

# TRUE FOOD KITCHEN

2140 Avalon Blvd. • Alpharetta, GA 30009  
Order online at [TrueFoodKitchen.com/Alpharetta](http://TrueFoodKitchen.com/Alpharetta) or call 470-336-1516

## FAMILY MEALS TO GO

Build your own Family Meal for Two, Four or Six people.  
Choose from our signature selection of starters, salads, bowls and pizzas.

**FOR TWO:** Includes one starter; one salad and one entrée... 32

**FOR FOUR:** Includes one starter; two salads and two entrées... 56

**FOR SIX:** Includes two starters; two salads and four entrées... 78

## STARTERS

Roasted Brussels Sprouts *mushroom, miso sesame vinaigrette, chili thread*...9 **V GF**

Herb Hummus *cucumber, organic tomato, onion, olive, feta, lemon oregano vinaigrette & pita*...10 **VEG**

## SALADS & BOWLS

*organic tofu +4 / grilled chicken +4*

Chopped Salad *medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette*...12.5 **VEG**

Organic Tuscan Kale Salad *lemon, garlic, parmigiano reggiano, breadcrumb*...10.5 **VEG**

Teriyaki Quinoa Bowl *broccoli, rainbow carrot, bok choy, mushroom, brown rice, avocado, toasted sesame*...14 **V GF**

Spaghetti Squash Casserole *crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella*...14 **VEG GF**

Ancient Grains Bowl *miso sesame glazed sweet potato, turmeric, charred onion, snap pea, grilled portobello, avocado, hemp seed*...14 **V**

## PIZZAS

*substitute gluten free crust +2.5*

Spinach & Mushroom *organic spinach, roasted mushroom, garlic purée, caramelized onion, house-made vegan almond ricotta, aleppo chili*...16 **V**

Margherita *crushed organic DiNapoli tomato, fresh mozzarella, basil*...13.5 **VEG**

## BURGERS & WRAPS

*served with choice of cucumber salad or kale salad*

Grass-fed Burger\* *umami, mushroom, caramelized onion, arugula, parmesan, mayonnaise, flaxseed bun*...16

Turkey Burger *smashed avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun*...14.5

Grilled Chicken Avocado Wrap *organic tomato, cucumber, hummus, fresh mozzarella, lemon oregano vinaigrette, pita*...13.5

## DESSERT

Dark Chocolate Quinoa Brownie...4 **VEG GF**

## KIDS

Grass-fed Burger\* *mozzarella, flaxseed bun*...8.5

Mozzarella & Organic Tomato Pizza...8 **VEG**

Chicken Teriyaki Bowl *pea, broccoli, carrot, brown rice & quinoa*...8 **GF**

## REFRESHERS & TEA

Lemonade...5

Limeade...5

Black Iced Tea...4

## WINE

Two for \$30 Wine Bundle (*Select wines*)

Individual bottles... 20 / 30 / 40

## BEER

One Can...2 / Six Cans...10

(*Selection will vary*)

**V** Vegan **VEG** Vegetarian **GF** Gluten Friendly **S** Sustainable **B** Bio-dynamic

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.