

NATURAL REFRESHMENTS

BRIGHT EYES <i>gf, v</i>	6
Pear, Ginger, Beet, Pineapple & Turmeric	
WEEKEND WARRIOR <i>gf, veg</i>	6
Banana, Flax, Almond Butter, Low-Fat Yogurt & Apple Juice	
TFK SEASONAL SODA	4
SEASONAL SPARKLING TEA	5
KALE-AID	6
Kale, Apple, Cucumber, Celery, Lemon & Ginger	
ROOT & REMEDY	6
Beet, Carrot, Ginger, Turmeric & Lemon	
MEDICINE MAN (ANTIOXIDANT BLAST)	6
Sea Buckthorn, Pomegranate, Blueberry, Cranberry, Black Tea & Soda	
THE NATURAL (HOT OR COLD)	4
Ginger, Agave & Soda	
CUCUMBER REFRESHER	5
Cucumber & Honey Lemonade	
POMEGRANATE LIMEADE	5
Lime Juice, Evaporated Cane, Pom Juice & Chia Seed	
GREEN ARNIE	5
Matcha Green Tea & Honey Lemonade	
WATERMELON LEMONADE	5
Watermelon & Honey Lemonade	
HANGOVER RX	5
Coconut Water, Pineapple, Vanilla & Orange Juice	
HONEY LEMONADE	4

STARTERS

DAILY MARKET SOUP	7
MISO SOUP <i>v</i>	4
Wild Mushroom & Scallion	
SHIITAKE & TOFU LETTUCE CUPS <i>v</i>	9
Ginger, Soy & Cashew	
SALMON DIP*	12
House Smoked, Greek Yogurt & Crispy Pita	
EDAMAME DUMPLINGS <i>veg</i>	9
Daikon Radish & White Truffle Oil	
CARAMELIZED ONION TART <i>veg</i>	10
Smoked Garlic, Black Fig & Gorgonzola	
VEGETABLE CRUDITÉS <i>veg</i>	13
Two Dips: Tzatziki & Black Olive	
ALBACORE TATAKI* <i>gf</i>	12
Lime Ponzu, Daikon, Avocado, Cucumber & Scallion	
HERB HUMMUS <i>veg</i>	9
Pita Bread, Tomato, Onion & Feta	

v: vegan veg: vegetarian gf: gluten free

While we offer gluten free items, our kitchen is not completely gluten free.

*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

SALADS

Add: Grilled Chicken \$5
Grilled Steelhead Salmon* \$10

TUSCAN KALE <i>veg</i>	8
Lemon, Parmesan & Bread Crumb	
BABY GREENS <i>gf, veg</i>	4
Organic Baby Greens & House Made Umami Dressing	
SUMMER MARKET SALAD <i>gf, veg</i>	12
Purslane, Corn, Almond, Cucumber, Avocado, Goat Cheese, Blueberry, Tomato & Herb Vinaigrette	
HEIRLOOM TOMATO <i>gf, veg</i>	13
& WATERMELON	
Goat Cheese, Basil, Cashew & Olive Oil	
MEDITERRANEAN CHOPPED <i>gf, veg</i>	11
Cucumber, Olive, Cherry Tomato, Quinoa, Feta, Sprouted Almond & Lemon Oregano Vinaigrette	
CHICKEN CHOPPED	14
Cranberry, Date, Jicama, Manchego, Farro, Sprouted Almond & Champagne Vinaigrette	

ENTREES

RED CHILI SHRIMP*	16
Sesame Noodle, Gai Lan, Spinach & Shiitake Mushroom	
SUB SHIRATAKI NOODLES <i>gf</i> 2	
PANANG CURRY <i>gf</i>	
Brown Rice, Potato, Broccoli, Ginger, Carrot, Mushroom & Coconut Shellfish Broth	
CHOICE OF: TOFU 14 · CHICKEN 16 · SHRIMP* 17	
TURKEY LASAGNA <i>gf</i>	14
Spinach, Ricotta & Organic Tomato	
TERIYAKI BROWN RICE BOWL <i>v</i>	
Asian Vegetable, Sesame & Avocado	
CHOICE OF: TOFU 14 · CHICKEN 15 · STEAK* 16	
GRILLED STEELHEAD SALMON*	20
Arugula, Watercress, Corn, Cherry Tomato, Freekeh & Lemon Vinaigrette	
STREET TACOS <i>gf</i>	16
Avocado, Cotija Cheese, Tomatillo Salsa, Sour Cream & Anasazi Bean	
CHOICE OF: GRASS FED STEAK* · SUSTAINABLE SEA BASS*	
SPAGHETTI SQUASH CASSEROLE <i>gf, veg</i>	13
Fresh Mozzarella, Organic Tomato & Zucchini	

