

PROTEIN 8-10oz per athlete, cooked

Grass-Fed Steak* | 350.00 GF
Protein: 89g | Fat: 90g | Carbs: 0g | Cal per person 1190

Antibiotic-Free Grilled Chicken | 300.00 GF
Protein: 73g | Fat: 63g | Carbs: 4g | Cal per person 890

Sustainably-Raised Shrimp* | 350.00 GF
Protein: 78g | Fat: 20g | Carbs: 6g | Cal per person 530

Organic Tofu | 200.00 v GF
Protein: 34g | Fat: 32g | Carbs: 4g | Cal per person 400

Ahi Tuna Poke with Citrus Ponzu* | 350.00 GF
Protein: 181g | Fat: 39g | Carbs: 32g | Cal per person 1240

Sustainable Arctic Salmon* | 550.00 GF
Protein: 70g | Fat: 46g | Carbs: 1g | Cal per person 710

STARCHES

Pasta with Dinapoli Tomato Sauce | 150.00 VEG
Protein: 28g | Fat: 6g | Carbs: 75g | Cal per person 400
sub Pistachio Pesto +30.00
Protein: 16g | Fat: 43g | Carbs: 79g | Cal per person 755

Sweet Potato Hash | 150.00 v GF
Protein: 5.5g | Fat: 6g | Carbs: 25.5g | Cal per person 165
sub Miso Vinaigrette +30.00
Protein: 4g | Fat: 14.5g | Carbs: 34g | Cal per person 279

Quinoa Brown Rice | 150.00 v GF
Protein: 5g | Fat: 2g | Carbs: 43g | Cal per person 210

Forbidden Black Rice | 150.00 v GF
Protein: 7g | Fat: 4.5g | Carbs: 57g | Cal per person 290

VEGETABLES

Honey Roasted Carrots | 175.00 VEG GF
Protein: 2g | Fat: 12g | Carbs: 22g | Cal per person 200

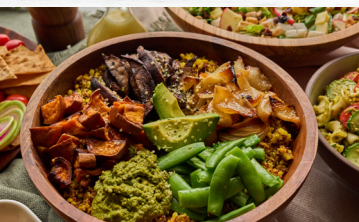
Tomato Salad | 150.00 VEG GF
Protein: 4.5g | Fat: 14g | Carbs: 17g | Cal per person 204

Seasonal Vegetables | 150.00 v GF
Protein: 2.5g | Fat: 20g | Carbs: 16g | Cal per person 249

Roasted Cauliflower + Harissa Tahini | 175.00 GF
Protein: 9g | Fat: 32g | Carbs: 14g | Cal per person 368

DESSERTS

2 Dozen Cookies (26 cookies) | 100.00 v GF
TCHO 68% chocolate
Protein: 3g | Fat: 18g | Carbs: 54g | Cal per person 360



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**

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



**SCAN TO SHARE ORDER
DETAILS AND INQUIRE
WITH OUR SALES TEAM**

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.

SALADS

Seasonal Market Salad* | 225.00 VEG GF

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

Protein: 73g | Fat: 63g | Carbs: 4g | Cal per person 503

Organic Tuscan Kale Salad | 200.00 VEG

organic kale, parmesan, breadcrumbs, lemon, garlic

Protein: 7g | Fat: 21g | Carbs: 13g | Cal per person 264

Chopped Salad | 225.00 VEG

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

Protein: 8.5g | Fat: 46.6g | Carbs: 29g | Cal per person 558

Simple Green Salad | 200.00 v GF

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

Protein: 2.1g | Fat: 33.6g | Carbs: 14.4g | Cal per person 366

ENTRÉES

Pesto Pasta | 250.00 VEG

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

Protein: 15.8g | Fat: 55.3g | Carbs: 55.5g | Cal per person 756

Spaghetti Squash Casserole | 250.00 VEG GF

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

Protein: 8.6g | Fat: 7.5g | Carbs: 22.8g | Cal per person 189

Lasagne | 300.00 GF

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

Protein: 19.5g | Fat: 14.3g | Carbs: 33.3g | Cal per person 348

Sustainable Salmon | 500.00 GF

Kvarøy Arctic sustainable salmon, snap peas, organic wild rice pilaf, thai basil vinaigrette

Protein: 37g | Fat: 48g | Carbs: 14g | Cal per person 640

BOWLS

Teriyaki Quinoa Bowl | 250.00 v GF

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

Protein: 6.7g | Fat: 71g | Carbs: 36.7g | Cal per person 221

Ancient Grain Bowl | 250.00 v

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

Protein: 10g | Fat: 32.5g | Carbs: 46.5g | Cal per person 501

Korean Noodle Bowl | 250.00 v GF

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

Protein: 6.9g | Fat: 6.6g | Carbs: 53.3g | Cal per person 287

Build Your Own Burger Bar* | 350.00 GF

select from Grass-Fed Burger*, Turkey Burger, Plant-Based Double Cheeseburger or All-American Burger*

Protein: 17-43g | Fat: 32-56g | Carbs: 36-79g | Cal per person 600-800

GF BUNS (AVAILABLE UPON REQUEST) | Protein: 3g | Fat: 10g | Carbs: 36g | Cal per person 250

Mediterranean Wild-Caught Shrimp* | 300.00

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

Protein: 38.3g | Fat: 17.5g | Carbs: 45.2g | Cal per person 477

Grass-Fed Tenderloin* | 700.00 GF

cheesy mashed potatoes, king trumpet mushrooms, seasonal vegetables, charred onions, peppercorn sauce

Protein: 47g | Fat: 81g | Carbs: 29g | Cal per person 1040



NEED TO FEED A TEAM ON THE ROAD?

Talk with us about travel meals ready for planes, buses, or other transportation.

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