

# FRIES & SIDES

**FRESH CUT FRIES** (enough for 2) **\$5.50**

Kennebec potatoes, twice-fried, Belgian style, in non-gmo rice bran oil, seasoned with kosher salt

**SWEET POTATO TOTS** **\$6.50**

*Both served with Heinz organic ketchup • garlic aioli • Sriracha mayo*

**TRUFFLE FRIES** **\$6.50**

Our fresh cut fries, truffle oil, parmesan, pecorino, parsley, served with truffle mayo

**GARLIC FRIES** **\$6.50**

Our fresh cut fries, tossed with garlic and rosemary

**SUPER FOOD SALAD** **\$4.75**

Kale, radicchio, golden beets, broccoli stalks, brussels sprouts, carrots with champagne mustard dressing

# SOUP

**ROASTED CORN CHOWDER WITH POBLANO CHILES** **\$6.50**

Topped with fresh chive

**ROASTED GARLIC TOMATO** **\$6.50**

Topped with a dash of parsley **SEASONAL**

# SHAKES

Made with all-natural premium ice cream

**MAKE IT A MALT** **+\$1.00**

**VANILLA BEAN** **\$5.50**

**CHOCOLATE** **\$5.50**

**OREO** **\$6.00**

**SEA SALT CARAMEL** **\$6.00**

**BIRTHDAY CAKE** **\$6.00**

**STRAWBERRY** **\$6.00**

# 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** (great to share) **\$12.00**

**HALF SLICE** **\$7.00**

# OTHER OPTIONS

**GRILLED CHICKEN SANDWICH** **\$11.25**

All-natural chicken breast, lettuce, red onion, tomato, Tru-Sauce

**BUFFALO CHICKEN SANDWICH** **\$10.75**

All-natural chicken breast, panko crusted and dipped in Sriracha buffalo sauce and topped with ranch super food slaw

**TURKEY BURGER** **\$10.75**

All-natural turkey, lettuce, tomato, red onion, pesto mayo

**VEGGIE BURGER** **\$10.49**

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** **\$9.99**

Two all-natural chorizo patties, two slices of all-natural pepper jack cheese, hatch green chiles

**ADD A CAGE-FREE FRIED EGG\*** **+\$1.25**

**DIABLO DOG** **\$9.49**

Jumbo 9" Niman Ranch nitrate-free, all-natural 100% beef hot dog, split-grilled with diced tomato, red onion and grilled jalapeño, black beans, all-natural nitrate/nitrite-free bacon, topped with Sriracha mayo and avocado crema, on a steamed bun

**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** **\$8.75**

Premium chicken tenderloin made with real pale ale lager batter

# BEVERAGES

**MAINE ROOT FOUNTAIN SODAS** **\$2.99**

Made with organic cane sugar – blueberry, ginger brew, lemon-lime, Mexicane cola, diet Mexicane cola, orange and root beer

**MAINE ROOT FAIR-TRADE LEMONADE** **\$2.99**

**BREWED ICED TEA** **MAYA** **\$2.99**

Regular black, prickly pear (herbal)

**COFFEE ORGANIC, FAIR-TRADE** **\$2.99**

# 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\*** **\$11.75**

Two slices of American cheese, lettuce, tomato, caramelized onion and Tru-Sauce

**SHROOM & SWISS\*** **\$12.25**

Two slices of all-natural Swiss cheese, grilled crimini mushrooms, caramelized onion and garlic aioli

**TRUFFLE\*** **\$12.49**

Two slices of havarti cheese, arugula and truffle mayo

**WESTERN BLEU CHEESE\*** **\$13.49**

Bleu cheese, all-natural nitrate/nitrite-free bacon, crispy onions and bbq sauce

**ADDITIONAL TOPPINGS: +\$1.25 each**

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

# FRESH GREENS

**ADDITIONS:**

**ALL-NATURAL CHICKEN + \$4.50  
GRILLED SALMON\* + \$6.50  
SEARED AHI\* + \$7.00**

**ORCHARD APPLE** **\$9.99**

Spinach, blue cheese crumbles, apples, dried cranberries and caramelized walnuts with fat-free raspberry vinaigrette dressing

