

TRUE FOOD KITCHEN

CATERING MENU

STARTERS & SHAREABLES SERVES 8-10TFK DIP PLATTER | 75.00 VEG

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

HERB ROASTED VEGGIES | 55.00 VEG GF

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

LEMON & FETA HUMMUS PLATTER | 75.00 VEG

cucumber, cherry tomatoes, feta, red onion, kalamata olives, lemon oregano vinaigrette, served with baked flatbread

CHARRED CAULIFLOWER | 60.00 V GF

medjool dates, harissa tahini, dill, mint, pistachio

WRAPS SERVES 8-10

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

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

ENTRÉES SERVES 8-10SPAGHETTI SQUASH CASSEROLE | 120.00 VEG GF

caramelized onions, fresh mozzarella, DiNapoli tomato sauce

JAMBALAYA PASTA | 140.00

chicken and pork andouille sausage, sustainably-raised shrimp, antibiotic-free chicken, onion, celery, green bell peppers, penne pasta

PROTEIN + 2 SIDES | 120.00

Protein – Antibiotic-Free Chicken Breast or Organic Grilled Tofu
sub Sustainably-Raised Shrimp +15
sub Norwegian Sustainably-Raised Salmon* +35

Sides – Greek Salad, Herb Roasted Veggies, Quinoa Brown Rice
sub Charred Cauliflower +5

SALADS HALF SERVES 4-6; FULL SERVES 8-10

Complement with your choice of protein

FARMERS MARKET SALAD | 60.00 half | 110.00 full VEG GF

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

CHOPPED SALAD | 60.00 half | 110.00 full VEG

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

ORGANIC TUSCAN KALE SALAD | 50.00 half | 90.00 full VEG

organic kale, parmesan, breadcrumbs, lemon, garlic

GREEK SALAD | 50.00 half | 90.00 full VEG GF

organic mixed greens & romaine blend, regenerative quinoa, cherry tomatoes, cucumber, kalamata olives, pickled red onions, feta, lemon oregano vinaigrette

BOWLS SERVES 8-10

Complement with your choice of protein

ANCIENT GRAINS | 120.00 V

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

TERIYAKI QUINOA | 115.00 V GF

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

KOREAN NOODLE | 115.00 V GF

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

TUNA POKE* | 130.00 GF

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

ADD PROTEIN SERVES 8-10

to any **Bowl** or **Salad**

ORGANIC GRILLED TOFU | 40.00 V GFANTIBIOTIC-FREE CHICKEN BREAST | 50.00 GFSUSTAINABLY-RAISED SHRIMP | 60.00 GFORGANIC GRASS-FED STEAK* | 55.00 GFNORWEGIAN SUSTAINABLY-RAISED SALMON* | 85.00 GF

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



Scan for complete allergen and nutritional information. A 2000-calorie daily intake is standard advice, but individual needs vary. 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. Written allergen and nutritional information is available upon request. Shrimp imported from Ecuador and India. *This item is served raw, undercooked or cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

GROUP PACKAGES

BUILD YOUR OWN | SERVES 12-14 | 265.00

Starting at \$22.00 per person

CHOICE OF

- **Full Salad** – Organic Tuscan Kale **VEG** or Greek **VEG GF**
sub Farmers Market **VEG GF** or sub Chopped **VEG** +20
- **Bowl** – Teriyaki Quinoa **V GF**, Korean Noodle **V GF**, Ancient Grains **V**
- **Protein** – Antibiotic-Free Chicken Breast or Organic Grilled Tofu,
sub Sustainably-Raised Shrimp +15, Organic Grass-Fed Steak* +10,
Norwegian Sustainably-Raised Salmon* +35
- **Side** – Herb Roasted Veggies **VEG GF**
sub Charred Cauliflower **V GF** +20
- ½ Gallon Pink or Seasonal Lemonade
- ½ Gallon Green or Black Tea

WRAPPED UP | SERVES 14-16 | 295.00

Starting at \$21.00 per person

- 1 Wrap Tray: 8 Half Caprese Wraps **VEG** + 8 Half Chicken Ranch Wraps
- 1 Full Chopped Salad **VEG**
- 1 Side of Herb Roasted Veggies **VEG GF**
- Baker's Dozen Chocolate Chip Cookie **V GF**
- ½ Gallon Pink or Seasonal Lemonade
- ½ Gallon Green or Black Tea

BENTO BOXED | SERVES 10 | 155.00

Starting at \$15.50 per person

- 5 Bento Box Caprese Wraps **VEG**
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**
add a side Fruit Cup +2 per box
- 5 Bento Box Chicken Ranch Wrap
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**
add a side Fruit Cup +2 per box
- ½ Gallon Pink or Seasonal Lemonade
- ½ Gallon Green or Black Tea

ULTIMATE FEAST | SERVES 18-20 | 425.00

Starting at \$23.75 per person

- 1 TFK Dip Platter **VEG**
- 1 Full Chopped Salad **VEG**
- 1 Full Greek Salad **VEG GF**
- 1 Ancient Grains Bowl **V**
- 1 Side of Antibiotic-Free Chicken Breast **GF**
- 1 Side of Herb Roasted Veggies **VEG GF**
- 2 Baker's Dozen Chocolate Chip Cookie **V GF**
- 1 Gallon Pink or Seasonal Lemonade
- 1 Gallon Green or Black Tea
- 2 Bottles of Mountain Valley Spring Water

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

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

SIDE OPTIONS

- Greek Salad **VEG GF**
- Organic Tuscan Kale Salad **VEG**

COLD BEVERAGES

SERVES 8-10

LEMONADES | 26.00 ½ gallon

Pink or Seasonal Lemonade

ARNOLD PALMER | 20.00 ½ gallon

Pink Lemonade + Black Tea

ICED TEA | 16.00 ½ gallon

Green or Black Tea

MOUNTAIN VALLEY WATER 1L BOTTLES | 7.00 each

Spring or Sparkling

DESSERTS

BAKER'S DOZEN CHOCOLATE CHIP COOKIES | 35.00 **V GF**

house-made



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

OUR TRUE PROMISE

**ORGANIC THAT
MATTERS**

**HEALTHY FOR PASTURE,
PLATE, AND PLANET**

**FUTURE-FORWARD
FARMING**

**CUT THE BAD,
AMP UP THE GOOD**

**PROUDLY 100%
SEED OIL-FREE**

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.

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