

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.

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



TRUE FOOD CATERING



CATERING MENU

Summer 2023



STARTERS

Serves 5-6

Roasted Corn Soup

hatch green chile (quart size) v

Edamame Guacamole

avocado, cilantro, lime, Chef Matt's Magical Dust, umami cracker v

Herb Hummus

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

SALADS

Option to Add Protein • Serves 5-6

Tuscan Kale Salad

organic kale, lemon, garlic, parmesan, breadcrumb VEG

Chopped Salad

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

Mediterranean Salad

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

WRAPS

Serves 5-6 (10 half wraps)

Grilled Chicken Avocado Wrap

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

Moroccan Chicken Pita

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

Vegetable Ranch Pita

asparagus, cucumber, roasted red pepper, romaine, hatch chile ranch VEG

**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

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

Kale-Jicama Slaw VEG GF

Seasonal Vegetables v GF

Brown Rice + Quinoa v GF

Forbidden Black Rice v GF

Sweet Potato Hash v GF

PROTEIN

Serves 5-6

Organic Tofu v

Grilled Chicken

Shrimp*

Grass-Fed Steak*

Grilled Salmon*

SAUCES

10oz Container

Cilantro Pumpkin Seed Pesto v GF

Teriyaki v GF

Miso Sesame Vinaigrette v GF

V = VEGAN VEG = VEGETARIAN GF = GLUTEN FRIENDLY

BOWLS + NOODLES

Option to Add Protein • Serves 5-6

Pesto Pasta

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

Burrito Bowl

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

Kimchi Fried Rice Bowl

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

Ancient Grains Bowl

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

Teriyaki Quinoa Bowl

broccoli, rainbow carrots, bok choy, green bean, snap pea, pickled shiitake, brown rice, avocado, Chef Matt's Magical Dust v GF

Lasagna Bolognese

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

ORGANIC TEA + LEMONADE

Seasonal Lemonade

Seasonal Limeade

Organic Green Tea

Organic Black Tea

DESSERTS

Chocolate Chip Cookies v GF

Half Dozen

Baker's Dozen

Seasonal Dessert

Mango Tart (4 Tarts) v GF