

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

Fall 2023

STARTERS

Serves 5-6

Roasted Butternut Squash Soup v gf
butternut squash, sage

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

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

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

SALADS

Option to Add Protein • Serves 5-6

Tuscan Kale Salad veg
organic kale, lemon, garlic, parmesan, breadcrumb

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

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

WRAPS

Serves 5-6 (10 half wraps)

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

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

Vegetable Ranch Pita veg
asparagus, 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
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

Roasted Seasonal Vegetables v gf

Herb-Roasted Fingerling Potatoes v gf

Wild Rice Pilaf v gf

Quinoa Brown Rice 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

gf = Gluten Friendly veg = Vegetarian v = Vegan

BOWLS + NOODLES

Option to Add Protein • Serves 5-6

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

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

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

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

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

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

ORGANIC TEA + LEMONADE

Seasonal Lemonade

Organic Green Tea

Organic Black Tea

DESSERTS

Chocolate Chip Cookies v gf
half dozen
baker's dozen

Carrot Cake* veg
quarter sheet pan

Squash Pie* v gf
full pie