Puffed Sourdough &
Whipped Ricotta

\$10.35

Cold Brew

\$5.75

Sparkling Peach White
Tea

\$7.80

Medicine Man

\$9.80

ADD UTENSILS

Add Utensils

\$0.00

COLD BEVERAGES

Mountain Valley
Sparkling Water

\$8.05

The O.G.

\$7.80

Pineapple Spritzer

\$5.75

Mountain Valley Spring
Water

\$8.05

Lemon-Lime Spritzer

\$5.75

Avocado Toast*, VEG

\$16.70

Southwest Tofu
Scramble, V GF

\$19.50

Rancher's Hash

\$20.65

Mediterranean Breakfast
Bowl, VEG

\$19.00

BRUNCH (WEEKENDS ONLY)

Kid's Blueberry Pancake, VEG GF \$9.80

SALADS & BOWLS

Wild-Caught Tuna Poke Bowl*, GF \$29.35

Ancient Grain Bowl, V \$21.30

Teriyaki Quinoa Bowl, V GF \$20.65

Spicy Panang Curry Bowl, GF \$22.45

Organic Tuscan Kale Salad, VEG \$16.05

BRUNCH À LA CARTE (WEEKENDS ONLY)

Lemon Blueberry Ricotta Muffin (Single), VEG \$4.60

Bananas Foster Chia Seed Pudding, V GF \$9.80

Fruit Bowl \$4.60

Avocado \$4.60

Lemon Blueberry Ricotta Muffin (Three), VEG \$11.50

SOURDOUGH PIZZAS

Spinach And Wild Mushroom Pizza, V \$22.95

Seasonal Butternut Squash Pizza, V \$22.95

Margherita Pizza, VEG \$20.15

Pepperoni Pizza \$22.95

DESSERTS

Spiced Carrot Cake, VEG
GF

\$12.10

Flourless Chocolate
Cake, VEG GF

\$12.10

Chocolate Chip Cookie, V
GF

\$3.40

TEA, ORGANIC COFFEE & MATCHA

Decaf Coffee

\$4.60

Coffee

\$4.60

Caffe Latte

\$6.35

Matcha Latte

\$6.90

Iced Shakerato

\$6.65

ENTRÉES

Jambalaya Pasta*

\$24.75

Grilled Sustainable
Salmon*, GF

\$34.45

Chicken Parmesan

\$23.60

Lasagne Al Pesto, GF

\$23.60

Tender Plate, GF

\$19.50

STARTERS

Charred Cauliflower, V
GF

\$14.90

Edamame Dumplings,
VEG

\$17.20

Roasted Brussels
Sprouts, V GF

\$14.90

Mediterranean Hummus,
V

\$14.40

Seasonal Roasted
Butternut Squash Soup,
V GF

\$9.80

KIDS

Kids Tomato Sauce Noodles, VEG	\$9.20	Kids Chicken Tender Plate, GF	\$11.50
Kids Cheese Pizza, VEG	\$11.50	Kids Butter Noodles, VEG	\$9.20
Kids Grass-Fed Cheeseburger*	\$11.50		

Objective Reviews

True Food Kitchen Menu offers a fresh take on wholesome dining with highlights like the comforting Meat Loaf, vibrant Kale Caesar salad, and the perfectly cooked Salmon Bowl. Vegetarians and vegans will appreciate the flavorful Edamame Dumplings and Roasted Brussels Sprouts, both plant-based and gluten-free options. For a sweet finish, the Chocolate Pot de Creme is a decadent choice. A selection of beverages including Wine, Margarita, and Iced Shakerato rounds out the experience with sophisticated flavors. Located at 2905 E Skyline Dr #298, Tucson, this restaurant pairs health-conscious dishes with warm, attentive service, creating an inviting atmosphere perfect for enjoying a nourishing meal. Discover delicious, mindful dining that satisfies both palate and soul.