PIZZA

Gluten Free Crust Available \$2

MARGHERITA <i>veg</i>	11
Mozzarella, Organic Tomato & Basil	
CHICKEN SAUSAGE	13
Tomato, Fennel & Fontina	
WILD MUSHROOM <i>veg</i>	13
Roasted Garlic & Taleggio	
CORN & EGGPLANT <i>veg</i>	13
Sweet Onion, Roasted Garlic, Goat Cheese & Basil	

BRUNCH

BREAKFAST

BANANA, ESPRESSO, PISTACHIO <i>veg</i>	3
& DATE MUFFIN	
BLUEBERRY, WALNUT <i>gf, veg</i>	4
& OLIVE OIL MUFFIN	
GOJI BERRY GRANOLA <i>veg</i>	7
Greek Yogurt, Banana, Dried Blueberry, Walnut & Puffed Brown Rice	
TOFU SCRAMBLE WRAP <i>v</i>	9
Soy Chorizo, Pasilla & Anasazi Bean	
TWO ORGANIC EGGS* <i>gf</i>	10
Turkey Sausage & Sweet Potato Hash	
HUEVOS RANCHEROS* <i>gf</i>	9
Two Sunny-Side Up Eggs, Corn Tortillas, Ranchero Sauce & Cotija Cheese	
CHICKEN SAUSAGE SCRAMBLE* <i>gf</i>	12
Zucchini, Mushroom, Spinach, Kale & Three Eggs	
QUINOA JOHNNY CAKES <i>veg</i>	9
Blueberry, Maple Syrup & Greek Yogurt	
MARKET VEGETABLE SCRAMBLE* <i>gf, veg</i>	10
Sweet Potato Hash, Onion, Mushroom, Parmesan & Three Eggs	
BREAKFAST BURRITO*	9
Egg, Turkey Sausage, Provolone, Anasazi Bean & Salsa	

SANDWICHES

Gluten Free Bun or Pita Available \$2

"INSIDE OUT" QUINOA BURGER <i>gf, veg</i>	12
Hummus, Tzatziki, Tomato, Cucumber, Red Onion, Avocado & Feta	
SHAVED TURKEY	12
Provolone, Tomato, Onion, Grape, Yogurt Dressing & Pita	
GRILLED ALBACORE TUNA SLIDERS*	15
Wasabi Aioli, Daikon, Avocado & Cucumber	
TURKEY BURGER	12
Provolone, Lettuce, Tomato, Avocado, Mayo & Flax Seed Bun	
ANDY'S FAVORITE "TLT" <i>v</i>	12
Tempeh, Lettuce, Tomato, Avocado, Veganaise & Whole Grain Bread	
GRASS FED BISON BURGER*	16
Umami, Mushroom, Onion, Mayo, Watercress, Parmesan & Flax Seed Bun	

True Food
kitchen

NATURAL REFRESHMENTS

TFK SEASONAL SODA	4
SEASONAL SPARKLING TEA	5
KALE-AID	6
Kale, Apple, Cucumber, Celery, Lemon & Ginger	
ROOT & REMEDY	6
Beet, Carrot, Ginger, Turmeric & Lemon	
MEDICINE MAN (ANTIOXIDANT BLAST)	6
Sea Buckthorn, Pomegranate, Blueberry, Cranberry, Black Tea & Soda	
THE NATURAL (HOT OR COLD)	4
Ginger, Agave & Soda	
CUCUMBER REFRESHER	5
Cucumber & Honey Lemonade	
POMEGRANATE LIMEADE	5
Lime Juice, Evaporated Cane, Pom Juice & Chia Seed	
GREEN ARNIE	5
Matcha Green Tea & Honey Lemonade	
WATERMELON LEMONADE	5
Watermelon & Honey Lemonade	
HANGOVER RX	5
Coconut Water, Pineapple, Vanilla & Orange Juice	
HONEY LEMONADE	4

