

# TRUE FOOD KITCHEN

## Catering Menu

THE WOODLANDS | 281.364.7222

### LARGE ENTRÉE PLATTERS

(SERVES 8-10)

- Unbeetable Burger...70 **v**  
10 half burgers
- Grilled Chicken Avocado Wrap...65  
10 half wraps
- Turkey Burger...75  
10 half burgers
- Grass-fed Burger\*...80  
10 half burgers
- Lasagna Bolognese...75 **GF**
- Spaghetti Squash Casserole...70 **VEG GF**
- Mediterranean Chicken...95 **GF**
- Chicken or Grass-fed Steak\* Tacos...85 **GF**  
served deconstructed with 10 corn tortillas
- Grilled Salmon\*...115

### LARGE SALADS & BOWLS

(SERVES 8-10)

- Organic Tuscan Kale Salad...50 **VEG**
- Mediterranean Salad...65 **VEG GF**
- Chopped Salad...60 **VEG**
- Ancient Grains Bowl...70 **v**
- Korean Noodle Bowl...60 **v GF**
- Teriyaki Quinoa Bowl...70 **v GF**
  
- tofu +20 / chicken +20 / grass-fed steak\* +30  
shrimp\* +30 / salmon\* +45

### STARTERS & SIDES

(SERVES 8-10)

- Roasted Brussels Sprouts...45 **v GF**
- Charred Cauliflower...45 **v GF**
- Herb Hummus...50 **VEG**
- Kale Guacamole...55 **v**
- Seasonal Vegetable Crudités...45 **VEG GF**

### PIZZAS & FLATBREAD

10" PIZZA

- Butternut Squash...16 **v**
- Margherita...13 **VEG**
- Chicken Sausage...15

FLATBREAD

- Roasted Beet & Goat Cheese...10 **VEG**

### DESSERTS

(SERVES 8-10)

- Squash Pie...36 **v GF**
- Flourless Chocolate Cake...70 **VEG GF**  
10 mini cakes
- Chia Seed Pudding...35 **v GF**

### BEVERAGES

(96 OZ)

- Green Tea...20 / Black Tea...20 / Honey Lemonade...20 / Pomegranate Chia Limeade...20 / Organic Fair Trade Coffee...20

**v** Vegan **VEG** Vegetarian **GF** Gluten Friendly

While we offer items prepared gluten free, other items containing gluten are prepared in our kitchen. Some ingredients may not be included in the menu description; please notify your server of any food allergies.

\* 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.

FALL 2019

## LARGE ENTRÉE PLATTERS (SERVES 8-10)

- Unbeetable Burger *beet, kuzu, jicama slaw, crushed avocado, butter lettuce, vegan mayonnaise, flaxseed bun (3500 cal) v*
- Grilled Chicken Avocado Wrap *organic tomato, cucumber, hummus, fresh mozzarella, lemon oregano vinaigrette, house-made pita (4150 cal)*
- Turkey Burger *smashed avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (3450 cal)*
- Grass-fed Burger\* *umami, mushroom, caramelized onion, arugula, parmesan, mayonnaise, flaxseed bun (4310 cal)*
- Lasagna Bolognese *fennel chicken sausage, mushroom, organic spinach, lemon ricotta, herbs (2290 cal) GF*
- Spaghetti Squash Casserole *crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (2040 cal) VEG GF*
- Mediterranean Chicken *quinoa, organic tomato, persian cucumber, olive, peppadew, green bean, feta, oregano vinaigrette (3950 cal) GF*
- Chicken Tacos *tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime crema (2540 cal) GF*
- Grass-fed Steak Tacos\* *tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime crema (2910 cal) GF*
- Grilled Salmon\* *caramelized onion farro, quinoa, arugula, roasted beet, cilantro pumpkin seed pesto (3970 cal)*

## LARGE SALADS & BOWLS (SERVES 8-10)

- tofu (adds 1150-1250 cal) / chicken (adds 800-900 cal) / grass-fed steak\* (adds 1200-1300 cal) / shrimp\* (adds 700-800 cal) / salmon\* (adds 1300 cal)*
- Organic Tuscan Kale Salad *lemon, garlic, grana padano, breadcrumb (1760 cal) VEG*
  - Mediterranean Salad *quinoa, persian cucumber, olive, peppadew, organic tomato, green bean, feta, almond, oregano vinaigrette (3010 cal) VEG GF*
  - Chopped Salad *medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (3210 cal) VEG*
  - Ancient Grains Bowl *miso sesame glazed sweet potato, turmeric, charred onion, snow pea, grilled portobello, avocado, hemp seed (4620 cal) v*
  - Korean Noodle Bowl *sweet potato glass noodle, pickled shiitake, organic spinach, rainbow carrot, bean sprout, toasted sesame (2770 cal) v GF*
  - Teriyaki Quinoa Bowl *broccoli, rainbow carrot, bok choy, mushroom, brown rice, avocado, toasted sesame (2700 cal) v GF*

## STARTERS & SIDES (SERVES 8-10)

- Roasted Brussels Sprouts *mushroom, miso sesame vinaigrette, chili thread (1400 cal) v GF*
- Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio (2060 cal) v GF*
- Herb Hummus *cucumber, organic tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (3570 cal) VEG*
- Kale Guacamole *grapefruit, cilantro, roasted poblano, sunflower seed & house-made pita chips (2920 cal) v*
- Seasonal Vegetable Crudité *chilled raw vegetables, tzatziki & black olive dip (2500 cal) VEG GF*

## PIZZAS & FLATBREAD

- Butternut Squash Pizza (8 slices) *caramelized onion, roasted garlic, organic kale, vegan almond ricotta, dried cranberry, sage (940 cal) v*
- Margherita Pizza (8 slices) *crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal) VEG*
- Chicken Sausage Pizza (8 slices) *crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)*
- Roasted Beet & Goat Cheese Flatbread (4 slices) *arugula, pumpkin seed, cilantro pumpkin seed pesto (560 cal) VEG*

## DESSERTS (SERVES 8-10)

- Squash Pie *graham crust, coconut whipped cream (1920 cal) v GF*
- Flourless Chocolate Cake (10 mini cakes) *caramel, almond, vanilla ice cream, cacao nib (3800 cal) VEG GF*
- Chia Seed Pudding *banana, toasted coconut (1910 cal) v GF*

## BEVERAGES (96 OZ)

- Green Tea (0 cal)
- Black Tea (0 cal)
- Honey Lemonade (840 cal)
- Pomegranate Chia Limeade (1080 cal)
- Organic Fair Trade Coffee (0 cal)

### Seasonal Highlight

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

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