

FRIES & SIDES

FRESH CUT FRIES	regular	\$7.50
Kennebec-style potatoes, twice-fried, Belgian style, in non-gmo rice bran oil, seasoned with kosher salt	small	\$4.75
SWEET POTATO TOTS	regular	\$8.50
	small	\$6.25
<i>All served with Heinz organic ketchup • garlic aioli • Sriracha mayo</i>		

TRUFFLE FRIES	\$8.50
Our fresh cut fries, truffle oil, parmesan, pecorino, parsley, served with truffle mayo	

GARLIC FRIES	\$8.50
Our fresh cut fries, tossed with garlic sauce and rosemary	

CRISPY BRUSSELS & POTATOES	\$9.00
Fresh Brussels sprouts and Kennebec-style potatoes, served with malt vinegar aioli	

SUPER FOOD SLAW	\$6.50
Kale, radicchio, kohlrabi, broccoli stalks, brussels sprouts, carrots with champagne mustard dressing	

SOUP

ROASTED GARLIC TOMATO	\$7.50
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SHAKES

Made with all-natural premium ice cream	
MAKE IT A MALT	+ \$1.00
VANILLA BEAN	\$8.00
CHOCOLATE	
OREO	\$8.50

SEA SALT CARAMEL
BIRTHDAY CAKE
STRAWBERRY

DESSERTS

COOKIE BUTTER BANANA PIE	\$8.00
Layers of vanilla bean whip cream, cookie butter mousse, banana cheesecake, cookie butter and almond crust, sprinkled with toffee bits	

FLOURLESS CHOCOLATE CAKE	\$8.00
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)	\$14.00
HALF SLICE	\$9.00

OTHER OPTIONS

CHIMICHURRI STEAK SANDWICH *	\$15.95
Sliced Niman Ranch prime top sirloin, house chimichurri sauce, arugula, lime aioli, soft pretzel bun	

GRILLED CHICKEN SANDWICH *	\$13.95
All-natural chicken breast, lettuce, red onion, tomato, Tru-sauce on a brioche bun	

BUFFALO CHICKEN SANDWICH *	\$14.25
All-natural chicken breast, panko crusted and dipped in Sriracha buffalo sauce and topped with ranch super food slaw on a brioche bun	

TURKEY BURGER *	\$13.95
All-natural turkey, lettuce, tomato, red onion, pesto mayo on a brioche bun	

VEGGIE BURGER	\$12.75
Black bean & corn vegan patty, with a hint of chipotle, topped with lettuce, red onion, & cucumber, with Tru-sauce on a brioche bun (bun & sauce non-vegan)	

BAJA SHRIMP SANDWICH*	\$14.95
Grilled shrimp, lettuce, chile crema and topped with super food and lime slaw on a brioche bun	

CHORIZO BURGER *	\$12.95
Two all-natural chorizo patties, two slices of all-natural pepper jack cheese, Hatch green chiles on a brioche bun	

ADD A CAGE-FREE FRIED EGG*	+ \$1.95
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DIABLO DOG	\$11.95
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	\$10.95
Large elbow pasta, mixed with classic cheddar cheese sauce, topped with cheddar cheese, parmesan and bread crumbs baked to a golden brown	

CHICKEN TENDERS *	\$10.95
Premium chicken tenderloin made with real pale ale lager batter, carrot sticks, served with ranch	

BEVERAGES

MAINE ROOT FOUNTAIN SODA	\$4.25
100% organic sugar cane, Fair-Trade Mexicane Cola, Diet Mexicane Cola, Root Beer, Lemon-lime, Vanilla Cream, Blueberry	

MAINE ROOT LEMONADE	\$4.25
Regular or Pink	

BREWED ICED TEA MAYA Tea	\$4.25
Regular Black or Prickly Pear (herbal)	

COFFEE ORGANIC, FAIR-TRADE	\$3.50
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HOT TEA MAYA Tea	\$3.50
Assorted flavors	

PREMIUM BURGERS

<i>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.</i>	
<i>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!</i>	
SUBSTITUTE 100% GRASS-FED BEEF* FROM LOCAL HEARTQUIST HOLLOW FARM	+ \$3.00
GLUTEN-FREE BUN	+ \$2.00

TRULAND CLASSIC *	\$14.95
Two slices of American cheese, lettuce, tomato, caramelized onion and Tru-sauce on a brioche bun	

SHROOM & SWISS *	\$15.95
Two slices of all-natural Swiss cheese, grilled crimini mushrooms, caramelized onion and garlic aioli on a brioche bun	

TRUFFLE *	\$16.25
Two slices of havarti cheese, arugula and truffle mayo on a brioche bun	

