

TRUE FOOD KITCHEN



**GROUP
DINING**

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RIO LAKEFRONT | 221 RIO BLVD STE 0221 | GAITHERSBURG, MD 20878



we are **TRUE FOOD KITCHEN**

Welcome to True Food, a health-driven, seasonal restaurant merging nutrient-rich ingredients with a flavor-forward menu that rotates regularly to let guests experience great-tasting ingredients at the peak of their freshness. Our open kitchen brings guests closer to our culinary craft and demonstrates there's nothing secret about the way we prepare our dishes, like our flavorful and healthful bowls, pizzas, salads, and antioxidant-packed desserts. Each of our scratch bars are brimming with a selection of wine, local beers, and seasonal cocktails made using fresh-pressed fruit and vegetable juices paired with organic spirits.

At True Food Kitchen, we cater to nearly every food preference with a variety of gluten-free, naturally organic, vegetarian, and vegan offerings. This commitment to quality and creativity ensures a menu that encourages exploration all throughout the year. True Food is based on the idea that food should make you feel better – not worse – and that you shouldn't have to sacrifice taste to live a healthier lifestyle. Every meal we serve is prepared to that standard.



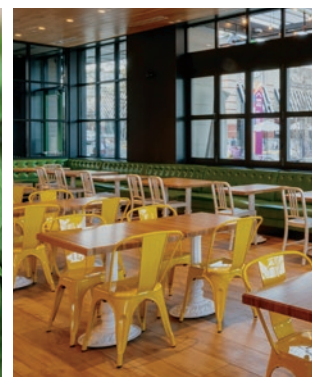
OUR MENU

A progressive restaurant concept with a menu rooted in the principles of Dr. Andrew Weil's anti-inflammatory diet, True Food Kitchen emphasizes wholesome, simple ingredients with simple preparations to bring forth the natural health benefits and the flavors of each ingredient. Our innovative menu caters to a variety of preferences and diets and offers an array of delicious vegan, vegetarian, and gluten-free options.



OUR SPACE

Situated in the heart of Montgomery County, True Food Kitchen Gaithersburg is located at rio Lakefront, Gaithersburg's premier shopping and dining destination. The spacious, thoughtfully designed restaurant can accommodate multiple seating configurations for sit-down dinners. Locally-inspired artwork, garden basins of herbs, and eco-friendly materials add to the atmosphere. Events can be hosted in the main dining room, private dining room, or on either patio. The large covered patio features waterfront views and a smaller side patio is available as well. The private dining room is fully enclosed for privacy and seats 12 guests. The main interior space can open fully to the patio and the entire space is also available for full restaurant buy-outs.



PRIVATE DINING ROOM

True Food Kitchen at rio Lakefront has a separate dining room that provides a beautiful setting for private events. From special occasion dinners to business meetings, the space is ideal for small gatherings where privacy is preferred. The room is located off the main dining room near the bar and is separated by a glass wall and door. Full length draperies can be closed for added privacy as well. The room is also equipped with a private A/V system.

SEATING CAPACITY:

12 Guests



FRONT PATIO

The spacious Front Patio at True Food Kitchen rio Lakefront can be booked separately from the side patio for private events. Tables can be easily configured as needed. The patio seating area is fully covered and well lit for evening events with umbrellas for additional shade over the entry area during the day.

SEATING CAPACITY:

30 Guests



FOOD & BEVERAGE MINIMUMS:

Minimums Vary By Event

DEPOSIT:

Credit Card Hold

GROUP EVENTS

DATES & PRICING

When booking your group reservation please note, minimums vary based on the day of the week and time of the year and do not include service charge, sales tax, or gratuity.

RESERVATION CONFIRMATION

In order to reserve space for your group event, a confirmation form will be sent to you by one of our Event Managers via email and the form must be completed within 72 hours of being sent. To confirm larger events, including buy-outs, a deposit will be required.

EVENT GUARANTEES

We will need to receive your final guest commitment 72 hours prior to your event(s). Should this number not be made available at the requested time, the originally established attendance will be used. The actual attendance or the final guaranteed guest count will be charged, whichever is greater. If the guest number increases on the day of the event we will do our best to accommodate.

Group menus and beverage choices will need to be selected 2 weeks in advance. This will guarantee food and beverage availability as well as printed menus for the day/night of the event.

SERVICE CHARGE & TAX

Services listed in this packet are subject to a 4% service charge and sales tax. The amount of gratuity you choose to leave for our servers is determined solely by you - you may indicate the amount on the pre-authorization form or wait for your final check.

For events with a food and beverage minimum of \$6,000 or more, including restaurants buy-outs, a 21% service charge will be applied rather than the 4% service charge and gratuity options. A deposit will also apply.

Additional Fees:

Corkage: \$15/bottle

Cake Cutting: \$2/person

PATIO RESERVATIONS

Should your event be impacted by inclement weather, our managers will do their best to relocate the event based on the other reservations and contracts previously made. There is no guarantee that relocation will be possible and you will not receive a credit, nor will your food and beverage minimum be reduced or waived.

