

STARTERS & SHARABLES

SERVES 8-10

TFK Dip Platter | 75.00 VEG

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

Roasted Brussels Sprouts | 60.00 v GF

roasted wild mushroom, organic pickled fresas, ginger soy glaze, lime

Mediterranean Hummus Platter | 75.00 v

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

Seasonal Vegetables | 55.00 v GF

roasted sweet potatoes, cauliflower, carrots, lemon vinaigrette, herb mix

Guacamole Platter | 75.00 v

avocado, lime, cilantro, cherry tomato, pickled organic fresas, served with baked flatbread

Charred Cauliflower | 60.00 v GF

medjool dates, harissa tahini, dill, mint, pistachio

Sweet Potato Chips | 20.00 v GF

made in avocado oil, sea salt

SALADS

HALF SERVES 4-6; FULL SERVES 8-10

Seasonal Market Salad half | 60.00 full | 110.00 VEG GF

honey roasted carrots, roasted cauliflower, organic mixed greens, pistachios, feta, medjool dates, creamy tahini apple cider vinaigrette

Chopped Salad half | 60.00 full | 110.00 VEG

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

Organic Tuscan Kale Salad half | 50.00 full | 90.00 VEG

organic kale, parmesan, breadcrumbs, lemon, garlic

Simple Greens Salad half | 50.00 full | 90.00 v GF

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

BOWLS

SERVES 8-10

Ancient Grains Bowl | 120.00 v

miso sesame glazed sweet potato, charred onion, snap pea, portobello, avocado, organic grains, pistachio pesto, hemp seed, turmeric

Teriyaki Quinoa Bowl | 115.00 v GF

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

Korean Noodle Bowl | 115.00 v GF

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

Wild-Caught Tuna Poke Bowl* | 130.00 GF

regenerative black rice, avocado, roasted wild mushrooms, cucumber, jalapeño, edamame, pickled ginger, citrus ponzu

ADD PROTEIN

SERVES 10

Organic Tofu | 40.00 v GF

Antibiotic-Free Chicken | 50.00 GF

Wild-Caught Shrimp* | 60.00 GF

Grass-Fed Steak* | 55.00 GF

Sustainable Arctic

Salmon* | 85.00 GF

ENTRÉES

SERVES 8-10

Spaghetti Squash Casserole | 120.00 VEG GF

caramelized onions, fresh mozzarella, DiNapoli tomato sauce

Lasagna | 125.00 GF

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

NY Strip* | 195.00 GF

Verde Farms organic 100% grass-fed NY strip, peppercorn sauce, cheesy mashed potatoes, honey roasted carrots

Jambalaya Pasta* | 140.00

chicken and pork andouille sausage, wild-caught shrimp, antibiotic-free chicken, holy trinity, campanelle pasta

Protein + 2 Sides | 120.00

Protein – antibiotic-free chicken or organic tofu
wild-caught shrimp* +15, sustainable arctic salmon* +35

Sides – simple green salad, seasonal vegetables, quinoa brown rice, charred cauliflower +5, roasted brussels sprouts +5

WRAPS

SERVES 8-10

tray of 16 assorted half wraps served on lavash, choose up to two options | 110.00

Mediterranean Wrap v

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

Caprese Wrap VEG

pistachio pesto, tomato, fresh mozzarella, arugula

Lemon Oregano Chicken Wrap

organic mixed greens, cucumber, carrots, snap peas, tomatoes, lemon oregano vinaigrette

Grilled Chicken Ranch Wrap

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

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 | 265.00

Choice of

- Full Salad – tuscan kale or simple salad, seasonal market salad or chopped salad +20
- Bowl – teriyaki quinoa, korean noodle, ancient grain
- Protein – antibiotic-free chicken or organic tofu, wild-caught shrimp +15, grass-fed steak +10, sustainable arctic salmon +35
- Side – seasonal vegetables, sweet potato chips, roasted brussels sprouts, roasted cauliflower +20
- ½ Gallon Seasonal Lemonade
- ½ Gallon Traditional Black Tea

SERVES 12-14

Starting at \$22.00 per person

Bento Boxed | 155.00

- 5 Bento Box Mediterranean Wraps w/ Kale Salad + Chocolate Chip Cookie add a side fruit cup +2 per box
- 5 Bento Box Chicken Ranch Wrap w/ Kale Salad + Chocolate Chip Cookie add a side fruit cup +2 per box
- ½ Gallon Seasonal Lemonade
- ½ Gallon Traditional Black Tea

SERVES 10

Starting at \$15.50 per person

Wrapped Up | 295.00

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

SERVES 14-16

Starting at \$21.00 per person

Ultimate Feast | 425.00

- 1 TFK Dip Platter **VEG**
- 1 Full Chopped Salad **VEG**
- 1 Ancient Grain Bowl **V**
- 1 Side of Grilled Chicken
- 1 Side of Sweet Potato Chips **V GF**
- 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

Starting at \$23.75 per person

BOXED MEALS

MIN. ORDER OF 10

individual box with choice of wrap and side, served with a Chocolate Chip Cookie **V GF** | 16.00

Wrap Options

- Mediterranean Wrap **V**
- Caprese Wrap **VEG**
- Lemon Oregano Chicken Wrap
- Chicken Ranch Wrap

Side Options

- Sweet Potato Chips **V GF**
- Simple Green Salad **V GF**
- Organic Tuscan Kale Salad **VEG**

COLD BEVERAGES

SERVES 8-10

Lemonades ½ gallon | 26.00

Pink or Seasonal Lemonade

Arnold Palmer ½ gallon | 20.00

Pink Lemonade + Traditional Black Tea

Iced Tea ½ gallon | 16.00

Green Tea or Traditional Black Tea

Mountain Valley Water Bottles each | 7.00

Spring or Sparkling

DESSERTS

SERVES 8-10

Baker's Dozen Chocolate

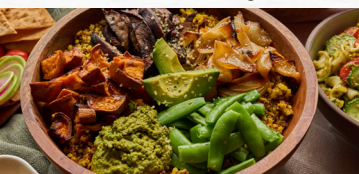
Chip Cookies | 35.00 **V GF**
organic TCHO chocolate

Spiced Carrot Cake Bites | 55.00 **VEG GF**

vanilla mascarpone mousse, candied oranges, walnuts



Build Your Own Package



Ancient Grain Bowl



Mediterranean Hummus Platter



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

TRUEFOODKITCHEN.COM/TRUESTORY



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