

ORDER ONLINE

To place a catering order online, visit TrueFoodKitchen.com/catering and choose pickup or delivery. No same-day pick up for online orders. If you wish to place your order by phone, please call the restaurant and a member of our True Food team will assist you.

FOOD ALLERGIES

All of our catered menu items are prepared with the same high-quality ingredients and care you enjoy in our restaurant. When placing your order, please alert our catering team of any food allergies.

CANCELLATIONS

For changes outside of a 24-hour window, we will do our best to accommodate client's needs. In the event of a cancellation or modification within a 24 hour window, you will be charged in full for the original order.



EAT BETTER TOGETHER

At True Food Kitchen, we believe eating well is more than delicious and good-for-you food, it's sharing it with good company. Whether you're ordering for the office, everyday entertaining or planning a special event, our catering menu lets you carefully craft the ideal offering for your group gathering. Choose from a selection of healthy and delicious packages and a la carte offerings including starters, salads, sandwiches, bowls, desserts and refreshing beverages, featuring the best and freshest ingredients.



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PICK-UP OR DELIVERY**

TRUEFOODKITCHEN.COM/CATERING



**TRUE
FOOD
KITCHEN**

CATERING MENU

Fall 2021

RIVER NORTH

1 W Erie St

Chicago, IL 60654

312-204-6981

TRUEFOODKITCHEN.COM/CATERING



STARTERS

Serves 5-6

Roasted Brussels Sprouts

mushroom, miso sesame vinaigrette, chili thread...45 v GF

Charred Cauliflower

harissa tahini, medjool date, dill, mint, pistachio...45 v GF

Herb Hummus

cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette & house-made pita...40 VEG

SALADS

Option to Add Protein

Serves 5-6

Tuscan Kale Salad

organic kale, lemon, garlic, grana padano, breadcrumb...45 VEG

Chopped Salad

medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette...50 VEG

Seasonal Ingredient Salad

butternut squash, cauliflower, brussels sprout, cannellini bean, organic kale, toasted mulberry, pomegranate, horseradish vinaigrette...55 v GF

WRAPS

Serves 5-6 (10 half wraps)

Grilled Chicken Avocado Wrap

organic tomato, cucumber, hummus, fresh mozzarella, butter lettuce, lemon oregano vinaigrette...60

Moroccan Chicken Pita

pickled onion, shredded romaine, arugula, feta, charred onion, cherry tomato, harissa tahini, red pepper chili flake...55

Warm Vegetable Pita

house-made almond ricotta, grilled portobello, grilled broccolini, cilantro pesto, arugula...50 v

*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.

PACKAGES...160

Serves 10-12

WRAPPER'S DELIGHT

choice of 2 wraps, 2 sides and baker's dozen chocolate chip cookies

MUST LOVE BOWLS

choice of 2 bowls + noodles, 2 sides and baker's dozen chocolate chip cookies

SALAD GOLD

choice of 2 salads, 2 sides and baker's dozen chocolate chip cookies

ADD ANY PROTEIN TO PACKAGES FOR ADDITIONAL CHARGE

SIDES

Serves 5-6

Sweet Potato Hash...25 v GF

Seasonal Vegetables...25 v

Cauliflower Rice...20 v GF

Street Corn...20 v GF

Brown Rice + Quinoa...20 v GF

PROTEIN

Serves 5-6

Tofu...25

Grilled Chicken...30

Shrimp*...40

Grass-Fed Steak*...60

Grilled Salmon*...80

SAUCES

10oz Container

Cilantro Pumpkin Seed Pesto...5 v GF

Teriyaki...5 GF

Miso Sesame Vinaigrette...5 v GF

GF = GLUTEN FRIENDLY VEG = VEGETARIAN V = VEGAN

BOWLS + NOODLES

Option to Add Protein

Serves 5-6

Ancient Grains Bowl

miso sesame glazed sweet potato, turmeric, charred onion, snow pea, portobello, avocado hemp seed...55 v

Korean Noodle Bowl

sweet potato glass noodle, pickled shiitake, organic spinach, rainbow carrot, bean sprout, toasted sesame...50 v GF

Teriyaki Quinoa Bowl

broccoli, rainbow carrot, bok choy, mushroom, brown rice, avocado, toasted sesame...45 v GF

Spaghetti Squash Casserole

crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella...50 VEG

Lasagna Bolognese

fennel chicken sausage, mushroom, organic spinach, ricotta, basil...60 GF

ORGANIC TEA + LEMONADE

Seasonal Lemonade...20

Seasonal Limeade...20

Organic Green Tea...10

Organic Black Tea...10

DESSERTS

Chocolate Chip Cookies v GF

Half Dozen...12

Baker's Dozen...24

Seasonal Pie

Full Pie (6 slices)...28