

## 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](https://TrueFoodKitchen.com/catering).

## 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.

*\* 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.*

## 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](https://TrueFoodKitchen.com)



# TRUE FOOD

CATERING

## CATERING MENU

Fall 2023

## STARTERS

Serves 5-6

**Roasted Butternut Squash Soup** v gf ...40  
butternut squash, sage

**Roasted Brussels Sprouts** v gf ...50  
roasted mushroom, marinated pepper,  
soy ginger glaze, lime

**Edamame Guacamole** v ...50  
avocado, cilantro, lime, Chef Matt's Magical Dust,  
umami cracker

**Herb Hummus** veg ...50  
cucumber, cherry tomato, onion, olive, feta,  
lemon oregano vinaigrette, pita

## SALADS

Option to Add Protein • Serves 5-6

**Tuscan Kale Salad** veg ...60  
organic kale, lemon, garlic, parmesan, breadcrumb

**Chopped Salad** veg ...65  
medjool date, jicama, organic apple, white cheddar,  
farro, champagne vinaigrette, dried cranberry,  
marcona almond

**Seasonal Harvest Salad** v gf ...65  
roasted seasonal vegetables, cannellini bean,  
horseradish vinaigrette, pomegranate seeds, mulberry

## WRAPS

Serves 5-6 (10 half wraps)

**Grilled Chicken Ranch Wrap** ...75  
avocado, roasted red pepper, mixed greens,  
hatch chili ranch

**Moroccan Chicken Pita** ...70  
pickled onion, shredded romaine, arugula,  
charred onion, cherry tomato, feta, harissa tahini,  
red pepper chili flake

**Vegetable Ranch Pita** veg ...65  
green bean, cucumber, roasted red pepper, romaine,  
hatch chile ranch

\*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** ...190  
choice of 2 wraps, 2 sides and  
baker's dozen chocolate chip cookies

**Must Love Bowls** ...190  
choice of 2 bowls + noodles, 2 sides and  
baker's dozen chocolate chip cookies

**Salad Gold** ...190  
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 ...30

**Roasted Seasonal Vegetables** v gf ...35

**Herb-Roasted Fingerling Potatoes** v gf ...35

**Wild Rice Pilaf** v gf ...30

**Quinoa Brown Rice** v gf ...30

## PROTEIN

Serves 5-6

**Organic Tofu** v ...35

**Grilled Chicken** ...45

**Shrimp\*** ...55

**Grass-Fed Steak\*** ...75

**Grilled Salmon\*** ...100

## SAUCES

10oz Container

**Cilantro Pumpkin Seed Pesto** v gf ...10

**Teriyaki** v gf ...10

**Miso Sesame Vinaigrette** v gf ...10

gf = Gluten Friendly   veg = Vegetarian   v = Vegan

## BOWLS + NOODLES

Option to Add Protein • Serves 5-6

**Pesto Pasta** veg ...70  
roasted mushroom, artichoke, parmesan,  
cilantro pumpkin seed pesto

**Burrito Bowl** gf ...60  
anasazi bean, avocado, quinoa brown rice, cotija,  
peruvian pepper sauce, charred scallion salsa verde

**Hawaiian Fried Rice** gf ...75  
quinoa brown rice, uncured ham, pineapple, pickled  
red onion, Vital Farms pasture-raised fried egg

**Ancient Grains Bowl** v ...70  
miso sesame glazed sweet potato, charred onion,  
snap pea, portobello, avocado, cilantro pumpkin  
seed pesto, hemp seed, turmeric

**Teriyaki Quinoa Bowl** v gf ...60  
quinoa brown rice, broccoli, rainbow carrot,  
bok choy, green bean, snap pea, pickled shiitake,  
Chef Matt's Magical Dust

**Lasagna Bolognese** gf ...75  
fennel chicken sausage, mushroom, organic spinach,  
ricotta, basil

## ORGANIC TEA + LEMONADE

**Seasonal Lemonade** ...25

**Organic Green Tea** ...15

**Organic Black Tea** ...15

## DESSERTS

**Chocolate Chip Cookies** v gf  
half dozen ...15  
baker's dozen ...25

**Carrot Cake\*** veg ...35  
quarter sheet pan

**Squash Pie\*** v gf ...35  
full pie