STARTERS

DAILY MARKET SOUP	7
MISO SOUP <small>v</small>	4
Wild Mushroom & Scallion	
SHIITAKE & TOFU LETTUCE CUPS <small>v</small>	9
Ginger, Soy & Cashew	
SALMON DIP*	12
House Smoked, Greek Yogurt & Crispy Pita	
EDAMAME DUMPLINGS <small>veg</small>	9
Daikon Radish & White Truffle Oil	
CARAMELIZED ONION TART <small>veg</small>	10
Smoked Garlic, Black Fig & Gorgonzola	
VEGETABLE CRUDITÉS <small>veg</small>	13
Two Dips: Tzatziki & Black Olive	
ALBACORE TATAKI* <small>gf</small>	12
Lime Ponzu, Daikon, Avocado, Cucumber & Scallion	
HERB HUMMUS <small>veg</small>	9
Pita Bread, Tomato, Onion & Feta	

SALADS

Add: Grilled Chicken \$5
Grilled Steelhead Salmon* \$10

TUSCAN KALE <small>veg</small>	8
Lemon, Parmesan & Bread Crumb	
BABY GREENS <small>gf, veg</small>	4
Organic Baby Greens & House Made Umami Dressing	
SUMMER MARKET SALAD <small>gf, veg</small>	12
Purslane, Corn, Almond, Cucumber, Avocado, Goat Cheese, Blueberry, Tomato & Herb Vinaigrette	
HEIRLOOM TOMATO <small>gf, veg</small> & WATERMELON	13
Goat Cheese, Basil, Cashew & Olive Oil	
MEDITERRANEAN CHOPPED <small>gf, veg</small>	11
Cucumber, Olive, Cherry Tomato, Quinoa, Feta, Sprouted Almond & Lemon Oregano Vinaigrette	
CHICKEN CHOPPED	14
Cranberry, Date, Jicama, Manchego, Farro, Sprouted Almond & Champagne Vinaigrette	

PIZZA

Gluten Free Crust Available \$2

MARGHERITA <small>veg</small>	11
Mozzarella, Organic Tomato & Basil	
CHICKEN SAUSAGE	13
Tomato, Fennel & Fontina	
WILD MUSHROOM <small>veg</small>	13
Roasted Garlic & Taleggio	
CORN & EGGPLANT <small>veg</small>	13
Sweet Onion, Roasted Garlic, Goat Cheese & Basil	

SANDWICHES

Gluten Free Bun or Pita Available \$2

"INSIDE OUT" QUINOA BURGER <small>gf, veg</small>	12
Hummus, Tzatziki, Tomato, Cucumber, Red Onion, Avocado & Feta	
SHAVED TURKEY	12
Provolone, Tomato, Onion, Grape, Yogurt Dressing & Pita	
GRILLED ALBACORE TUNA SLIDERS*	15
Wasabi Aioli, Daikon, Avocado & Cucumber	
TURKEY BURGER	12
Provolone, Lettuce, Tomato, Avocado, Mayo & Flax Seed Bun	
ANDY'S FAVORITE "TLT" <small>v</small>	12
Tempeh, Lettuce, Tomato, Avocado, Vegenaïse & Whole Grain Bread	
GRASS FED BISON BURGER*	16
Umami, Mushroom, Onion, Mayo, Watercress, Parmesan & Flax Seed Bun	

