

TRUE FOOD KITCHEN

FAMILY MEALS FOR PICKUP & DELIVERY

Build-Your-Own Meals for 2, 4 or 6 starting at \$16 per person

Family Meal Bundles for 4 starting at \$10 per person

Bottled Cocktails | Sangria & Mimosa Kits | Wine & Beer Bundles

(available for pickup only)

STARTERS

- Roasted Brussels Sprouts mushroom, miso sesame vinaigrette, chili thread (280 cal)...10 v GF
- Charred Cauliflower harissa tahini, medjool date, dill, mint, pistachio (410 cal)...10 v GF
- Edamame Guacamole avocado, cilantro pesto, pumpkin seed, Aleppo chili & house-made pita chips (650 cal)...12 v
- Herb Hummus cucumber, organic tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita (710 cal)...10.5 VEG
- Edamame Dumplings dashi, white truffle oil, Asian herbs (270 cal)...12 VEG
- Butternut Squash Soup 10oz cup (170 cal)...7 v GF

SALADS & BOWLS

organic tofu (adds 230 cal) +4 / chicken (adds 180 cal) +5 / grass-fed steak* (adds 240 cal) +7 / shrimp* (adds 140 cal) +7 / salmon* (adds 260 cal) +10

- Seasonal Ingredient Salad butternut squash, cauliflower, brussels sprout, cannellini bean, organic kale, toasted mulberry, horseradish vinaigrette (610 cal)...15.5 v GF
- Chopped Salad medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette (570 cal)...13 VEG
- Organic Tuscan Kale Salad lemon, garlic, parmesan, breadcrumb (350 cal)...11 VEG
- Winter Immunity Bowl lion's mane mushroom, farro, quinoa, carrot, broccolini, garbanzo bean, edamame, organic kale, garlic broth (470 cal)...16 v
- Teriyaki Quinoa Bowl broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame (540 cal)...15.5 v GF
- Ancient Grains Bowl miso sesame glazed sweet potato, turmeric, charred onion, snap pea, grilled portobello, avocado, hemp seed (690 cal)...15.5 v
- Korean Noodle Bowl sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, toasted sesame (550 cal)...13.5 v GF

PIZZAS

substitute gluten-free crust (subtracts 80 cal) +2.5

- Butternut Squash caramelized onion, roasted garlic, organic kale, house-made vegan almond ricotta, dried cranberry, sage (940 cal)...17 v
- Chicken Sausage crushed organic DiNapoli tomato, roasted fennel, smoked gouda (860 cal)...15.5
- Margherita crushed organic DiNapoli tomato, fresh mozzarella, basil (850 cal)...14 VEG

SANDWICHES & BURGERS

served with choice of kale salad (adds 120 cal) or sweet potato hash (adds 200 cal) | substitute gluten-free pita or bun (subtracts 80/90 cal) +2.5

- Grilled Chicken & Mozzarella Panini organic DiNapoli tomato sauce, broccolini, mozzarella, herbs, crispy house-made pita (730 cal)...14.5
- Roasted Squash & Ricotta Panini butternut squash, lemon ricotta, pickled red onion, herbs, crispy house-made pita (610 cal)...14.5 VEG
- Grilled Chicken Avocado Wrap organic tomato, cucumber, hummus, fresh mozzarella, lemon oregano vinaigrette, house-made pita (830 cal)...14.5
- Grass-fed Burger* umami, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, flaxseed bun (860 cal)...17
- Turkey Burger smashed avocado, organic tomato, butter lettuce, smoked gouda, jalapeño remoulade, flaxseed bun (690 cal)...15

ENTRÉES

- Grilled Chicken Parmesan roasted winter vegetables, organic DiNapoli tomato sauce, mozzarella, herbs (830 cal)...19
- Grilled Sustainable Salmon* cauliflower polenta, grilled broccolini, snap pea, edamame, zucchini, pickled red onion, miso, cashew, chili thread (730 cal)...26 GF
- Lasagna Bolognese fennel chicken sausage, mushroom, organic spinach, ricotta, herbs (450 cal)...17 GF
- Spaghetti Squash Casserole crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella (410 cal)...14.5 VEG GF
- Shrimp or Grass-fed Steak Tacos* smashed avocado, cilantro chimichurri, pickled red onion (410/560 cal) with choice of kale salad or sweet potato hash...19.5 GF

DESSERTS

- Squash Pie graham crust, coconut whipped cream (480 cal)...9 v GF
- Chocolate Chip Cookies v GF single (170 cal)...2 | half dozen...10 | baker's dozen...20
- Flourless Chocolate Cake caramel, almond, vanilla ice cream, cacao nib (500 cal)...8 VEG GF

REFRESHERS & TEA

- Andy's Elixir (150 cal)...5
- Apple Lemonade (90 cal)...5
- Cranberry Limeade (100 cal)...5
- Kale Aid (100 cal)...9
- Sparkling Prickly Pear Tisane (70 cal)...5
- Sparkling Yerba Mate Tea (70 cal)...5
- Tulsi Tea (60 cal)...6

Order online at
[TrueFoodKitchen.com](https://www.TrueFoodKitchen.com)



- Seasonal Highlight | v Vegan vEG Vegetarian GF Gluten Friendly

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