

NOURISHING SMOOTHIES 16 oz \$12

SPINACH AVOCADO BANANA

almond milk, vanilla plant protein
GF

INFLAMMATION BERRY

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

CHOCOLATE PEANUT BUTTER & BANANA

chocolate plant protein, almond milk
GF

THE GREEN BEAST

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

EXTRA BENEFITS :

PROTEIN | \$2 each

Lion's mane mushroom boost powder, Peruvian maca powder

TO PROMOTE WELLNESS, WE WILL GLADLY ADD:
**acai powder, avocado oil, goji berries, chia seeds, hemp seeds,
flax seeds, wheat germ**

FUNCTIONAL JUICES 12 oz \$10

VEGAS RECOVERY

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

THE INFLAMMATION FIGHTER

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

GREEN MACHINE

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

FRESH JUICE 12oz \$9 singles or blends
orange, tangerine, pineapple, gala apple, carrot, greens,
cranberry nectar, ginger, turmeric (mix up to 4)

COFFEE

DRIP COFFEE | 16oz \$7

medium dark bizzarri house blend

ESPRESSO | 12oz \$7 • 16oz \$8

caffè latte cappuccino 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

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

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

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



Learn about our approach
to healthy eating.



Scan for menu with
nutritional information.

ARTISAN HOUSE-BAKED BREADS

BANANA BREAD V
\$5

COFFEE CAKE MUFFIN V
\$5

**BLUEBERRY WHOLE GRAIN
MUFFIN** \$6 V

LIGHT & FRUITY

OVERNIGHT COCONUT CHIA OATS \$16 V
mixed berries, toasted coconut

ORGANIC OATMEAL \$14 GF . V
blueberries, toasted walnuts, maple syrup

ORGANIC STRAWBERRY & CASHEW BUTTER TOAST \$18 V
grilled banana, maple syrup, candied cashews

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

RED LENTIL HUMMUS TOAST \$20 V
avocado spread, blistered cherry tomatoes, micro basil, balsamic caviar

SMOKED SALMON & AVOCADO TOAST \$22
roasted cherry tomatoes, lemon caper sour cream, micro arugula

DRESSED EGG TOAST \$20
deviled egg salad, pickled onion, radishes, jalapeno, chives
blistered cherry tomatoes

MAKE IT FANCY – ADD:

- **JUST EGG** \$4 GF . V
- **ORGANIC EGGS** \$4 GF
- **SMOKED SALMON** \$4 GF

3 EGG BREAKFAST SCRAMBLES \$20

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

ORGANIC EGGS
ORGANIC EGG WHITES
JUST EGG V
TOFU NOOCH V

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

QUINOA BOWL \$15 GF . V
mixed greens, cucumbers, roasted sweet potato, roasted
garbanzos, avocado, green goddess dressing, harissa lime aioli

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

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

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

COCONUT MILK FRENCH TOAST \$18
fresh blueberries, strawberries & sliced banana, shaved toasted almonds
maple syrup, two eggs any style

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

SOYRIZO BREAKFAST BURRITO \$20 V
JUST Egg, avocado, cheddar cheese, pico de gallo, chipotle
aioli, black beans, house salad

CHICKEN CHORIZO BREAKFAST BURRITO \$20
two organic eggs, avocado, cheddar cheese, pico de gallo
breakfast potatoes, chipotle aioli, house salad

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

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

VEGAN BEEF BANH MI SANDWICH \$21 V
Land Lovers vegan beef, pickled vegetables, napa cabbage
cilantro, sriracha aioli, whole wheat roll

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

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

choose:

- Land Lovers vegan beef V
- soyrizo GF . V
- vegan chimichurri chicken V
- 3 chili-braised chicken GF
- Cajun shrimp GF
- chicken chorizo GF

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.