

TRUE FOOD KITCHEN

Lean & Green

CHOICE OF ONE SALAD + ENTRÉE OR SANDWICH

SALAD:

Organic Tuscan Kale *lemon, garlic, grana padano, breadcrumb* VEG

Mediterranean Quinoa *persian cucumber, olive, peppadew, cherry tomato, pole bean, feta, almond, oregano vinaigrette* VEG GF

Grilled Chicken *medjool date, dried cranberry, jicama, apple, manchego, farro, marcona almond, champagne vinaigrette*

Seasonal Ingredient *watercress, grilled broccolini, asparagus, green garbanzo, goat cheese, raisin, sprouted almond, turmeric chia vinaigrette* VEG GF

and

ENTRÉE:

Spaghetti Squash Casserole *organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella* VEG GF

Grilled Fish or Grass-Fed Steak Tacos *avocado, greek yogurt, cilantro, pickled onion, anasazi bean, cotija cheese* GF

Cashew Pad Thai *kombu, rice noodle, zucchini, mushroom, eggplant, gai lan, bean sprout, thai basil, tamarind* GF

Teriyaki Quinoa *broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame* V

or

SANDWICH:

Mediterranean Chicken Pita *grilled flatbread, romaine, arugula, grape, house pickle, red onion, feta, harissa tahini*

Inside Out Quinoa Burger *hummus, tzatziki, tomato, butter lettuce, cucumber, red onion, avocado, feta* VEG GF

Turkey Burger *smashed avocado, tomato, butter lettuce, smoke gouda, jalapeño remoulade, flax seed bun*

Grass-Fed Burger *umami, caramelized onion, arugula, parmesan, mayonnaise, flax seed bun*

Pricing

Serves 10-14

\$175

Serves 15-19

\$250

Serves 20-24

\$325

Serves 25-29

\$400

Serves 30-35

\$475

~ Tax, delivery, and service fees additional

V Vegan VEG Vegetarian GF Gluten Free / While we offer items prepared gluten free, other items containing gluten are prepared in our kitchen.

* 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, especially if you have certain medical conditions.

TRUE FOOD KITCHEN

Protein Platter

CHOICE OF ONE SALAD + ENTRÉE OR PREMIUM ENTRÉE

SALAD:

Organic Tuscan Kale *lemon, garlic, grana padano, breadcrumb* VEG

Mediterranean Quinoa *persian cucumber, olive, peppadew, cherry tomato, pole bean, feta, almond, oregano vinaigrette* VEG GF

Grilled Chicken *medjool date, dried cranberry, jicama, apple, manchego, farro, marcona almond, champagne vinaigrette*

Seasonal Ingredient *watercress, grilled broccolini, asparagus, green garbanzo, goat cheese, raisin, sprouted almond, turmeric chia vinaigrette* VEG GF

and

ENTRÉE:

(add one protein: *tofu / chicken / shrimp* / grass-fed steak* / salmon**)

Cashew Pad Thai *kombu, rice noodle, zucchini, mushroom, eggplant, gai lan, bean sprout, thai basil, tamarind* GF

Teriyaki Quinoa *broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame* v

or

PREMIUM ENTRÉE:

Grilled Salmon *smoked onion farro, arugula, roasted beet, cilantro pumpkin seed pesto*

Moroccan Chicken *mission fig, heirloom carrot, chickpea, olive, spinach, chermoula, greek yogurt* GF

Sustainable Seabass *broccolini, sugar snap pea, roasted mushroom, ancient grains, umami*

Pricing

Serves 10-14

\$250

Serves 15-19

\$350

Serves 20-24

\$450

Serves 25-29

\$550

Serves 30-35

\$650

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À La Carte

UPGRADE YOUR ORDER WITH ADDITIONAL OFFERINGS

STARTER

- Herb Hummus *greek salad, feta & grilled pita bread* VEG
- Kale Guacamole *pink grapefruit, cilantro, roasted poblano, sunflower seed & pita chips* v
- Shiitake Lettuce Cups *tofu, jicama, sambal, thai basil, cashew* v

SALAD

- Organic Tuscan Kale *lemon, garlic, grana padano, breadcrumb* VEG
- Mediterranean Quinoa *persian cucumber, olive, peppadew, cherry tomato, pole bean, feta, almond, oregano vinaigrette* VEG GF
- Grilled Chicken *medjool date, dried cranberry, jicama, apple, manchego, farro, marcona almond, champagne vinaigrette*
- Seasonal Ingredient *watercress, grilled broccolini, asparagus, green garbanzo, goat cheese, raisin, sprouted almond, turmeric chia vinaigrette* VEG GF

DESSERT

- Flourless Chocolate Cake *caramel, vanilla ice cream, cocoa nib* VEG GF
- Strawberry Rhubarb Crisp *almond crumble, chia seed, vanilla ice cream* v GF

À La Carte

STARTER

- 10-14 / \$60
- 15-19 / \$85
- 20-24 / \$110
- 25-29 / \$135
- 30-35 / \$160

SALAD

- 10-14 / \$80
- 15-19 / \$110
- 20-24 / \$140
- 25-29 / \$170
- 30-35 / \$200

DESSERT

- 10-14 / \$40
- 15-19 / \$60
- 20-24 / \$80
- 25-29 / \$100
- 30-35 / \$120

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