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

TRUEFOODKITCHEN.COM

TRUE FOOD KITCHEN

CATERING MENU

Fall 2022

RIVER NORTH

1 W Erie St
Chicago, IL 60654
312-204-6981

TRUEFOODKITCHEN.COM

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