MENU

Our menus change seasonally to allow guests to enjoy ingredients at the peak of their freshness. When choosing your food and beverage options, please note, substitutions may occur when menu changes take place. Prix fixe menus are required for parties of over 15. Sales tax, gratuity, and service charges are not included in menu pricing.

PACKAGE OPTIONS

Hosts may choose one entrée for all guests or guests may choose their offering during their dining experience. Packages include choice of green tea, black tea, and/or organic fair trade coffee. Additional beverage packages available.

CANCELLATION POLICY

Should an event be cancelled due to a government mandate, you will not be charged a cancellation fee. A 50% penalty for food and beverage, sales tax, and service charges will be applied in the event of cancellation within 2 weeks of a scheduled event. Cancellation within 24 hours of the event reservation will result in 100% responsibility for your food and beverage, sales tax, and service charges. Cancellations for larger events and restaurant buy-outs have different terms based on deposits and timelines. Please speak to your Event Manager for more details.

FINAL PAYMENT

We do not provide separate checks for group events. Upon completion of the event, one check will be prepared with all food, beverage, incidental/service charges, and sales tax. Full Payment is due upon completion of the event. True Food Kitchen accepts cash and all major credit cards. True Food Kitchen Gift Cards are not an acceptable form of payment for group events. The credit card that is placed on file cannot be used for final payment unless a credit card authorization form is completed.

group menus

BRUNCH

BEVERAGE

Organic Fair Trade Drip Coffee

Seasonal Iced Tea

STARTER CHOICE OF ONE FOR THE TABLE

Edamame Guacamole

avocado, cilantro pesto, pumpkin seed, aleppo chili & house-made pita chips v

Herb Hummus

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

ENTRÉE CHOICE OF

🍷 Strawberry Lemon Pancakes

house-made strawberry preserve, lemon zest, greek yogurt, maple syrup VEG GF

Smashed Avocado Toast

smoked gouda, sesame, organic whole wheat crostini VEG

🍷 Garden Scramble*

organic eggs, broccolini, onion, poblano pepper, smoked gouda, parmesan, sweet potato VEG GF

add protein: chicken sausage +4

Chopped Salad

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

add protein: tofu +4 / chicken +5 / shrimp* +6 / grass-fed steak* +8 / salmon* +9

Tuscan Kale Salad

organic kale, lemon, garlic, parmesan, breadcrumb VEG

add protein: tofu +4 / chicken +5 / shrimp* +6 / grass-fed steak* +8 / salmon* +9

\$30 PER PERSON

🍷 Seasonal Highlight

v Vegan VEG Vegetarian v 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.

**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.*

group menus

THE FUNCTIONAL

STARTER CHOICE OF ONE FOR THE TABLE

Edamame Guacamole

avocado, cilantro pesto, pumpkin seed, aleppo chili & house-made pita chips **v**

Herb Hummus

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

ENTRÉE CHOICE OF

Ancient Grains Bowl

miso sesame glazed sweet potato, turmeric, charred onion, snap pea, portobello, avocado, hemp seed, cilantro pumpkin seed pesto **v**
add protein: tofu +4 / chicken +5 / shrimp* +6 / grass-fed steak* +8 / salmon* +9

Teriyaki Quinoa Bowl

broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame **v GF**
add protein: tofu +4 / chicken +5 / shrimp* +6 / grass-fed steak* +8 / salmon* +9

Vegan Double Cheeseburger

house-made with portobello, walnut, beet, lettuce, pickled onion, organic tomato, vegan cheddar, veganaise, flaxseed bun **v**

Grass-fed Burger*

umami, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, flaxseed bun

Spaghetti Squash Casserole

crushed organic DiNapoli tomato, caramelized onion, zucchini, fresh mozzarella **VEG GF**

Lasagna Bolognese

fennel chicken sausage, mushroom, organic spinach, ricotta, basil **GF**

Chopped Salad

medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette **VEG**
add protein: tofu +4 / chicken +5 / shrimp* +6 / grass-fed steak* +8 / salmon* +9

Tuscan Kale Salad

organic kale, lemon, garlic, parmesan, breadcrumb **VEG**
add protein: tofu +4 / chicken +5 / shrimp* +6 / grass-fed steak* +8 / salmon* +9

\$30 PER PERSON

Seasonal Highlight

v Vegan **VEG** Vegetarian **v** Gluten Friendly

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group menus

THE HARVEST

STARTER CHOICE OF ONE FOR THE TABLE

Edamame Guacamole

avocado, cilantro pesto, pumpkin seed, aleppo chili & house-made pita chips **V**

Herb Hummus

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

Chef's Selection of Pizzas

SALAD CHOICE OF

Chopped Salad

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

Tuscan Kale Salad

organic kale, lemon, garlic, parmesan, breadcrumb **VEG**

ENTRÉE CHOICE OF

Ancient Grains Bowl

miso sesame glazed sweet potato, turmeric, charred onion, snap pea, portobello, avocado, hemp seed, cilantro pumpkin seed pesto **V**
add protein: tofu / chicken / shrimp* +1 / grass-fed steak* +1 / salmon* +4