LUNCH

ENTREES

RED CHILI SHRIMP*	16
Sesame Noodle, Gai Lan, Spinach & Shiitake Mushroom	
SUB SHIRATAKI NOODLES <small>gf</small> 2	
PANANG CURRY <small>gf</small>	
Brown Rice, Potato, Broccoli, Ginger, Carrot, Mushroom & Coconut Shellfish Broth	
CHOICE OF: TOFU 14 • CHICKEN 16 • SHRIMP* 17	
TURKEY LASAGNA <small>gf</small>	14
Spinach, Ricotta & Organic Tomato	
TERIYAKI BROWN RICE BOWL <small>v</small>	
Asian Vegetable, Sesame & Avocado	
CHOICE OF: TOFU 14 • CHICKEN 15 • STEAK* 16	
GRILLED STEELHEAD SALMON*	20
Arugula, Watercress, Corn, Cherry Tomato, Freekeh & Lemon Vinaigrette	
STREET TACOS <small>gf</small>	16
Avocado, Cotija Cheese, Tomatillo Salsa, Sour Cream & Anasazi Bean	
CHOICE OF: GRASS FED STEAK* • SUSTAINABLE SEA BASS*	
SPAGHETTI SQUASH CASSEROLE <small>gf, veg</small>	13
Fresh Mozzarella, Organic Tomato & Zucchini	

v: vegan veg: vegetarian gf: gluten free

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SEASONAL SPARKLING TEA	5
KALE-AID	6
Kale, Apple, Cucumber, Celery, Lemon & Ginger	
ROOT & REMEDY	6
Beet, Carrot, Ginger, Turmeric & Lemon	
MEDICINE MAN (ANTIOXIDANT BLAST)	6
Sea Buckthorn, Pomegranate, Blueberry, Cranberry, Black Tea & Soda	
THE NATURAL (HOT OR COLD)	4
Ginger, Agave & Soda	
CUCUMBER REFRESHER	5
Cucumber & Honey Lemonade	
POMEGRANATE LIMEADE	5
Lime Juice, Evaporated Cane, Pom Juice & Chia Seed	
GREEN ARNIE	5
Matcha Green Tea & Honey Lemonade	
WATERMELON LEMONADE	5
Watermelon & Honey Lemonade	
HANGOVER RX	5
Coconut Water, Pineapple, Vanilla & Orange Juice	
HONEY LEMONADE	4

STARTERS

DAILY MARKET SOUP	7
MISO SOUP v	4
Wild Mushroom & Scallion	
SHIITAKE & TOFU LETTUCE CUPS v	9
Ginger, Soy & Cashew	
SALMON DIP*	12
House Smoked, Greek Yogurt & Crispy Pita	
EDAMAME DUMPLINGS veg	9
Daikon Radish & White Truffle Oil	
CARAMELIZED ONION TART veg	10
Smoked Garlic, Black Fig & Gorgonzola	
VEGETABLE CRUDITÉS veg	13
Two Dips: Tzatziki & Black Olive	
ALBACORE TATAKI* gf	12
Lime Ponzu, Daikon, Avocado, Cucumber & Scallion	
HERB HUMMUS veg	9
Pita Bread, Tomato, Onion & Feta	

SALADS

Add: Grilled Chicken \$5
Grilled Steelhead Salmon* \$10

TUSCAN KALE veg	8
Lemon, Parmesan & Bread Crumb	
BABY GREENS gf, veg	4
Organic Baby Greens & House Made Umami Dressing	
SUMMER MARKET SALAD gf, veg	12
Purslane, Corn, Almond, Cucumber, Avocado, Goat Cheese, Blueberry, Tomato & Herb Vinaigrette	
HEIRLOOM TOMATO gf, veg & WATERMELON	13
Goat Cheese, Basil, Cashew & Olive Oil	
MEDITERRANEAN CHOPPED gf, veg	11
Cucumber, Olive, Cherry Tomato, Quinoa, Feta, Sprouted Almond & Lemon Oregano Vinaigrette	
CHICKEN CHOPPED	14
Cranberry, Date, Jicama, Manchego, Farro, Sprouted Almond & Champagne Vinaigrette	

PIZZA

Gluten Free Crust Available \$2

MARGHERITA veg	11
Mozzarella, Organic Tomato & Basil	
CHICKEN SAUSAGE	13
Tomato, Fennel & Fontina	
WILD MUSHROOM veg	13
Roasted Garlic & Taleggio	
CORN & EGGPLANT veg	13
Sweet Onion, Roasted Garlic, Goat Cheese & Basil	

