

FRIES & SIDES

FRESH CUT FRIES (enough for 2) **\$6.00**
Kennebec potatoes, twice-fried, Belgian style, in non-gmo rice bran oil, seasoned with kosher salt

SWEET POTATO TOTS **\$7.00**
Both served with Heinz organic ketchup • garlic aioli • Sriracha mayo

TRUFFLE FRIES **\$7.00**
Our fresh cut fries, truffle oil, parmesan, pecorino, parsley, served with truffle mayo

GARLIC FRIES **\$7.00**
Our fresh cut fries, tossed with garlic and rosemary

CRISPY BRUSSELS & POTATOES **\$8.00**
Fresh brussels sprouts and Kennebec potatoes, served with malt vinegar aioli

SUPER FOOD SALAD **\$5.50**
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 **\$6.50**

OREO **\$7.00**

SEA SALT CARAMEL

BIRTHDAY CAKE STRAWBERRY

DESSERTS

CRÈME BRÛLÉE CHEESECAKE **\$7.50**
Vanilla bean crème brulee with vanilla laced baby oat crust

FLOURLESS CHOCOLATE CAKE **\$7.50**
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) **\$13.00**
HALF SLICE **\$8.00**

OTHER OPTIONS

CHIMICHURRI STEAK SANDWICH * **\$13.99**
Sliced Niman Ranch prime top sirloin, house chimichurri sauce, arugula, lime aioli, soft pretzel bun

GRILLED CHICKEN SANDWICH * **\$12.25**
All-natural chicken breast, lettuce, red onion, tomato, Tru-Sauce

BUFFALO CHICKEN SANDWICH * **\$12.50**
All-natural chicken breast, panko crusted and dipped in Sriracha buffalo sauce and topped with ranch super food slaw

TURKEY BURGER * **\$11.99**
All-natural turkey, lettuce, tomato, red onion, pesto mayo

VEGGIE BURGER **\$11.49**
Black bean & corn vegan patty (**new**), with a hint of chipotle, topped with lettuce, red onion, & cucumber, with Tru-sauce on a grilled brioche bun (bun & sauce non-vegan)

BAJA SHRIMP BURGER * **\$13.50**
Grilled shrimp, lettuce, chile crema and topped with super food and lime slaw

CHORIZO BURGER * **\$10.99**
Two all-natural chorizo patties, two slices of all-natural pepper jack cheese, hatch green chiles

ADD A CAGE-FREE FRIED EGG * **+ \$1.60**

DIABLO DOG **\$10.50**
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 **\$9.75**
Large elbow pasta, mixed with classic cheddar cheese sauce, topped with cheddar cheese, parmesan and bread crumbs baked to a golden brown

CHICKEN TENDERS * **\$9.75**
Premium chicken tenderloin made with real pale ale lager batter

BEVERAGES

MAINE ROOT FOUNTAIN SODAS **\$3.25**
100% organic sugar cane, Fair-Trade

MAINE ROOT FAIR-TRADE LEMONADE **\$3.25**

BREWED ICED TEA **MAYA** **\$3.25**
Regular black, prickly pear (herbal)

COFFEE **\$2.99**

HOT TEA **MAYA** **\$2.99**
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 DOUBLE CHECK RANCH + \$3.00
GLUTEN-FREE BUN + \$2.00
PROTEIN STYLE AVAILABLE

TRULAND CLASSIC * **\$13.49**
Two slices of American cheese, lettuce, tomato, caramelized onion and Tru-Sauce

SHROOM & SWISS * **\$13.99**
Two slices of all-natural Swiss cheese, grilled crimini mushrooms, caramelized onion and garlic aioli

TRUFFLE * **\$14.25**
Two slices of havarti cheese, arugula and truffle mayo

WESTERN BLEU CHEESE * **\$14.50**
Bleu cheese, all-natural nitrate/nitrite-free bacon, crispy onions and bbq sauce

ADDITIONAL TOPPINGS: **+ \$1.25** each **+ \$1.60** each

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

FRESH GREENS

ADDITIONS:

ALL-NATURAL CHICKEN* + \$5.25	GRILLED SALMON* + \$7.00
NIMAN RANCH PRIME TOP SIRLOIN* + \$8.50	GRILLED BAJA SHRIMP* + \$6.50
	SEARED AHI* + \$7.50

ORCHARD APPLE **\$10.99**
Spinach, bleu cheese crumbles, apples, dried cranberries and caramelized walnuts with fat-free raspberry vinaigrette dressing

TRU BEETS **\$11.99**
Organic spring mix, goat cheese, roasted beets and caramelized walnuts with balsamic vinaigrette dressing