WESTERN BLEU CHEESE *	\$16.75
Bleu cheese, all-natural nitrate/nitrite-free bacon, crispy onions and bbq sauce on a brioche bun	

ADDITIONAL TOPPINGS:	+ \$1.50 each	+ \$1.95 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* + \$6	GRILLED SALMON* + \$9	
NIMAN RANCH PRIME TOP SIRLOIN* + \$10	GRILLED BAJA SHRIMP* + \$7	
	SEARED AHI* + \$8	

ORCHARD APPLE	\$12.75
Spinach, bleu cheese crumbles, apples, dried cranberries and caramelized walnuts with fat-free raspberry vinaigrette dressing	

TRU BEETS	\$13.75
Organic spring mix, goat cheese, roasted beets and caramelized walnuts with balsamic vinaigrette dressing	

CAESAR	\$11.75
Romaine lettuce, shaved parmesan cheese and croutons with classic Caesar dressing	

BRUSSELS & BACON	\$13.75
Organic kale, warm Brussels sprouts, all-natural nitrate/nitrite-free bacon, goat cheese, dried cranberries, carmelized walnuts with balsamic vinaigrette dressing	

SOUTHWEST	\$14.00
Romaine lettuce, all-natural cheddar cheese, avocado, black olives, tortilla strips, tomatoes and black beans with salsa ranch dressing	

*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.

BEER ON TAP

	16oz	20oz
COORS LIGHT	\$5.50	\$6.75
<i>Colorado</i>		
DOS XX LAGER	\$6	\$7.25
<i>Mexico</i>		
FIRESTONE WALKER 805 HONEY BLONDE	\$7	\$8.50
<i>California</i>		

BIG BLUE VAN BLUEBERRY WHEAT	\$7	\$8.50
<i>Lake Havasu City, AZ</i>		

BLUE MOON	\$7	\$8.50
<i>Colorado</i>		

ALASKAN AMBER	\$7	\$8.50
<i>Alaska</i>		

VOODOO RANGE JUICY HAZY IPA	\$7	\$8.50
<i>Colorado</i>		

DRAGON IPA	\$7	\$8.50
<i>Tucson, AZ</i>		

ROTATING HANDLES	\$7	\$8.50
<i>Please Ask Your Server</i>		

BEER FLIGHT		\$11
<i>4 Local Flavors</i>		

BOTTLES & CANS

MODELO ESPECIAL	\$5.75
<i>Mexico</i>	

DRAGON AMBER	\$5.75
<i>Tucson, AZ</i>	

CALISQUEEZE BLOOD ORANGE WHEAT	\$5.50
<i>California</i>	

GUINNESS	\$7.50
<i>Ireland</i>	

HOLIDAILY FAVORITE BLONDE	\$7
<i>Colorado (100% Gluten-Free)</i>	

SCHILLING HARD CIDER	\$7
<i>Washington</i>	

ATHLETIC BREWING RUN WILD IPA	\$5.75
<i>(Non-Alcoholic)</i>	

HEINEKEN ZERO	\$5.75
<i>(Non-Alcoholic)</i>	

HARD SELTZER	
HIGH NOON VODKA	\$8
WHITE CLAW	\$6

WINE ON TAP BY THE GLASS

WHITES	6oz	9oz
PINOT GRIS	\$10.50	\$15.75
<i>Rainstorm – Banfi Vintners</i>		

SAUVIGNON BLANC	\$8	\$12
<i>Matua</i>		

CHARDONNAY	\$9	\$13.50
<i>Harken</i>		

ROSÉ	\$8.50	\$12.75
<i>Day Owl</i>		

PROSECCO (187ml. bottle)	\$10
<i>La Marca</i>	

REDS	6oz	9oz
PINOT NOIR	\$8.50	\$12.75
<i>Old Soul – Oak Ridge Winery</i>		

RED BLEND	\$10.50	\$15.75
<i>OZV – Oak Ridge Winery</i>		

CABERNET SAUVIGNON	\$9	\$13.50
<i>Line 39 – O’Neill Vintners</i>		

CABERNET SAUVIGNON	\$11.50	\$17.25
<i>Franciscan Estate</i>		

HAND-CRAFTED COCKTAILS

TRULAND MULE \$12

Crop organic artisanal vodka, premium ginger brew and fresh lime

STRAWBERRY LEMON DROP \$12

Crop organic artisanal vodka, shaken with triple sec, fresh lemon juice and strawberry purée, and rimmed with sugar