Teriyaki Quinoa Bowl

broccoli, rainbow carrot, bok choy, green bean, snap pea, mushroom, brown rice, avocado, toasted sesame **VGF**
add protein: tofu / chicken / shrimp* +1 / grass-fed steak* +1 / salmon* +4

Grilled Chicken Parmesan

seasonal vegetables, organic DiNapoli tomato sauce, mozzarella, herbs **GF**

Grass-fed Burger*

umami, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, flaxseed bun

b Grilled Sustainable Salmon*

baru nut, baby bok choy, edamame, watermelon radish, organic arugula, thai corn broth **GF**

Lasagna Bolognese

fennel chicken sausage, mushroom, organic spinach, ricotta, basil **GF**

\$50 PER PERSON

b Seasonal Highlight

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

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group menus

DESSERT

DESSERT CHOICE OF ONE PER EVENT

-  Summer Mango Tart
almond-date crust, coconut whip, blueberry VGF
- Flourless Chocolate Cake
caramel, almond, vanilla ice cream, cacao nib VEG GF
- Cookies & Ice Cream
chocolate chip cookies served with vanilla ice cream VGF

\$10 PER PERSON

-  Seasonal Highlight
- V Vegan VEG Vegetarian V Gluten Friendly

beverage enhancements

CRAFT COCKTAILS...14

- 🍷 Rosé Sangria *la vieille ferme organic rosé, pineapple, lime*
- 🍷 Watermelon Mojito *drake's organic silver rum, watermelon, mint, pineapple, lime*
- 🍷 Thai Blueberry Martini *prairie organic vodka, combier rose, thai basil, lime*
Citrus Skinny Margarita *dulce vida organic blanco, cucumber, mint*
- 🍷 Strawberry Margarita *dulce vida organic reposado, fiorente elderflower*
- 🍷 Bramble on Rose *gray whale gin, giffard raspberry, honeydew, mint*
- 🍷 Peaches & Bourbon *old grand-dad bourbon, giffard peach, lemon*
- 🍷 Tee Time *tomatin dualchas whisky, barrow's intense ginger, chamomile, lemon*

BRUNCH COCKTAILS...12

- 🍷 Watermelon Mimosa *marqués de cácares cava, watermelon, lemon*
- 🍷 Blueberry Mimosa *marqués de cácares cava, blueberry, lime*
Prairie Mary *organic vodka, organic tomato, house spice blend, lemon*

CHOICE OF THREE COCKTAILS PER EVENT

WINE (BY THE BOTTLE)

- Pinot Grigio *Tangent (Edna Valley, CA) Proprietary Label...38 s*
- Sauvignon Blanc *Blalock + Moore (Marlborough, New Zealand) Proprietary Label...42 s*
- Chardonnay *Imagery (Sonoma County, CA)...46 s*
- Rosé of Grenache *Pour les Gens (Vin de France) Proprietary Label...46 s*
- Pinot Noir *Duckhorn "Decoy" (California)...58 s*
- Malbec *Alamos (Mendoza, Argentina)...38 s*
- Cannonau *Alta Vita (Sardinia, Italy) Proprietary Label...34 s*
- Cabernet Sauvignon *Drumheller (Columbia Valley, WA)...38 s*
- Sangiovese *Borgo Scopeto "Chianti Classico" (Chianti, Italy)...46 s*

CHOICE OF FOUR WINE SELECTIONS PER EVENT

BEER

- Local Rotating...7
- New Belgium Brewing *Fat Tire Amber Ale...6*
- Samuel Adams *Seasonal...6*
- Sierra Nevada *Hazy Little Thing IPA...7*
- Stella Artois...6
- Strainge Beast *Hard Kombucha...6 GF*

CHOICE OF FOUR BEER SELECTIONS PER EVENT

- 🍷 *Seasonal Highlight*

S Sustainable B Bio-Dynamic O Organic GF Gluten Free

TRUE FOOD KITCHEN

beverage enhancements

NATURAL REFRESHERS

🍷 Watermelon Lemonade...5

🍷 Blueberry Limeade...5

🍷 Sparkling Peach Tea *black tea, peach, lemon*...5

The O.G. *ginger, honey, lime*...6

Sparkling Prickly Pear Tisane *prickly pear, hibiscus, lime*...5

Kale Aid *kale, ginger, apple, celery, cucumber, lemon*...9

CHOICE OF THREE NATURAL REFRESHER SELECTIONS PER EVENT

MIMOSA BAR

\$75 BUBBLE DUO

Two bottles of Cava and a selection of fresh fruit juice & natural refresher mixers

\$110 BUBBLE TRIO

Three bottles of Cava and a selection of fresh fruit juice & natural refresher mixers