SANDWICHES

Gluten Free Bun or Pita Available \$2

"INSIDE OUT" QUINOA BURGER gf, veg	12
Hummus, Tzatziki, Tomato, Cucumber, Red Onion, Avocado & Feta	
SHAVED TURKEY	12
Provolone, Tomato, Onion, Grape, Yogurt Dressing & Pita	
TURKEY BURGER	12
Provolone, Lettuce, Tomato, Avocado, Mayo & Flax Seed Bun	
ANDY'S FAVORITE "TLT" v	12
Tempeh, Lettuce, Tomato, Avocado, Vegenaise & Whole Grain Bread	
GRASS FED BISON BURGER*	16
Umami, Mushroom, Onion, Mayo, Watercress, Parmesan & Flax Seed Bun	

DINNER

ENTREES

RED CHILI SHRIMP*	18
Sesame Noodle, Gai Lan, Spinach & Shiitake Mushroom	
SUB SHIRATAKI NOODLES gf 2	
ROASTED CHICKEN	19
Corn, Purslane, Farro, Preserved Lemon, Feta & Cannellini Bean Puree	
PANANG CURRY gf	
Brown Rice, Potato, Broccoli, Ginger, Carrot, Mushroom & Coconut Shellfish Broth	
CHOICE OF: TOFU 14 • CHICKEN 16 • SHRIMP* 17	
MISO GLAZED BLACK COD*	25
Bok Choy & Asian Mushroom	
TURKEY LASAGNA gf	14
Spinach, Ricotta & Organic Tomato	
TERIYAKI BROWN RICE BOWL v	
Asian Vegetable, Sesame & Avocado	
CHOICE OF: TOFU 14 • CHICKEN 15 • STEAK* 16	
GRILLED STEELHEAD SALMON*	24
Arugula, Watercress, Corn, Cherry Tomato, Freekeh & Lemon Vinaigrette	
STREET TACOS gf	16
Avocado, Cotija Cheese, Tomatillo Salsa, Sour Cream & Anasazi Bean	
CHOICE OF: GRASS FED STEAK* • SUSTAINABLE SEA BASS*	
SPAGHETTI SQUASH CASSEROLE gf, veg	13
Fresh Mozzarella, Organic Tomato & Zucchini	

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WINES

	glass	bottle
BUBBLES		
DOLCI COLLINE (ITALY) Prosecco	9	36
DOMAINE CHANDON "ÉTOILE ROSÉ" sus (NAPA/SONOMA) Sparkling	13	52
WHITES		
M.A.N. FAMILY WINES sus (AGTER-PAARL, SOUTH AFRICA) Chenin Blanc	6	24
TANGENT sus (EDNA VALLEY, CA) Pinot Grigio	7	28
MANIFESTO sus (NORTH COAST, CA) Sauvignon Blanc	8	32
CROSSINGS sus (MARLBOROUGH, NZ) Sauvignon Blanc	10	40
TWOMEY sus (NAPA/SONOMA, CA) Sauvignon Blanc	13	52
WOLF MOUNTAIN "PLENITUDE" loc (DAHLONEGA, GA) Chardonnay/Viognier	8	32
HARAS org (MAIPO VALLEY, CHILE) Chardonnay	6	24
COLUMBIA WINERY sus (COLUMBIA VALLEY, WA) Chardonnay	8	32
LINCOURT "COURTNEY'S" sus (SANTA RITA HILLS, CA) Chardonnay	11	44
FROG'S LEAP org (NAPA VALLEY, CA) Chardonnay	13	52
SNOQUALMIE "ECO" org (COLUMBIA VALLEY, WA) Riesling	8	32
ROSÈ		
PURATO org (SICILY, ITALY) Nero d'Avola	7	28
REDS		
MELVILLE "FOX BLOCK NINE" sus (SANTA BARBARA CO., CA) Pinot Noir	15	58
PARDUCCI sus (CALIFORNIA) Pinot Noir	8	32
PERRIN "RESERVE" org (RHONE VALLEY, FRANCE) Grenache Blend	8	32
ALVARO PALACIOS "CAMINS" bio (PRIORAT, SPAIN) Carinena, Garnacha, Cabernet, Syrah	15.5	60
FATTORIA RODANO "POGGIALUPI" org (TUSCANY, ITALY) Super Tuscan	10	40
SELLA & MOSCA sus (SARDINIA, ITALY) Cannonau	12	48
ALAMOS sus (MENDOZA, ARGENTINA) Malbec	6	24
CHARLES SMITH WINES "VELVET DEVIL" sus (COLUMBIA VALLEY, WA) Merlot	8	32
TERRAZAS DE LOS ANDES sus (MENDOZA, ARGENTINA) Cabernet Sauvignon	7	28
HIDDEN CRUSH sus (CENTRAL COAST, CA) Cabernet Sauvignon	9	36
LONG MEADOW RANCH org (NAPA VALLEY, CA) Cabernet Sauvignon	12	48
EOS sus (PASO ROBLES, CA) Petite Sirah	8	32
KUNDE sus (SONOMA VALLEY, CA) Zinfandel	10	40