CAESAR **\$9.99**
Romaine lettuce, shaved parmesan cheese and croutons with classic Caesar dressing

BRUSSELS & BACON **\$11.99**
Organic kale, warm brussels sprouts, all-natural nitrate/nitrite-free bacon, goat cheese, dried cranberries, carmelized walnuts with balsamic vinaigrette dressing

SOUTHWEST **\$12.25**
Romaine lettuce, all-natural cheddar cheese, avocado, black olives, tortilla strips, tomatoes and black beans with salsa ranch dressing

STRAWBERRY FIELDS **\$11.25**
Organic spring mix, strawberries, feta cheese, dried cranberries, avocado and almonds with balsamic vinaigrette dressing

MEDITERRANEAN **\$10.99**
Romaine lettuce, feta cheese, red onion, sun-dried tomatoes, kalamata olives, cucumber and roasted red peppers with feta cheese vinaigrette dressing

CLASSIC COBB **\$12.49**
Romaine lettuce, bleu 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 **\$10.99**
(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

	<u>16oz</u>	<u>20oz</u>
COORS LIGHT <i>Colorado</i>	\$5	\$6

DOS XX LAGER <i>Mexico</i>	\$5.50	\$6.50
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HUSS BLONDE <i>Tempe, AZ</i>	\$6.50	\$7.50
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FIRESTONE WALKER 805 HONEY BLONDE <i>California</i>	\$6.50	\$7.50
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BLUE MOON <i>Colorado</i>	\$6.50	\$7.50
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PAPAGO ORANGE BLOSSOM <i>Tempe, AZ</i>	\$6.50	\$7.50
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CHURCH MUSIC IPA <i>Tempe, AZ</i>	\$6.50	\$7.50
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DRAGOON IPA <i>Tucson, AZ</i>	\$6.50	\$7.50
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SIERRA NEVADA HAZY 'LIL THING IPA <i>California</i>	\$6.50	\$7.50
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BOULEVARD TANK 7 <i>Missouri</i>	\$6.50	\$7.50
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LAGUNITAS LITTLE SUMPIN' SUMPIN' ALE <i>California</i>	\$6.50	\$7.50
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FOUR PEAKS KILT LIFTER <i>Tempe, AZ</i>	\$6.50	\$7.50
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ALASKAN AMBER <i>Alaska</i>	\$6.50	\$7.50
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MUDSHARK VANILLA PORTER <i>Lake Havasu, AZ</i>	\$6.50	\$7.50
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ANDERSON VALLEY WILD TURKEY BOURBON BARREL STOUT <i>California</i>	\$7.50	\$8.50
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ROTATING HANDLES <i>Please Ask Your Server</i>	\$7.50	\$8.50
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BEER FLIGHT <i>4 Local Flavors</i>	\$11.00	
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BOTTLES & CANS

NEGRA MODELO <i>Mexico</i>	\$5.75
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SAM ADAMS BOSTON LAGER <i>Massachusetts</i>	\$5.75
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CALI SQUEEZE BLOOD ORANGE WHEAT <i>California</i>	\$5.25
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SCHILLING HARD CIDER <i>Washington</i>	\$5.75
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GUINNESS <i>Ireland</i>	\$6.75
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HEINEKEN ZERO <i>(Non-Alcoholic)</i>	\$5.75
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HARD SELTZER	
HIGH NOON VODKA	\$5.99
HIGH NOON TEQUILA	\$5.99
WHITE CLAW	\$5.75

KIDS MENU

(12 AND UNDER)

BURGER

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

\$6.75

Kid's size Niman Ranch burger with Heinz Organic Ketchup

With American Cheese

\$7.50

HOT DOG

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

\$6.75

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)

\$6.75

American cheese on toasted brioche bun

KID'S HOMESTYLE MAC & CHEESE

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

\$5.75

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)

\$6.75

All-natural chicken served with ranch dressing.

KID'S CHOPPED SALAD

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

\$5.75

Romaine lettuce, carrots, cucumber
croutons with ranch dressing

HAND-CRAFTED COCKTAILS

TRULAND MULE

\$11

Crop organic artisanal vodka, Maine Root organic cane ginger brew and fresh lime

STRAWBERRY LEMON DROP

\$11

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

BLOODY MARY

\$11.50

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

CUCUMBER & JALAPEÑO MARGARITA

\$12

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

NEW!

PEAR SPRITZ

\$13

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

BLUEBERRY MOJITO

\$12

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

NEW!

CHERRY LIME-AID

\$11

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

\$11.50

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

NEW!

