

## PLACING AN ORDER

To place your order, contact the restaurant via phone at least 12 hours in advance. For next day pick up, orders must be placed by 3:00 PM the previous day. Although we ask for advance notice, we will do our best to accommodate any late orders. Additional fees may apply.

## 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.

## BETTER FOOD MEANS BETTER LIVING.

At True Food Kitchen, we believe that living well isn't just about eating good-for-you food, but about sharing it with good people. Thank you for the opportunity to share our delicious food with you and your group. Just like our dine-in menu, our catering menu is carefully crafted so that every bite and every refreshing sip serve up big flavor, and an abundance of fresh, seasonal ingredients. Ingredients that make your next group gathering even more brilliant.



# TRUE FOOD KITCHEN

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## CATERING MENU

Fall 2022

### RIVER NORTH

1 W Erie St

Chicago, IL 60654

312-204-6981

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## STARTERS

Serves 5-6

Butternut Squash Soup (quart size)

sage...35 **V GF**

Roasted Brussels Sprouts

miso sesame vinaigrette, toasted sesame seed,  
chili thread...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, parmesan, breadcrumb...45 **VEG**

Chopped Salad

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

Seasonal Ingredient Salad

brussels sprout, cauliflower butternut squash,  
organic kale, cannellini bean, mulberry, pomegranate,  
horseradish vinaigrette...50 **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**

Forbidden Black Rice...20 **V GF**

Brown Rice + Quinoa...20 **V GF**

## PROTEIN

Serves 5-6

Tofu...25

Grilled Chicken...35

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,  
snap pea, portobello, avocado, hemp seed...55 **V**

Teriyaki Quinoa Bowl

broccoli, rainbow carrot, bok choy, green bean, snap pea,  
mushroom, brown rice, avocado, toasted sesame...45 **V GF**

Fall Pesto Pasta

seared mushroom, roasted acorn squash, marinated pepper,  
parmesan, cilantro pumpkin seed pesto...60 **VEG**

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 Dessert **V GF**

Squash Pie (whole pie)...28