

SHARABLE PLATTERS

SERVES 8-10

TFK Dip Platter **VEG**

herb hummus, pistachio pesto and house-made original ranch with crudité vegetables and baked flatbread

Mediterranean Hummus Platter **v**

spicy herb sauce, red pepper pistachio spread, za'atar spice, served with baked flatbread

Guacamole Platter **v**

avocado, lime, cilantro, cherry tomatoes, pickled organic fresnos, served with baked flatbread

SALADS

HALF SERVES 4-6; FULL SERVES 8-10

Seasonal/Market Salad* **VEG GF**

organic strawberries, feta, snap peas, cucumber, organic mixed greens, arugula, pistachios, thai basil vinaigrette

Organic Tuscan Kale Salad **VEG**

organic kale, parmesan, breadcrumbs, lemon, garlic

Chopped Salad **VEG**

organic mixed greens, romaine, aged white cheddar, farro, medjool dates, jicama, organic apple, raisins, almonds, champagne vinaigrette

Simple Green Salad **v GF**

organic mixed greens, cucumber, cherry tomatoes, avocado, lemon oregano dressing

BOWLS

SERVES 8-10

Teriyaki Quinoa Bowl **v GF**

regenerative quinoa brown rice blend, broccoli, rainbow carrots, bok choy, snap peas, pickled shiitake, sesame seeds

Korean Noodle Bowl **v GF**

glass noodles, pickled shiitake, organic spinach, carrot, bean sprouts

Ancient Grain Bowl **v**

organic grains, miso sesame glazed sweet potato, charred onions, snap peas, portobello, avocado, pistachio pesto, hemp seeds, turmeric

ADD PROTEIN

SERVES 8-10

Organic Tofu **v GF**

Antibiotic-Free Chicken **GF**

Wild-Caught Shrimp* **GF**

Grass-Fed Steak* **GF**

Sustainable
Arctic Salmon* **GF**

ENTRÉES

SERVES 8-10

Pesto Pasta **VEG**

roasted mushrooms, cherry tomatoes, arugula, parmesan, pistachio pesto

Spaghetti Squash Casserole **VEG GF**

squash, caramelized onions, fresh mozzarella, organic DiNapoli tomato sauce

Lasagne **GF**

Diestel Farms turkey sausage bolognese, organic spinach, ricotta, mozzarella, basil

Mediterranean Wild-Caught Shrimp*

farro, blistered tomatoes, charred onions, organic kale, aleppo, za'atar, dill, tzatziki

Protein + 2 Sides

Protein – antibiotic-free chicken or organic tofu
wild-caught shrimp*, grass-fed steak*, sustainable arctic salmon*

Sides – seasonal vegetables, sweet potato hash (add miso vinaigrette),
chilled pesto pasta, tomato cucumber salad

WRAPS

SERVES 8-10

tray of 16 assorted half wraps served on lavash, choose up to two options

Grilled Chicken Ranch Wrap

avocado, organic roasted red peppers, organic mixed greens, house-made original ranch

Caprese Wrap **VEG**

pistachio pesto, tomato, fresh mozzarella, arugula

Thai Basil Chicken Wrap*

organic strawberries, feta, snap peas, cucumber, organic mixed greens, arugula, pistachios, thai basil vinaigrette

Mediterranean Wrap **v**

hummus, spicy herb sauce, red pepper pistachio spread, cucumber, snap peas, charred onions, organic mixed greens, lemon oregano vinaigrette

SIDES TO SHARE

SERVES 8-10

side portion

Chilled Pesto Pasta Salad **v**

contains tree nuts

Seasonal Vegetables **VEG GF**

Sweet Potato Hash **v GF**

add miso vinaigrette +5

Tomato Cucumber Salad **VEG GF**

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

Our restaurants use gluten and all major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, sesame, soy, and wheat). Shared cooking areas mean we cannot ensure any item is allergen-free. Ingredient changes may occur due to suppliers, recipe updates, methods, or seasons. Inform your server of allergies or dietary needs before ordering, and we'll do our best to accommodate.