BLOODY MARY \$12.50

Crop organic artisanal vodka, fresh lime juice, cholula, A1, with dashes of tobasco and pepper, rimmed with Tajin

DESERT PEAR MARGARITA \$13

Don Julio Silver tequila, shaken with Desert Pear syrup, triple sec, fresh lime juice, simple syrup, and rimmed with salt

CUCUMBER & JALAPEÑO MARGARITA \$13

Don Julio Silver tequila, muddled with fresh cucumber and jalapeño, shaken with triple sec, fresh lime juice and simple syrup with a splash of orange juice, and rimmed with salt

PEAR SPRITZ \$13.50

Tanqueray dry gin mixed with pear nectar, fresh lime juice and simple syrup, topped with LaMara Prosecco

BLUEBERRY MOJITO \$13

Captain Morgan Silver rum, muddled with fresh blueberries, crisp mint, fresh lemon juice and simple syrup

CHERRY LIME-AID \$12

Crop organic artisanal vodka, mixed with fresh lime juice and simple syrup, muddled with maraschino cherries, topped with Maine Root organic cane lemon-lime

SIDE CAR \$12.50

Bulleit bourbon, shaken with triple sec, fresh lemon juice and simple syrup, served up

SIMPLE SCOTCH \$10

Glenmorangie 12-year single malt served over ice

TRULAND PROUDLY POURS THE FOLLOWING:

CROP ORGANIC ARTISANAL VODKA

DON JULIO SILVER TEQUILA

TANQUERAY DRY GIN

CAPTAIN MORGAN SILVER RUM

BULLEIT BOURBON

GLENMORANGIE 12-YEAR SINGLE MALT SCOTCH

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BURGERS & GREENS

trulandburgers.com



KIDS MENU

(12 AND UNDER)

BURGER*

(Includes kid's size fries or fruit and fountain drink, milk or orange juice)

\$7.50

Kid's size Niman Ranch burger* with Heinz Organic Ketchup
With American Cheese

\$8.25

HOT DOG

(Includes kid's size fries or fruit and fountain drink, milk or orange juice)

\$7.50

Kid's size Niman Ranch hot dog with Heinz Organic Ketchup

GRILLED CHEESE

(Includes kid's size fries or fruit and fountain drink, milk or orange juice)

\$7.50

American cheese on toasted brioche bun

KID'S HOMESTYLE MAC & CHEESE

(Includes kid's size fountain drink, milk or orange juice)

\$6.50

Large elbow pasta, mixed with classic cheddar cheese sauce,
topped with cheddar cheese, parmesan
and bread crumbs baked to a golden brown

CHICKEN TENDERS*

(Includes kid's size fries or fruit and fountain drink, milk or orange juice)

\$7.50

All-natural chicken served with ranch dressing.

KID'S CHOPPED SALAD

(Includes kid's size fountain drink, milk or orange juice)

\$6.50

Romaine lettuce, carrots, cucumber
croutons with ranch dressing

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BURGERS & GREENS

HAPPY HOUR

MENU

MONDAY-FRIDAY 3-6 PM

(dine-in only)

FROM THE KITCHEN

FRIED PICKLES

Klein's Kosher pickles (chips) lightly battered and served with black pepper ranch dressing

\$6.00

GOAT CHEESE BALLS (3)

Panko-crusted goat cheese, with honey, almonds and parsley

\$6.50

TOTCHOS

Sweet potato tots, topped with classic cheddar cheese sauce, tomatoes, grilled jalapeño, green onion and avocado crema

\$7.50

ELOTE CROQUETTES (4)

Panko crusted roasted corn & cotija cheese, topped with garlic chile and sour cream sauce

\$8.00

CHICKEN CHICHARRONES*

Crispy all-natural chicken pieces seasoned with chicharron spices, served with jalapeño aioli

\$8.00

STEAK SLIDERS*

Niman Ranch antibiotic/hormone-free prime steak, arugula, pickled red onions, dark ale aioli, served on a brioche bun

\$8.50 (2) | \$11.50 (3)

AHI POKE BOWL*

Ahi, avocado, soy sauce, sesame oil, black sesame seeds and sriracha mayo

\$9.50

CARNE ASADA TACOS*

Niman Ranch antibiotic/hormone-free prime beef, pico de gallo and avocado crema, served on flour tortillas with a side of roasted corn salad

\$7.50 (2) | \$10.50 (3)

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FROM THE BAR

ALL 16 OZ. BEERS ON TAP \$5

ALL 20 OZ. BEERS ON TAP \$6

BEERFLIGHT \$9

\$2 OFF ALL WINES ON TAP

\$2 OFF ALL HAND-CRAFTED COCKTAILS

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