

FRIES & SIDES

FRESH CUT FRIES <small>(enough for 2)</small>	\$5.00
Kennebec potatoes, twice-fried, Belgian style, in non-gmo rice bran oil, seasoned with kosher salt	
SWEET POTATO “TOTS”	\$6.00
<i>Both served with</i> Heinz organic ketchup • garlic aioli • sriracha mayo	

TRUFFLE FRIES	\$6.00
Our fresh cut fries, truffle oil, parmesan, pecorino, parsley, served with truffle mayo	

GARLIC FRIES	\$6.00
Our fresh cut fries, tossed with garlic and rosemary	

SUPER FOOD SALAD	\$4.00
Kale, brussel sprouts, napa cabbage with champagne mustard dressing	

SOUP

ROASTED CORN CHOWDER WITH POBLANO CHILES	\$6.00
Topped with fresh chive	

SHAKES

Made with all-natural premium ice cream	
MAKE IT A MALT	+\$1.00
VANILLA BEAN	\$5.00
CHOCOLATE	\$5.00
OREO	\$5.50
SEA SALT CARAMEL	\$5.50
BIRTHDAY CAKE	\$5.50
STRAWBERRY	\$5.50

DESSERTS

FLOURLESS CHOCOLATE CAKE	\$7.00
Made with a blend of four chocolates and finished with a ganache topping	

TRULAND CARROT CAKE	
Four monster layers, iced and layered with silky cream cheese icing, chopped walnuts	

FULL SLICE <small>(great to share)</small>	\$11.00
HALF SLICE	\$6.00

For every Truland Carrot Cake purchased, \$2.00 will be donated to Tucson Values Teachers

OTHER OPTIONS

GRILLED CHICKEN SANDWICH	\$10.49
Smart brand free-range hormone/antibiotic-free chicken breast, lettuce, red onion, tomato, Tru-Sauce	

BUFFALO CHICKEN SANDWICH	\$9.99
Smart brand free-range hormone/antibiotic-free chicken breast, panko crusted and dipped in sriracha buffalo sauce and topped with ranch super food slaw	

TURKEY BURGER	\$9.99
All-natural turkey, lettuce, tomato, red onion, pesto mayo	

VEGGIE BURGER	\$9.99
Arizona-sourced tepary bean and superfood-based vegan patty with natural wood-smoked flavor, topped with lettuce, red onion, cucumber, with Tru-Sauce on a grilled brioche bun (bun & sauce non-vegan)	

CHORIZO BURGER	\$9.49
Two all-natural chorizo patties, two slices of all-natural pepper jack cheese, hatch green chiles	
ADD A CAGE-FREE FRIED EGG *	+\$1.25

HOT DOG	\$6.95
Niman Ranch nitrate-free, all-natural 100% beef hot dog, split-grilled, topped with diced red onion and yellow mustard on a steamed sesame bun	

ADD HATCH GREEN CHILES	+\$1.25
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HOMESTYLE MAC & CHEESE	\$8.99
Large elbow pasta, mixed with classic cheddar cheese sauce, topped with cheddar cheese, parmesan and bread crumbs baked to a golden brown	

CHICKEN TENDERS	\$7.99
Premium chicken tenderloin made with real pale ale lager batter	

BEVERAGES

MAINE ROOT FOUNTAIN SODAS	\$2.95
Made with organic cane sugar – blueberry, ginger brew, lemon-lime, Mexicane cola, orange and root beer	

MAINE ROOT FAIR-TRADE LEMONADE	\$2.95
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DIET COKE FOUNTAIN SODA	\$2.95
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BREWED ICED TEA MAYA	\$2.95
Regular black, prickly pear (herbal)	

COFFEE ORGANIC, FAIR-TRADE	\$2.75
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PREMIUM BURGERS

To ensure a great burger experience, Truland uses premium hormone/antibiotic free beef from Niman Ranch. Every burger has two patties which are smashed, seared and cooked to medium well on our state-of-the-art grill to seal in the meat’s natural juices and flavors.*

Although we feel strongly that our standard “double” is the way to go, for those who prefer a thicker “single” burger to temp, we do offer that as an option. Just let your server know!*

SUBSTITUTE 100% GRASS-FED BEEF FROM LOCAL DOUBLE CHECK RANCH	+\$3.00
GLUTEN-FREE BUN	+\$2.00
PROTEIN STYLE AVAILABLE	

TRULAND CLASSIC *	\$10.99
Two slices of American cheese, lettuce, tomato, caramelized onion and Tru-Sauce	