*These items are served raw, undercooked or cooked to order. Consuming raw or undercooked items may increase the risk of foodborne illness, especially if you have certain medical conditions.

GROUP PACKAGES

Build Your Own

Choice of

- Full Salad – *tuscan kale or simple salad; seasonal market salad* or chopped salad*
- Bowl – *teriyaki quinoa, korean noodle, ancient grain*
- Protein – *antibiotic-free chicken or organic tofu wild-caught shrimp*, grass-fed steak*, sustainable arctic salmon**
- Side – *seasonal vegetables, sweet potato hash, chilled pesto pasta, tomato cucumber salad*
- ½ Gallon *Seasonal* Lemonade
- ½ Gallon Traditional Black Tea

SERVES 12-14

Bento Boxed

- 5 Bento Box Mediterranean Wraps w/ Kale Salad + Chocolate Chip Cookie
- 5 Bento Box Chicken Ranch Wrap w/ Kale Salad + Chocolate Chip Cookie
- ½ Gallon *Seasonal* Lemonade
- ½ Gallon Traditional Black Tea

SERVES 10

Wrapped Up

- 1 Wrap Tray: 4 Mediterranean Wraps + 4 Chicken Ranch Wraps
- 1 Full Chopped Salad **VEG**
- 1 Side of Chilled Pesto Pasta Salad **v**
- Baker's Dozen Chocolate Chip Cookie **v GF**
- ½ Gallon *Seasonal* Lemonade
- ½ Gallon Traditional Black Tea

SERVES 14-16

Ultimate Feast

- 1 TFK Dip Platter **VEG**
- 1 Full Chopped Salad **VEG**
- 1 Ancient Grain Bowl **v**
- 1 Side of Grilled Chicken
- 1 Side of Chilled Pesto Pasta Salad **v**
- 1 Side of Seasonal Vegetables **VEG GF**
- 2 Baker's Dozen Chocolate Chip Cookie **v GF**
- 1 Gallon *Seasonal* Lemonade
- 1 Gallon Traditional Black Tea
- 2 Bottles of Mountain Valley Water (still)

SERVES 18-20

BOXED MEALS

MIN. ORDER OF 10

individual box with choice of wrap and side, served with a Chocolate Chip Cookie **v GF**

Wrap Options

- Mediterranean Wrap **v**
- Thai Basil Chicken Wrap*
- Caprese Wrap **VEG**
- Chicken Ranch Wrap

Side Options

- Sweet Potato Hash **v GF**
- Organic Tuscan
- Simple Green Salad **v GF**
- Kale Salad **VEG**

COLD BEVERAGES

SERVES 8-10

Lemonades ½ gallon
Pink or *Seasonal* Lemonade

Arnold Palmer ½ gallon
Pink Lemonade + Traditional Black Tea

Iced Tea ½ gallon
Green Tea or Traditional Black Tea

Mountain Valley Water Bottles each
Spring or Sparkling

DESSERT

SERVES 8-10

Baker's Dozen Chocolate Chip Cookies **v GF**
TCHO 68% chocolate



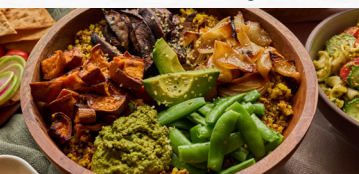
Build Your Own Package



Chopped Salad



Mediterranean Hummus Platter



Ancient Grain Bowl



Mediterranean Wild-Caught Shrimp



Boxed Meals



Ultimate Feast Package

Our True Promise

We partner with each of our growers, ranchers, and producers so that every ingredient meets our TRUE standards. That means better food for you, your family, and the planet.

ORGANIC THAT
MATTERS

HEALTHY FOR PASTURE,
PLATE, AND PLANET

FUTURE-FORWARD
FARMING

CUT THE BAD,
AMP UP THE GOOD

PROUDLY 100%
SEED OIL-FREE



TO SCHEDULE YOUR ORDER VISIT
[TRUEFOODKITCHEN.COM/CATERING](https://truefoodkitchen.com/catering)

[TRUEFOODKITCHEN.COM/TRUESTORY](https://truefoodkitchen.com/truestory)