

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

All served with
Heinz organic ketchup • garlic aioli • Sriracha mayo

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

SHAKES

Made with all-natural premium ice cream
MAKE IT A MALT + \$1.00

VANILLA BEAN CHOCOLATE \$8.00

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 * \$16.75
Sliced Niman Ranch prime top sirloin, house chimichurri sauce, arugula, lime aioli, soft pretzel bun

GRILLED CHICKEN SANDWICH * \$14.75

All-natural chicken breast, lettuce, red onion, tomato, Tru-sauce on a brioche bun

BUFFALO CHICKEN SANDWICH * \$14.95

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 * \$14.75

All-natural turkey, lettuce, tomato, red onion, pesto mayo on a brioche bun

VEGGIE BURGER \$13.25

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* \$15.75

Grilled shrimp, lettuce, chile crema and topped with super food and lime slaw on a brioche bun

CHORIZO BURGER * \$13.75

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

DIABLO DOG \$12.75

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 \$11.75

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

CHICKEN TENDERS * \$11.75

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 Mexican Cola, Diet Mexican Cola, Root Beer, Lemon-lime, Vanilla Cream, Blueberry

MAINE ROOT LEMONADE \$4.25
Regular or Pink

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

COFFEE ORGANIC, FAIR-TRADE \$3.50

HOT TEA MAYA \$3.50
Assorted flavors

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 HEARTQUIST HOLLOW FARM + \$4.00
GLUTEN-FREE BUN + \$2.00

TRULAND CLASSIC * \$15.75

Two slices of American cheese, lettuce, tomato, caramelized onion and Tru-sauce on a brioche bun

SHROOM & SWISS * \$16.75

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

TRUFFLE * \$17.25

Two slices of havarti cheese, arugula and truffle mayo on a brioche bun

WESTERN BLEU CHEESE * \$17.50

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

ADDITIONAL TOPPINGS: + \$1.50each

• 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

+ \$1.95 each

• AVOCADO
• CAGE-FREE FRIED EGG *
• ALL-NATURAL NITRATE/NITRITE-FREE BACON

FRESH GREENS

ADDITIONS:

ALL-NATURAL CHICKEN* + \$6
NIMAN RANCH PRIME TOP SIRLOIN* + \$10

GRILLED SALMON* + \$9
GRILLED BAJA SHRIMP* + \$7
SEARED AHI* + \$8

ORCHARD APPLE \$13.25

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

TRU BEETS \$14.25

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

CAESAR \$12.25

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

BRUSSELS & BACON \$14.25

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

SOUTHWEST \$14.50

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
Colorado

DOS XX LAGER \$6 \$7.25
Mexico

FIRESTONE WALKER 805 HONEY BLONDE \$7 \$8.50
California

BIG BLUE VAN BLUEBERRY WHEAT \$7 \$8.50
Lake Havasu City, AZ

BLUE MOON \$7 \$8.50
Colorado

ALASKAN AMBER \$7 \$8.50
Alaska

VOODOO RANGER JUICY HAZY IPA \$7 \$8.50
Colorado

DRAGOON IPA \$7 \$8.50
Tucson, AZ

ROTATING HANDLES \$7 \$8.50
Please Ask Your Server

BEER FLIGHT \$11
4 Local Flavors

BOTTLES & CANS

MODELO ESPECIAL \$5.75
Mexico

DRAGOON AMBER \$5.75
Tucson, AZ

CALISQUEEZE BLOOD ORANGE WHEAT \$5.50
California

GUINNESS \$7.50
Ireland

HOLIDAILY FAVORITE BLONDE \$7
Colorado (100% Gluten-Free)

SCHILLING HARD CIDER \$7
Washington

ATHLETIC BREWING RUN WILD IPA \$5.75
(Non-Alcoholic)

HEINEKEN ZERO \$5.75
(Non-Alcoholic)

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

WINE ON TAP BY THE GLASS

WHITES 6oz 9oz
PINOT GRIS \$10.50 \$15.75

J Vineyards

SAUVIGNON BLANC \$8 \$12
Matua

CHARDONNAY \$9 \$13.50
Harken

ROSÉ \$8.50 \$12.75
Day Owl

PROSECCO (187ml. bottle) \$10
La Marca

REDS 6oz 9oz
PINOT NOIR \$8.50 \$12.75

Old Soul – Oak Ridge Winery

RED BLEND \$10.50 \$15.75
OZV – Oak Ridge Winery

CABERNET SAUVIGNON \$9 \$13.50
Line 39 – O’Neill Vintners

CABERNET SAUVIGNON \$11.50 \$17.25
Franciscan Estate

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)

\$7.75

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

With American Cheese

\$8.50

HOT DOG

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

\$7.75

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)

\$7.75

American cheese on toasted brioche bun

KID'S HOMESTYLE MAC & CHEESE

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

\$6.75

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)

\$7.75

All-natural chicken served with ranch dressing.

KID'S CHOPPED SALAD

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

\$6.75

Romaine lettuce, carrots, cucumber
croutons with ranch dressing

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truland
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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