SHROOM & SWISS *	\$11.29
Two slices of all-natural Swiss cheese, grilled crimini mushrooms, caramelized onion and garlic aioli	

TRUFFLE *	\$11.49
Two slices of havarti cheese, arugula and truffle mayo	

WESTERN BLEU CHEESE *	\$12.49
Bleu cheese, all-natural nitrate/nitrite-free bacon, crispy onions and bbq sauce	

ADDITIONAL TOPPINGS: + \$1.25 each

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| • ALL-NATURAL WHITE CHEDDAR CHEESE | • ALL-NATURAL HAVARTI BLEU CHEESE | • GRILLED JALAPEÑO | • AVOCADO |
| • ALL-NATURAL PEPPER JACK CHEESE | • FETA | • CARAMELIZED ONION | • CAGE-FREE FRIED EGG* |
| • ALL-NATURAL SWISS | • GOAT CHEESE | • GRILLED CRIMINI MUSHROOMS | • ALL-NATURAL NITRATE/ NITRITE-FREE BACON |
| | • TRUFFLE MAYO | • HATCH GREEN CHILES | |

FRESH GREENS

ADDITIONS:

ALL-NATURAL CHICKEN + \$4.00
GRILLED SALMON* + \$5.00
SEARED AHI* + \$6.00

ORCHARD APPLE	\$9.49
Spinach, blue cheese crumbles, apples, dried cranberries and caramelized walnuts with fat-free raspberry vinaigrette dressing	

TRU BEETS	\$10.49
Organic spring mix, goat cheese, roasted beets and caramelized walnuts with balsamic vinaigrette dressing	

CAESAR	\$8.49
Romaine lettuce, shaved parmesan cheese and croutons with classic Caesar dressing	

BRUSSELS & BACON	\$9.99
Organic kale, warm brussels sprouts, all-natural nitrate/nitrite-free bacon, goat cheese, dried cranberries, caramelized walnuts with balsamic vinaigrette dressing	

SOUTHWEST	\$10.49
Romaine lettuce, all-natural cheddar cheese, avocado, black olives, tortilla strips, tomatoes and black beans with salsa ranch dressing	

*Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

BEER ON TAP

	16oz	20oz
COORS LIGHT <i>Colorado</i>	\$4.5	\$5.5
DOS XX LAGER <i>Mexico</i>	\$5	\$6
BARRIO BLONDE <i>Tucson</i>	\$6	\$7
FIRESTONE WALKER 805 HONEY BLONDE <i>California</i>	\$6	\$7
BLUE MOON <i>Colorado</i>	\$6	\$7
ALASKAN AMBER <i>Alaska</i>	\$6	\$7
TOOLE AVE UNFILTERED IPA <i>Tucson</i>	\$6	\$7
DRAGOON IPA <i>Tucson</i>	\$6	\$7
ROTATING HANDLES <i>Ask Your Server</i>	\$6	\$7

BEER BOTTLES & CANS

MODELO ESPECIAL <i>Mexico</i>	\$5
SAM ADAMS BOSTON LAGER <i>Massachusetts</i>	\$4.5
BELLS TWO-HEARTED ALE <i>Michigan (can)</i>	\$6
GUINNESS <i>Ireland (Can)</i>	\$6
ANGRY ORCHARD HARD CIDER <i>Ohio (can)</i>	\$4.5
OMISSION LAGER <i>Oregon</i>	\$4.5

WINE ON TAP BY THE GLASS

WHITES	6oz	9oz
PINOT GRIS <i>Acrobat-King Estate</i>	\$8.5	\$11
SAUVIGNON BLANC <i>Starborough</i>	\$8.5	\$11
CHARDONNAY <i>Chateau St. Jean-Treasury</i>	\$7	\$9
ROSÉ <i>North by Northwest King Estate</i>	\$7.5	\$10
REDS		
PINOT NOIR <i>Old Soul–Oak Ridge Winery</i>	\$7	\$9
RED ZINFANDEL <i>OZV–Oak Ridge Winery</i>	\$7	\$9
RED BLEND <i>Lunatic – Luna Vineyards</i>	\$9	\$12
CABERNET SAUVIGNON <i>Line 39–O’Neill Vintners</i>	\$7.5	\$10

ADDITIONAL WINES BY THE BOTTLE ALSO AVAILABLE
(ASK YOUR SERVER)