

TRUE FOOD KITCHEN

Catering Menu

NEWPORT BEACH | 949.644.2400

LARGE ENTRÉE PLATTERS

(SERVES 8-10)

Grilled Chicken Wrap...75
10 half wraps

Turkey Burger...65
10 half burgers

Grass-fed Burger...75
10 half burgers

Lasagna Bolognese...80 GF

Spaghetti Squash Casserole...70 VEG GF

Pan-seared Chicken Breast...105

Chicken or Grass-fed Steak Tacos*...90 GF
Served deconstructed with 10 corn tortillas

Grilled Salmon*...120

LARGE SALADS & BOWLS

(SERVES 8-10)

Organic Tuscan Kale...53 VEG

Mediterranean Quinoa...65 VEG GF

Chopped Salad...65 VEG

Ancient Grains Bowl...75 V VEG

Korean Noodle Bowl...65 V GF

Teriyaki Quinoa Bowl...75 V GF

Add Chicken +25 // Add Tofu +20 // Add Grass-fed Steak* +35
Add Shrimp* +35 // Add Salmon* +50

STARTERS & SIDES

(SERVES 8-10)

Green Asparagus...50 V GF

Seared Chicken Satay...50 GF

Charred Cauliflower...50 V GF

Herb Hummus...53 VEG

Farmers Market Crudités...45 VEG GF

Kale Guacamole...55 V

WHOLE PIZZAS

(10" // 8 SLICES)

Spinach & Mushroom...16 V

Chicken Sausage...14

Margherita...12.5 VEG

DESSERTS

Key Lime Mousse...45 V GF
(Serves 8-10)

Chia Seed Pudding...35 V GF
(Serves 8-10)

Flourless Chocolate Cake...65 VEG GF
(10 Mini Cakes)

BEVERAGES

(96 OZ)

Green Tea...18 // Black Tea...18 // Honey Lemonade...18 // Limeade...18 // Organic Fair Trade Coffee...18

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.

SPRING 2019

LARGE ENTRÉE PLATTERS (SERVES 8-10)

- 🌱 Grilled Chicken Wrap *achiote, pumpkin seed salsa, smoked gouda, red onion, arugula (3160 cal)*
- Turkey Burger *smashed avocado, 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, spinach, lemon ricotta, herbs (2290 cal) GF*
- Spaghetti Squash Casserole *crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (2040 cal) VEG GF*
- Pan-seared Chicken Breast *organic Dinapoli tomato, olive, caper, broccolini, edamame, spinach (3150 cal)*
- Chicken Tacos *tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime yogurt (2540 cal)*
- Grass-fed Steak Tacos* *tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime yogurt (2910 cal)*
- 🌱 Grilled Salmon* *caramelized onion farro, quinoa, arugula, roasted beet, cilantro pumpkin seed pesto (3970 cal)*

LARGE SALADS & BOWLS (SERVES 8-10)

Add Chicken (adds 800-900 cal) // Add Tofu (adds 1150-1250 cal) // Add Grass-fed Steak* (adds 1200-1300 cal) // Add Shrimp* (adds 700-800 cal) // Add Salmon* (adds 1300 cal)

- Organic Tuscan Kale *lemon, garlic, grana padano, breadcrumb (1760 cal) VEG*
- Mediterranean Quinoa *persian cucumber, olive, peppadew, cherry tomato, pole bean, feta, almond, oregano vinaigrette (3010 cal) VEG GF*
- Chopped Salad *medjool date, dried cranberry, jicama, 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 VEG*
- 🌱 Korean Noodle Bowl *sweet potato glass noodle, pickled shiitake, spinach, heirloom carrot, bean sprout, toasted sesame (2770 cal) V GF*
- Teriyaki Quinoa Bowl *broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame (2700 cal) V GF*

STARTERS & SIDES (SERVES 8-10)

- 🌱 Green Asparagus *lemon almond ricotta, pickled strawberry, arugula, radish (1000 cal) V GF*
- 🌱 Seared Chicken Satay *achiote, pumpkin seed salsa, cucumber, cilantro (1850 cal) GF*
- Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio (2060 cal) V GF*
- Herb Hummus *cucumber, tomato, onion, olive, feta, lemon oregano vinaigrette & grilled pita bread (3570 cal) VEG*
- Farmers Market Crudité *s chilled raw vegetables, tzatziki & black olive dip (2500 cal) VEG GF*
- Kale Guacamole *grapefruit, cilantro, roasted poblano, sunflower seed & pita chips (2920 cal) V*

PIZZAS (10" // 8 SLICES)

- 🌱 Spinach & Mushroom *garlic, organic spinach, roasted mushroom, caramelized onion, lemon almond ricotta, aleppo chili (970 cal) V*
- Chicken Sausage *crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)*
- Margherita *crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal) VEG*

DESSERTS

- 🌱 Key Lime Mousse *organic strawberry, avocado, coconut, almond crumble (2030 cal) V GF*
- Chia Seed Pudding *banana, toasted coconut (1910 cal) V GF*
- Flourless Chocolate Cake *caramel, almond, coconut whipped cream, cacao nib (3800 cal) VEG GF*

BEVERAGES 96 OZ

- Green Tea (0 cal)
- Black Tea (0 cal)
- Honey Lemonade (840 cal)
- 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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* 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.