



TRUE FOOD KITCHEN

GROUP DINING

Contact

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Market Street | 9595 Six Pines Drive, Suite 150 | The Woodlands, TX 77380



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 Market Street, The Woodlands' award-winning town center featuring retail, restaurant, cinema, office and hotel. 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. The restaurant also features flexible seating on its heated, covered outdoor patio.



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:

Cake Cutting: \$2/person

Corkage: varies based on location/bottle - please ask your event manager

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

Basic Brunch

FOR THE TABLE (choice of)

Muffins & Fruit Platter

lemon ricotta muffins, assorted seasonal fruit

Herb Hummus

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

ENTRÉE (choice of)



Blueberry Pancakes

blueberry compote, crème fraîche, maple syrup VEG GF

Breakfast Tacos*

Vital Farms pasture-raised scrambled eggs, sweet potato, roasted mushrooms, peruvian pepper sauce, Siete cassava root tortillas VEG GF

ADD: bison breakfast sausage +5 GF

Garden Scramble*

Vital Farms pasture-raised eggs, charred onion, asparagus, smoked gouda, parmesan, sweet potato VEG GF

ADD: chicken sausage +4 GF or bison breakfast sausage +5 GF

Chopped Salad

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

ADD: antibiotic-free chicken +6 / sustainably-raised shrimp* +7 / grass-fed steak* +8 / fair trade arctic salmon* +9 / organic tofu +4 v

Tuscan Kale Salad

organic kale, lemon, garlic, parmesan, breadcrumb VEG

ADD: antibiotic-free chicken +6 / sustainably-raised shrimp* +7 / grass-fed steak* +8 / fair trade arctic salmon* +9 / organic tofu +4 v

\$30 PER PERSON



Seasonal Highlight

V Vegan **VEG** Vegetarian **GF** Gluten-Friendly

Some ingredients are not included in the menu descriptions and our kitchen is not gluten free; please notify your event manager or server of any food allergies or dietary restrictions.

*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.

TRUE FOOD KITCHEN

GROUP MENUS

Harvest Brunch

FOR THE TABLE (choice of)

Muffins & Fruit Platter

lemon ricotta muffins, assorted seasonal fruit

Herb Hummus

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



Street Corn Flatbread

crème fraîche, roasted corn, lime, cotija VEG

SALAD (choice of)

Chopped Salad

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

ADD: antibiotic-free chicken +6 / sustainably-raised shrimp* +7 / grass-fed steak* +8 / fair trade arctic salmon* +9 / organic tofu +4 v

Tuscan Kale Salad

organic kale, lemon, garlic, parmesan, breadcrumb VEG

ADD: antibiotic-free chicken +6 / sustainably-raised shrimp* +7 / grass-fed steak* +8 / fair trade arctic salmon* +9 / organic tofu +4 v

ENTRÉE (choice of)



Blueberry Pancakes

blueberry compote, crème fraîche, maple syrup VEG GF

Breakfast Tacos*

Vital Farms pasture-raised scrambled eggs, sweet potato, roasted mushrooms, peruvian pepper sauce, Siete cassava root tortillas VEG GF

ADD: bison breakfast sausage +5 GF

Smoked Gouda Crustless Quiche*

Vital Farms pasture-raised eggs, hatch green chile, caramelized onion, kale VEG GF

Margherita Pizza

organic DiNapoli tomato sauce, fresh mozzarella, basil VEG



TFK Original Chicken Sandwich

grilled chicken breast, house-made bbq sauce, kale-jicama slaw, pickled jalapeño, flaxseed bun



Grilled Sustainable Salmon*

thai corn broth, bok choy, edamame, baru nut, radish GF

\$50 PER PERSON



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GROUP MENUS

The Functional

FOR THE TABLE (choice of)

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

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: antibiotic-free chicken +6 / sustainably-raised shrimp* +7 / grass-fed steak* +8 / fair trade arctic salmon* +9 / organic tofu +4 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

