

# TRUE FOOD KITCHEN

## >>to-go>>

### STARTERS

Herb Hummus *cucumber, cherry tomato, onion, olive, feta, pita*...10.5 **VEG**

Charred Cauliflower *harissa tahini, medjool date, dill, mint, pistachio*...10 **V GF**

Roasted Brussels Sprouts *roasted mushroom, toasted sesame, miso vinaigrette*...10 **V GF**

### SALADS

Tuscan Kale Salad *organic kale, lemon, garlic, parmesan, breadcrumb*...11 **VEG**

Apple & Goat Cheese Salad *organic greens, medjool date, Persian cucumbers, shaved fennel, pistachio, champagne vinaigrette*...11 **VEG GF**

Roasted Vegetable Salad *brussels sprouts, cauliflower, sweet potato, organic kale, lemon, garlic, pistachio*...14 **V GF**

### BOWLS

Good Earth Bowl *miso glazed sweet potato, portobello mushroom, caramelized onion, brussels sprouts, avocado, sesame seed, brown rice, cilantro pumpkin seed pesto*...15 **V GF**

Teriyaki Bowl *broccoli, shaved carrot, portobella mushroom, bok choy, brown rice, avocado, toasted sesame seeds*...15 **V GF**

Korean Noodle Bowl *sweet potato glass noodle, pickled mushroom, organic spinach, carrot, bean sprouts, sesame seed, cilantro*...13 **V GF**

**V** Vegan **VEG** Vegetarian **GF** Gluten Friendly

### SANDWICHES

100% Grass-fed Burger *mushroom, caramelized onion, arugula, parmesan, mayonnaise, flaxseed bun, umami sauce*...17

Grilled Chicken Avocado Wrap *sliced avocado, red onion, arugula, cucumber, cherry tomato, hummus, pita*...14

### SIDES

Tuscan Kale Salad...5 **VEG**

Sweet Potato Hash...5 **VEG**

### DESSERTS

Chocolate Chip Cookie...2 **V GF**

Half Dozen Chocolate Chip Cookies...10 **V GF**

### PROTEIN ADDS

Tofu...4

Chicken...5

Salmon...10 *San Jose Only*

### BEVERAGES

spindrift Lemon...4

spindrift Blackberry...4

spindrift Grapefruit...4

spindrift Raspberry Lime...4

#### TRUE FOOD KITCHEN TO-GO

Introducing True Food Kitchen To-Go, a new takeout-only location serving Tempe, AZ and surrounding areas with a curated selection of starters, salads, sandwiches and bowls. Our True Food chefs use this To-Go concept to develop and test new offerings - so the menu is updated regularly.

**ORDER ONLINE AT [TRUEFOODKITCHEN.COM](http://TRUEFOODKITCHEN.COM)**