COLD BREW MARTINI

\$12

Crop organic artisanal vodka, shaken with Tia Maria Cold Brew Coffee Liqueur, served up with a caramel swirl

SIMPLE SCOTCH

\$10

Glenmorangie 10-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

TIA MARIA COLD BREW COFFEE LIQUEUR

GLENMORANGIE 10-YEAR SINGLE MALT SCOTCH

truland
BURGERS & GREENS

trulandburgers.com



HAPPY HOUR

MENU

MONDAY-FRIDAY 3-6 PM

(dine-in only)

FROM THE KITCHEN

NEW!

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

NEW!

ELOTE CROQUETTES (4)

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

\$8.00

NEW!

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)

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

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

truland
BURGERS & GREENS



BRUNCH MENU

Saturday & Sunday 10-1

FRENCH TOAST \$10.50

(gluten-free option available +\$1.00)

Baked brioche bun "bites", topped with powdered sugar, served with choice of organic maple or agave syrup.

BISCUITS AND GRAVY \$11.00

Scratch made biscuits and gravy made with all-natural sausage, served with seasonal fruit.

BRUNCH GRAIN BOWL (vegan) \$11.00

Sautéed spinach, roasted red peppers, mushrooms, caramelized onion, crispy veggie burger crumbles, with a blend of 100% whole grain brown rice, black barley and daikon radish seed, topped with avocado and a drizzle of vegan adobo sauce.

CHICKEN AND WAFFLES \$13.00

Beer battered chicken tenderloins, Belgian Liege (w/pearl sugar) waffles, 2 strips of all-natural nitrate/nitrite-free bacon, served with choice of organic maple or agave syrup.

BIRTHDAY PANCAKES \$11.00

Scratch made pancakes with birthday sprinkles, topped with vanilla whipped cream, served with choice of organic maple or agave syrup.

AVOCADO TOAST \$11.00

Multi-grain bread with avocado, strawberries, blueberries, goat cheese, black sesame seeds, served with choice of organic maple or agave syrup.

EARLY RISER BURGER WITH TOTS \$14.75

2 Niman Ranch hormone/antibiotic-free beef patties, 2 slices of American cheese, a cage-free fried egg, all-natural nitrate/nitrite-free bacon, Heinz organic ketchup, on a brioche bun, served with a side of sweet potato tots.

YOGURT PARFAIT \$11.00

Non-Fat Vanilla Greek Yogurt, vanilla almond crunch granola, seasonal fruit, toasted coconut and a drizzle of honey.

BREAKFAST SAMMY WITH TOTS \$12.50

All-natural sausage patty, pepper jack cheese, over-medium egg, arugula and tru sauce, on a brioche bun, served with a side of sweet potato tots.

AMERICAN BREAKFAST \$10.50

3 eggs any style, choice of 1 Niman Ranch hormone/antibiotic-free beef patty or 2 strips of all-natural, nitrate/nitrite-free bacon, with choice of multi-grain toast or scratch made biscuit.

COCKTAILS

CLASSIC BLOODY MARY \$9.50

housemade mary mix with Crop Organic Artisinal Vodka and celery salt rim.

TRULAND BLOODY MARY \$10.00

housemade mary mix with tomato basil infused Crop Organic Artisinal Vodka, bread crumb rim, with a caprese skewer.

MIMOSA \$8.50

LaMarca prosecco with your choice of orange or pomegranate juice.

TRU JULIUS \$8.50

Crop Organic Artisinal Vodka and orange juice served over ice, topped with a swirl of vanilla whipped cream garnished with an orange wedge.

BEVERAGES



COFFEE

\$2.99

TEA

\$2.99

JUICE (orange, apple, cranberry)

\$3.50

MAYA
Tea

DESSERT

TRULAND CARROT CAKE

Four monster layers, iced and layered with silk cream cheese icing, chopped walnuts.

FULL SLICE (great to share)

\$12.00

HALF SLICE

\$7.00

KIDS MENU

12 and under • served with kid's size milk or juice

KID'S SIZE FRENCH TOAST \$6.50

(gluten-free option available +\$1.00)

Baked brioche bun "bites", topped with powdered sugar, served with choice of organic maple or agave syrup.

KID'S SIZE WAFFLE \$6.50

Belgian Liege (w/pearl sugar) waffle, 1 strip of all-natural nitrate/nitrite-free bacon, served with choice of organic maple or agave syrup.

KID'S SIZE AMERICAN BREAKFAST \$6.50

One egg any style, choice of kid's sized Niman Ranch hormone/antibiotic free beef patty or 1 strip of all-natural, nitrate/nitrite-free bacon, with choice of multi-grain toast or scratch made biscuit.