

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

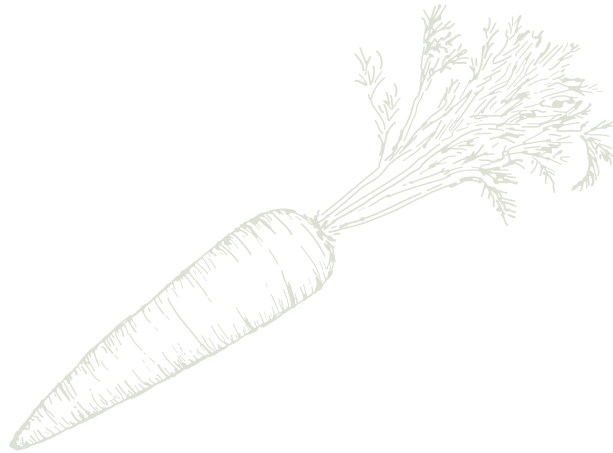
All of our catered menu items are prepared with the same high-quality ingredients and care you enjoy in our restaurant. When placing your order, please alert our catering team of any food allergies.

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



TRUE FOOD KITCHEN

CATERING MENU

Winter 2023

MARKET STREET

9595 Six Pines Drive, Suite 150
The Woodlands, TX 77380
281-364-7222

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STARTERS

Serves 5-6

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

Roasted Brussels Sprouts
miso sesame vinaigrette, roasted mushroom,
umami powder...50 **V GF**

Herb Hummus
cucumber, cherry tomato, onion, olive, feta, lemon oregano
vinaigrette & house-made pita...45 **VEG**

SALADS

Option to Add Protein

Serves 5-6

Tuscan Kale Salad
organic kale, lemon, garlic, parmesan, breadcrumb...50 **VEG**

Chopped Salad
medjool date, dried cranberry, jicama, organic apple, manchego,
farro, marcona almond, champagne vinaigrette...60 **VEG**

Winter Harvest Salad
brussels sprout, cauliflower, butternut squash,
organic kale, cannellini bean, mulberry, pomegranate,
horseradish vinaigrette...65 **V GF**

WRAPS

Serves 5-6 (10 half wraps)

Grilled Chicken Avocado Wrap
organic tomato, cucumber, hummus, fresh mozzarella,
butter lettuce, lemon oregano vinaigrette...70

Moroccan Chicken Pita
pickled onion, shredded romaine, arugula, feta, charred onion,
cherry tomato, harissa tahini, red pepper chili flake...65

Warm Vegetable Pita
house-made almond ricotta, grilled portobello,
grilled broccolini, cilantro pesto, arugula...60 **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 ...185

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...30 **V GF**

Seasonal Vegetables...30 **V GF**

Cauliflower Rice...25 **V GF**

Forbidden Black Rice...25 **V GF**

Brown Rice + Quinoa...25 **V GF**

PROTEIN

Serves 5-6

Organic Tofu...30 **V**

Grilled Chicken...40

Shrimp*...50

Grass-Fed Steak*...70

Grilled Salmon*...95

SAUCES

10oz Container

Cilantro Pumpkin Seed Pesto...10 **V GF**

Teriyaki...10 **V GF**

Miso Sesame Vinaigrette...10 **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...65 **V**

Teriyaki Quinoa Bowl
broccoli, rainbow carrot, bok choy, green bean, snap pea,
pickled shiitake, brown rice, avocado, umami powder...55 **V GF**

Pesto Pasta
seared mushroom, roasted acorn squash, marinated pepper,
parmesan, cilantro pumpkin seed pesto...65 **VEG**

Spaghetti Squash Casserole
crushed organic DiNapoli tomato, caramelized onion,
zucchini, fresh mozzarella...60 **VEG GF**

Lasagna Bolognese
fennel chicken sausage, mushroom, organic spinach,
ricotta, basil...70 **GF**

ORGANIC TEA + LEMONADE

Seasonal Lemonade...25

Seasonal Limeade...25

Organic Green Tea...15

Organic Black Tea...15

DESSERTS

Chocolate Chip Cookies **V GF**
Half Dozen...15
Baker's Dozen...25

Seasonal Dessert **V GF**
Whole Squash Pie...30