

# TRUE FOOD KITCHEN

## Catering Menu

SAN DIEGO - UTC | 949.415.6440

### LARGE ENTRÉE PLATTERS

(SERVES 8-10)

Mediterranean Chicken Pita...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 GF

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 Salad...65 VEG GF

Chopped Salad...65 VEG

Ancient Grains Bowl...75 V

Cashew Pad Thai Bowl...75 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)

Roasted Brussels Sprouts...50 V GF

Charred Cauliflower...50 V GF

Herb Hummus...53 VEG

Farmers Market Crudités...42 VEG GF

Kale Guacamole...55 V

### WHOLE PIZZAS

(10" // 8 SLICES)

Butternut Squash...16 V

Fennel Chicken Sausage...14

Margherita...12.5 VEG

### DESSERTS

Squash Pie...25 V GF  
(Whole Pie // 6 slices)

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 // Pomegranate Chia 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.

WINTER 2019

## LARGE ENTRÉE PLATTERS (SERVES 8-10)

Mediterranean Chicken Pita *grilled flatbread, romaine, arugula, grape, house pickle, red onion, feta, harissa tahini* (3010 cal)

Turkey Burger *smashed avocado, tomato, butter lettuce, smoked gouda, jalapeño remoulade, flax seed bun* (3450 cal)

Grass-fed Burger\* *umami, mushroom, caramelized onion, arugula, parmesan, mayonnaise, flax seed 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) GF

Chicken Tacos *tomatillo avocado salsa, pickled jicama, dried sweet corn, coconut lime yogurt* (2540 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 890 cal) // Add Tofu (adds 880 cal) // Add Grass-fed Steak (adds 950 cal) // Add Shrimp (adds 770 cal) // Add Salmon (adds 1320 cal)

Organic Tuscan Kale *lemon, garlic, grana padano, breadcrumb* (1760 cal) VEG

Mediterranean Quinoa Salad *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

Cashew Pad Thai Bowl *kombu, rice noodle, zucchini, mushroom, gai lan, bean sprout, thai basil, tamarind chili shrimp sauce* (3170 cal) GF

Teriyaki Quinoa Bowl *broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame* (2700 cal) V GF

## STARTERS & SIDES (SERVES 8-10)

🌱 Roasted Brussels Sprouts *asian mushroom, miso sesame vinaigrette, chili thread* (1530 cal) V 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 Crudités *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)

🌱 Butternut Squash *caramelized onion, roasted garlic, organic kale, vegan almond ricotta, dried cranberry, sage* (940 cal) V

Fennel Chicken Sausage *crushed organic DiNapoli tomato, roasted fennel, scamorza* (860 cal)

Margherita *crushed organic DiNapoli tomato, fresh mozzarella, basil* (850 cal) VEG

## DESSERTS

🌱 Squash Pie *graham crust, coconut whipped cream* (1890 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)

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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\* 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.