#### PLACING AN ORDER

To place your order, contact the restaurant via phone at least 6 hours in advance. 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.

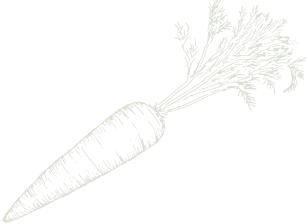
# **CANCELLATIONS**

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



#### STARTERS

Serves 5-6

Bone Broth Chicken Noodle Soup (quart size)...35

### Roasted Brussels Sprouts

miso sesame vinaigrette, roasted mushroom, umami powder...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

## Winter Harvest 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.



#### SIDES

Serves 5-6

Sweet Potato Hash...25 v gF Seasonal Vegetables...25 v gF

Cauliflower Rice...20 v gf

Forbidden Black Rice...20 v gf

Brown Rice + Quinoa...20 v gF

# PROTEIN

Serves 5-6

Organic Tofu...25 v

Grilled Chicken...35

Shrimp\*...40

Grass-Fed Steak\*...60

Grilled Salmon\*...80

#### SAUCES

10oz Container

Cilantro Pumpkin Seed Pesto... 5 v GF

Teriyaki...5 v 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, pickled shiitake, brown rice, avocado, umami powder...45 v gF

#### 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 gf

# 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 Whole Squash Pie...28