TRUE FOOD KITCHEN

GROUP DINING

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RIVER NORTH | 1 W. ERIE STREET | CHICAGO, IL 60654

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

True Food Kitchen is located in the heart of River North, Chicago's trendsetting urban neighborhood featuring fine dining, drinks, and design. The restaurant's bright, vibrant dining room with open kitchen provides the perfect backdrop for events of all sizes – including small group dinners, cocktail or networking receptions or more formal business lunches or dinners.

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

Roasted Brussels Sprouts
miso sesame vinaigrette, toasted sesame seed, chili thread V GF

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

ENTRÉE CHOICE OF

Banana Quinoa Pancakes
greek yogurt VEG GF

Smashed Avocado Toast
smoked gouda, sesame, organic whole wheat crostini VEG

Garden Scramble*
organic eggs, charred onion, brussels sprout, smoked gouda, parmesan, sweet potato VEG GF
add chicken sausage +4

Chopped Salad
medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette VEG
add protein: tofu +4 / chicken +6 / shrimp* +7 / grass-fed steak* +8 / salmon* +10

Tuscan Kale Salad
organic kale, lemon, garlic, parmesan, breadcrumb VEG
add protein: tofu +4 / chicken +6 / shrimp* +7 / grass-fed steak* +8 / salmon* +10

$32 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

Roasted Brussels Sprouts
miso sesame vinaigrette, toasted sesame seed, chili thread V GF

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 +6 / shrimp* +7 / grass-fed steak* +8 / salmon* +10

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 +6 / shrimp* +7 / grass-fed steak* +8 / salmon* +10

Vegan Double Cheeseburger
house-made with portobello, walnut, beet, lettuce, pickled onion, organic tomato, vegan cheddar, jalapeño remoulade, 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 +6 / shrimp* +7 / grass-fed steak* +8 / salmon* +10

Tuscan Kale Salad
organic kale, lemon, garlic, parmesan, breadcrumb VEG
add protein: tofu +4 / chicken +6 / shrimp* +7 / grass-fed steak* +8 / salmon* +10

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group menus

THE HARVEST

STARTER CHOICE OF ONE FOR THE TABLE

Roasted Brussels Sprouts
miso sesame vinaigrette, toasted sesame seed, chili thread V GF

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 V GF
add protein: tofu / chicken / shrimp* +1 / grass-fed steak* +1 / salmon* +4

Grilled Chicken Parmesan
seasonal vegetables, organic DiNapoli tomato sauce, mozzarella, herbs

Grass-fed Burger*
umami, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, flaxseed bun

Grilled Sustainable Salmon*
smoked grains, cilantro pumpkin seed pesto, broccolini, charred onion, basil

Lasagna Bolognese
fennel chicken sausage, mushroom, organic spinach, ricotta, basil GF

$52 PER PERSON

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group menus

DESSERT

DESSERT CHOICE OF ONE PER EVENT

Squash Pie
coconut whipped cream V GF

Flourless Chocolate Cake
caramel, almond, vanilla ice cream, cacao nib VEG GF

Cookies & Ice Cream
chocolate chip cookies served with vanilla ice cream V GF

$10 PER PERSON

Seasonal Highlight

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beverage enhancements

CRAFT COCKTAILS...14

Rosé Sangria *la vieille ferme organic rosé, pineapple, lime*
Citrus Skinny Margarita *dulce vida organic blanco, cucumber, mint*
Hibiscus Margarita *dulce vida organic reposado, combier rose, fresh lime*
Espresso Martini *tito's, amarula cream, fair trade espresso, hazelnut, oat milk*
Common Bond *old grand-dad bourbon, chai spice, fresh lemon*
Passion Colada *matusalem platino, giffard crème de la passion, mango, coconut, lime*
Juniper Rose *gray whale gin, giffard pamplemousse, thyme*
Tee Time *tomatin dualchas whisky, barrow's intense ginger, chamomile, lemon*

BRUNCH COCKTAILS...12

Apple Spritz *marqués de cácares cava, apple, lemon*
Hibiscus Spritz *marqués de cácares cava, hibiscus, 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...34 S
Sauvignon Blanc *Blalock + Moore (Marlborough, New Zealand)* Proprietary Label...38 S
Chardonnay *Imagery (Sonoma County, CA)*...42 S
Rosé of Grenache *Pour les Gens (Vin de France)* Proprietary Label...42 S
Pinot Noir *Duckhorn "Decoy" (California)*...54 S
Malbec *Terrazas de los Andes "Altos del Plata" (Mendoza, Argentina)*...34 S
Cannonau *Alta Vita (Sardinia, Italy)* Proprietary Label...34 S
Cabernet Sauvignon *Drumheller (Columbia Valley, WA)*...34 S
Sangiovese *Borgo Scopeto "Chianti Classico" (Chianti, Italy)*...42 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*

beverage enhancements

NATURAL REFRESHERS

- Apple Lemonade...5
- Hibiscus Limeade...5
- Adaptogenic Tulsi Tea *holy basil, ginger, honey*...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

Seasonal Highlight