

# 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 *rotates regularly to include the season's ripest produce* VEG GF

— and —

### ENTRÉE:

Spaghetti Squash Casserole *organic 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

Red Chili Noodles *gai lan, zucchini, shiitake mushroom, snow pea, cashew* VEG

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

— or —

### SANDWICH:

Smoked Turkey Wrap *avocado, tomato, cucumber, provolone, hummus*

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

Turkey Burger *smashed avocado, tomato, smoked gouda, jalapeño remoulade*

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

## Pricing

Serves 10-14

\$200

Serves 15-19

\$275

Serves 20-24

\$350

Serves 25-29

\$425

Serves 30-35

\$500

~ Tax, delivery, and service fees additional

V Vegan VEG Vegetarian GF Gluten Free / While we offer gluten free items, our kitchen is not completely gluten free.

\*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 *rotates regularly to include the season's ripest produce* VEG GF

— and —

### ENTRÉE:

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

Red Chili Noodles *gai lan, zucchini, shiitake mushroom, snow pea, cashew* VEG

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

— or —

### PREMIUM ENTRÉE:

Scottish Steelhead\* *smoked onion farro, arugula, roasted beet, cilantro pumpkin seed pesto*

Pan Roasted Chicken *broccolini, heirloom potato, chermoula (rotates regularly to include ingredients of the season)* GF

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

## Pricing

Serves 10-14

\$275

Serves 15-19

\$375

Serves 20-24

\$475

Serves 25-29

\$575

Serves 30-35

\$675

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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 seeds & 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 *rotates regularly to include the season's ripest produce* **VEG GF**

#### DESSERT

- Flourless Chocolate Cake *caramel, vanilla ice cream, cocoa nibs* **VEG GF**
- Seasonal Pie

## À La Carte

#### STARTER

- 10-14 / \$65
- 15-19 / \$90
- 20-24 / \$115
- 25-29 / \$140
- 30-35 / \$165

#### SALAD

- 10-14 / \$90
- 15-19 / \$120
- 20-24 / \$150
- 25-29 / \$180
- 30-35 / \$210

#### DESSERT

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

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