

## PLACING AN ORDER

At True Food Kitchen, we believe eating well is more than delicious and good-for-you food, it's sharing it with good company. Whether you're ordering for the office, everyday entertaining, or planning a special event, our catering menu lets you carefully craft the ideal offering for your group gathering. To place your order, call the restaurant directly or order online at [TrueFoodKitchen.com/catering](http://TrueFoodKitchen.com/catering).

## 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.



## EAT WELL, LIVE WELL

True Food Kitchen is the culinary destination where the art of taste meets the science of food. Where anyone looking to eat well and live well can savor wholesome, intentionally sourced ingredients and big bold flavors to help fuel their wellbeing beyond the plate.

Whether you're ordering for the office, everyday entertaining, or planning a special event...our catering menu features a selection of healthy and delicious packages or a la carte offerings like starters, salads, bowls, entrées, beverages, and desserts that are sure to make your next group gathering even more brilliant.



# TRUE FOOD KITCHEN

[TrueFoodKitchen.com](http://TrueFoodKitchen.com)



# TRUE FOOD CATERING



## CATERING MENU

Spring/Summer 2023



## STARTERS

**Serves 5-6**

### Bone Broth Chicken Noodle Soup

bone broth, grilled chicken, thyme (quart size)...45

### Farmers Market Crudités

hatch chile ranch, pistachio muhammara dip, vegetables...60 VEG

### Herb Hummus

cucumber, cherry tomato, onion, olive, feta, lemon oregano vinaigrette, house-made pita...55 VEG

## SALADS

**Option to Add Protein • Serves 5-6**

### Tuscan Kale Salad

organic kale, lemon, garlic, parmesan, breadcrumb...65 VEG

### Chopped Salad

medjool date, dried cranberry, jicama, organic apple, manchego, farro, marcona almond, champagne vinaigrette...70 VEG

### Mediterranean Salad

olive, cucumber, red quinoa, asparagus, artichoke, feta, marcona almond, lemon oregano vinaigrette...70 VEG GF

### Kale Cobb Salad

roasted red pepper, avocado, olive, Point Reyes blue cheese, cherry tomato, asparagus, hatch chile ranch...75 VEG GF

## WRAPS

**Serves 5-6 (10 half wraps)**

### Grilled Chicken Avocado Wrap

organic tomato, cucumber, hummus, fresh mozzarella, butter lettuce, lemon oregano vinaigrette...80

### Moroccan Chicken Pita

pickled onion, shredded romaine, arugula, feta, charred onion, cherry tomato, harissa tahini, red pepper chili flake...75

### Warm Vegetable Pita

house-made almond ricotta, grilled portobello, grilled broccolini, cilantro pesto, arugula...70 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

**195 each**

**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...45 V GF

Seasonal Vegetables...45 V GF

Cauliflower Rice...40 V GF

Forbidden Black Rice...40 V GF

Brown Rice + Quinoa...40 V GF

Grilled Broccolini...45 V GF

## PROTEIN

**Serves 5-6**

Organic Tofu...40 V

Grilled Chicken...50

Shrimp\*...60

Grass-Fed Steak\*...80

Grilled Salmon\*...105

## 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**

### Pesto Pasta

roasted mushrooms, marinated pepper, artichoke, asparagus, parmesan, cilantro pumpkin seed pesto...75 VEG

### Sonoran Bowl

anasazi bean, brown rice, quinoa, cotija, avocado, peruvian pepper sauce, charred scallion salsa verde...65 GF

### Kimchi Fried Rice Bowl

kelp kimchi, forbidden rice, roasted mushrooms, asparagus, edamame...80 GF

### Ancient Grains Bowl

miso sesame glazed sweet potato, turmeric, charred onion, snap pea, portobello, avocado, hemp seed, cilantro pumpkin seed pesto...75 V

### Teriyaki Quinoa Bowl

broccoli, rainbow carrot, bok choy, green bean, snap pea, pickled shiitake, brown rice, avocado, Chef Matt's Magical Dust...65 V GF

### Lasagna Bolognese

fennel chicken sausage, mushroom, organic spinach, ricotta, basil...80 GF

## ORGANIC TEA + LEMONADE

**Seasonal Lemonade...30**

**Seasonal Limeade...30**

**Organic Green Tea...20**

**Organic Black Tea...20**

## DESSERTS

**Chocolate Chip Cookies V GF**

Half Dozen...15

Baker's Dozen...25

**Seasonal Dessert**

The Pink Lime Tart (4 Tarts)...40 V GF

Strawberry Cake (Whole Sheet Pan)...50 VEG