**TRU BEETS** **\$10.99**

Organic spring mix, goat cheese, roasted beets and caramelized walnuts with balsamic vinaigrette dressing

**CAESAR** **\$8.99**

Romaine lettuce, shaved parmesan cheese and croutons with classic Caesar dressing

**BRUSSELS & BACON** **\$10.99**

Organic kale, warm brussels sprouts, all-natural nitrate/nitrite-free bacon, goat cheese, dried cranberries, carmelized walnuts with balsamic vinaigrette dressing

**SOUTHWEST** **\$11.25**

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

**EARLY RISER\*** **\$14.25**

Two slices of American cheese, cage-free fried egg\*, all-natural nitrate/nitrite-free bacon and Heinz organic ketchup

**FIRECRACKER\*** **\$11.99**

Two slices of all-natural pepper jack cheese, grilled jalapeño and Sriracha mayo

**TRULAND BASIC\*** **\$10.75**

Lettuce, tomato, caramelized onion and Tru-Sauce

**STRAWBERRY FIELDS** **\$10.25**

Organic spring mix, strawberries, feta cheese, dried cranberries, avocado and almonds with balsamic vinaigrette dressing

**MEDITERRANEAN** **\$9.99**

Romaine lettuce, feta cheese, red onion, sun-dried tomatoes, kalamata olives, cucumber and roasted red peppers with feta cheese vinaigrette dressing

**CLASSIC COBB** **\$11.49**

Romaine lettuce, blue cheese crumbles, avocado, all-natural nitrate/nitrite-free bacon, all-natural cheddar cheese, tomatoes, black olives and hard-boiled egg with ranch dressing

**FIESTA GRAIN BOWL** **\$9.99**  
(served warm)

Sautéed spinach, black beans, roasted corn, caramelized onion, roasted red peppers, grilled jalapeño, garlic, feta, chile crema, with a blend of 100% whole grain brown rice, black barley and daikon radish seeds

# BEER ON TAP

**COORS LIGHT** **\$4.50** **16oz** **\$5.50** **20oz**

Colorado

**DOS XX LAGER** **\$5** **\$6**

Mexico

**HUSS BLONDE** **\$6** **\$7**

Tempe

**FIRESTONE WALKER 805 HONEY BLONDE** **\$6** **\$7**

California

**BLUE MOON** **\$6** **\$7**

Colorado

**ALASKAN AMBER** **\$6** **\$7**

Alaska

**TOOLE AVE UNFILTERED IPA** **\$6** **\$7**

Tucson

**DRAGOON IPA** **\$6** **\$7**

Tucson

**SIERRA NEVADA HAZY 'LIL THING IPA** **\$6** **\$7**

California

**BELL'S OBERON ALE** **\$6** **\$7**

Michigan

**SAN TAN EPICENTER** **\$6** **\$7**

Chandler

**FOUR PEAKS KILT LIFTER** **\$6** **\$7**

Tempe

**THAT BREWING KNOTTY PINE NUT BROWN ALE** **\$6** **\$7**

Pine, AZ

**MUDSHARK VANILLA PORTER** **\$6** **\$7**

Lake Havasu, AZ

**MODERN TIMES BLACK HORSE STOUT** **\$6** **\$7**

California

**ROTATING HANDLES** **\$7** **\$8**

Please Ask Your Server

# BEER BOTTLES & CANS

**NEGRA MODELO** **\$5**

Mexico

**SAM ADAMS BOSTON LAGER** **\$5**

Massachusetts

**ANDERSON VALLEY FRAMBOISE ROSE GOSE** **\$5**

California (seasonal)

**DUVEL BELGIAN GOLDEN ALE** **\$8**

Belgium

**CRISPIN PEAR CIDER** **\$5**

Wisconsin

**GUINNESS** **\$6**

Ireland (can)

**HEINEKEN ZERO** **\$5**

(Non-Alcoholic)

**WHITE CLAW HARD SELTZER** **\$5**

Please Ask Your Server for Flavor(s)

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