ADD: antibiotic-free chicken +6 / sustainably-raised shrimp* +7 / grass-fed steak* +8 / fair trade arctic salmon* +9 / organic tofu +4 v

The O.G. Grass-Fed Burger*

grass-fed organic beef, umami, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, flaxseed bun

vegan option available - ask your event manager for details

Spaghetti Squash Casserole

organic DiNapoli tomato sauce, caramelized onion, zucchini, fresh mozzarella VEG GF

Chopped Salad

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

ADD: antibiotic-free chicken +6 / sustainably-raised shrimp* +7 / grass-fed steak* +8 / fair trade arctic salmon* +9 / organic tofu +4 v

Margherita Pizza

organic DiNapoli tomato sauce, fresh mozzarella, basil VEG

\$32 PER PERSON

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GROUP MENUS

The Harvest

FOR THE TABLE (choice of)

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



Street Corn Flatbread

crème fraîche, roasted corn, lime, cotija VEG

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)

Teriyaki Quinoa Bowl

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

ADD: antibiotic-free chicken +6 / sustainably-raised shrimp* +7 / grass-fed steak* +8 / fair trade arctic salmon* +9 / organic tofu +4 v



TFK Original Chicken Sandwich

grilled chicken breast, house-made bbq sauce, kale-jicama slaw, pickled jalapeño, flaxseed bun

The O.G. Grass-Fed Burger*

grass-fed organic beef, umami, mushroom, caramelized onion, organic arugula, parmesan, mayonnaise, flaxseed bun

vegan option available - ask your event manager for details



Grilled Sustainable Salmon*

thai corn broth, bok choy, edamame, baru nut, radish GF

Lasagna Bolognese

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

Margherita Pizza

organic DiNapoli tomato sauce, fresh mozzarella, basil VEG

\$52 PER PERSON



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Bounty

FOR THE TABLE (choice of)

Edamame Guacamole

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



Heirloom Tomato & Watermelon

cucumber, mango vinaigrette, avocado mousse, marcona almond, Chef Matt's Magical Dust V GF

Charred Cauliflower

harissa tahini, medjool date, dill, mint, pistachio V GF

SALAD (choice of)

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

ENTRÉE (choice of)

Grilled Grass-Fed Steak*

peruvian pepper sauce, forbidden black rice, zucchini, charred onion, sweet drop pepper GF

Burrito Bowl

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

Korean Noodle Bowl

sweet potato glass noodle, pickled shiitake, organic spinach, carrot, bean sprout, Chef Matt's Magical Dust V GF



Spinach & Mushroom Pizza

roasted mushrooms, lemon almond ricotta, caramelized onion V



Grilled Sustainable Salmon*

thai corn broth, bok choy, edamame, baru nut, radish GF



Idaho Rainbow Trout*

quinoa, artichoke, roasted red pepper, lemon oregano vinaigrette GF

\$62 PER PERSON



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GROUP MENUS

Dessert

DESSERT choice of one per event

 **Mango Tart**
marcona almond-date crust, coconut whipped cream, blueberry V GF

Strawberry Cake & Ice Cream
strawberry, ricotta frosting, vegan vanilla ice cream VEG
substitute Cosmic Bliss organic grass-fed ice cream +1

Flourless Chocolate Cake
caramel, almond, vegan vanilla ice cream, cacao nib VEG GF
substitute Cosmic Bliss organic grass-fed ice cream +1

\$10 PER PERSON

 *Seasonal Highlight*

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BEVERAGE ENHANCEMENTS

NATURAL REFRESHERS

Choice of three natural refreshers selections per event

- 🍷 **Watermelon Lemonade**...5
 - Pink Lemonade** dragon fruit, lemon...5
 - Limeade** tractor organic lime...5
 - Sparkling Prickly Pear Tisane** prickly pear, hibiscus, lime...5
- 🍷 **Sparkling Peach Tea**...5
 - The O.G.** ginger, honey, lime...6
 - Green or Black Iced Tea**...4
 - Kale Aid** kale, ginger, apple, celery, cucumber, lemon...9
 - Adaptogenic Tulsi Tea** holy basil, ginger, honey...5
 - Matcha Horchata** oat milk, vanilla...6.5