COCKTAILS

SPONTANEOUS HAPPINESS Ginger & Vanilla Infused Shochu, St. Germain, Fresh Lime	9
CUCUMBER-CITRUS SKINNY MARGARITA Ixá Organic Silver Tequila, Lime, Fresh Mint, Soda	10
THAI GRAPEFRUIT MARTINI Prairie Organic Vodka, Thai Basil, Grapefruit	11
ACAI BLUEBERRY MOJITO Papagayo Organic Rum, VeeV Acai Liqueur, Blueberry, Mint	10
CUCUMBER MARTINI Ketel One Vodka, St. Germain, Pineapple, Cucumber	10
WATERMELON ROSE Ketel One Vodka, Lime, Juiced Watermelon	11
GINGER MARGARITA Hornitos Añejo Tequila, St. Germain, Ginger Agave, Flamed Orange	11
BLACKBERRY SMASH Bulleit Bourbon, Blackberry, Black Tea, Honey, Lemon	11
STRAWBERRY VANILLA DAIQUIRI Strawberry & Vanilla Infused White Rum, Pineapple, Lime	9

BEER

"PARK DAY PILSNER" (MOTHER EARTH BREWING) loc	5.75
"HI-5 IPA" (TERRAPIN BREWING) loc	5.75
STELLA ARTOIS	6
"LIGHT LAGER" (COORS BREWING)	5
"ORGANIC PILSNER" (LAMMSBRAU) org	6.5
"FENCE POST SESSION ALE" (BACK FORTY BREWING) loc	5.5
"ROTATING SEASONAL" (SWEETWATER BREWING) loc	6
"MAGGIE'S PEACH" (TERRAPIN BREWING) loc	6.25
"HARD CIDER" (ANGRY ORCHARD) gf	5.5
"OMISSION PALE ALE" (WIDMER)	5.5
"WHITE HOPS" (THREE TAVERNS BREWING) loc	6.25
"420 PALE ALE" (SWEETWATER BREWING) loc	5.5

bio: biodynamically farmed **gf:** gluten free



org: certified organically farmed **sus:** sustainably farmed **loc:** locally sourced

LOOSE LEAF TEAS

JASMINE PEARL GREEN TEA	5
GENMAICHA GREEN TEA	4
WOOD DRAGON OOLONG	6
PEPPERMINT (DECAF)	4
CRIMSON CHAI ROOIBOS (DECAF)	5
CHAMOMILE (DECAF)	5
DARJEELING	5
WHITE PEONY "BAI MUDAN"	5

FAIR TRADE COFFEE

CERTIFIED ORGANIC

REGULAR & DECAF	3
ESPRESSO	3
LATTE	4
CAPPUCCINO	4

Choice of: Organic Half & Half,
Organic Whole, Organic Nonfat,
Soy, Almond

v: vegan **veg: vegetarian** **gf: gluten free**

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made locally 3.25.14 phoenix

DESSERT

FLOURLESS CHOCOLATE CAKE **gf, veg** 7
72% Cocoa, Vanilla Ice Cream
& Caramel

LEMON TART **gf** 7
Strawberry &
Coconut Whipped Cream

CHIA SEED PUDDING **gf, v** 7
Banana & Coconut

STRAWBERRY RHUBARB CRISP **veg** 7
Vanilla Ice Cream

LEMON-GINGER LOW-FAT **gf, veg** 5
FROZEN YOGURT

ICE CREAM & SORBET (SCOOP) 2.5
Dairy-Free, Vegan & Seasonal
Flavors Available