CRAFT COCKTAILS...14

Choice of three cocktail or brunch cocktail selections per event

- Rosé Sangria** la vieille ferme organic rosé, pineapple, lime
- 🍷 **Watermelon Mojito** don q rum, watermelon, pineapple, mint, lime
 - Cucumber Martini** gray whale gin, chateau aloe, pineapple, lemon
 - Spicy Pineapple Margarita** dulce vida organic reposado tequila, fresh jalapeño, lime
- 🍷 **Blueberry Collins** prairie organic vodka, combier rose, lemon
 - Mezcal Margarita** banhez espadin mezcal, barrow's intense ginger, ube, lime
 - Hill Country** tito's vodka, fiorente elderflower, prickly pear, lime
 - Citrus Skinny Margarita** dulce vida organic blanco tequila, cucumber, mint
- 🍷 **Peaches & Bourbon** old grand-dad bourbon, giffard pêche, lemon
- 🍷 **Fresa Rosado** ana maria rosado tequila, barrow's intense ginger, strawberry, lime
 - Tee Time** tomatin dualchas whisky, barrow's intense ginger, chamomile, lemon
 - Peacemaker** maker's mark whisky, heavy brewed tea, honey, lemon
- 🍷 **Clean Watermelon Margarita (Zero Proof)** cleanco zero proof tequila, watermelon, jalapeño
- 🍷 **The Grove (Zero Proof)** seedlip grove zero proof, strawberry, lemon

BRUNCH COCKTAILS

- Aperol Spritz** marqués de cáceres cava, aperol...12
- 🍷 **Watermelon Spritz** marqués de cáceres cava, watermelon, lemon...12
 - Pink Spritz** marqués de cáceres cava, dragon fruit, lemon...12
 - Classic Mimosa** marqués de cáceres cava, fresh oj...12
 - Prairie Mary** organic vodka, organic tomato, house spice blend, lemon...12
 - Michelada** modelo especial, organic tomato, house spice blend, house-made tajín...8
 - Fresh Squeeze** tito's vodka, fresh oj...12
 - Spiked Dragon Fruit Lemonade** tito's vodka, pink lemonade...12

- 🍷 *Seasonal Highlight*

BEVERAGE ENHANCEMENTS

WINE (by the bottle)

Choice of four wine selections per event

Pinot Grigio Tangent (Edna Valley, CA)...38 P S

Sauvignon Blanc Blalock + Moore (Marlborough, New Zealand)...42 P S

Chardonnay Imagery (Sonoma County, CA)...46 S

Rosé Pour les Gens (Vin de France)...46 P S

Pinot Noir Duckhorn “Decoy” (California)...62 S

Malbec Terrazas de los Andes “Altos del Plata” (Mendoza, Argentina)...38 S

Cannonau Alta Vita (Sardinia, Italy)...34 P S

Cabernet Sauvignon Drumheller (Columbia Valley, WA)...38 S

Sangiovese Borgo Scopeto “Chianti Classico” (Chianti, Italy)...46 S

BEER...7

Choice of four beer selections per event

Local Rotating

Coors Light

Stella Artois

New Belgium Fat Tire Ale

Modelo Especial

Samuel Adams Seasonal

Sierra Nevada Hazy Little Thing IPA

Bell’s Brewery Two Hearted IPA

Strange Beast Hard Kombucha GF

Athletic Brewing Cerveza Atletica Copper (Non-Alcoholic)

MIMOSA BAR

BUBBLE DUO...75

Two bottles of Cava and a selection of fresh fruit juice & natural refresher mixers

BUBBLE TRIO...110

Three bottles of Cava and a selection of fresh fruit juice & natural refresher mixers