

# TRUE FOOD KITCHEN **TFK**

## REFRESHERS

### SPARKLING PRICKLY PEAR TISANE

prickly pear, hibiscus, lime

**60 CAL | \$6.75**

### KALE AID®

organic kale, ginger, organic apple, celery, cucumber, lemon

**70 CAL | \$9.75**

### ORIGINAL GINGER (THE O.G.)

ginger, honey, lime

**100 CAL | \$6.75**

### HANGOVER RX®

pineapple, orange, coconut water, aloe vera, organic sea moss

**110 CAL | \$8.50**

### BRIGHT EYES

pineapple, carrot, organic apple, ginger, turmeric, beet, lemon

**110 CAL | \$9.75**

### SPRITZERS

house-filtered sparkling water mixed with fresh fruit juice

**CHOOSE FROM** Lemon-Lime **5 CAL**, Pineapple **15 CAL**, Pomegranate **20 CAL | \$5.00**

**OR TRY IT SPIKED WITH TITO'S HANDMADE VODKA | \$12.25**

## SELECT CRAFT COCKTAILS

### CITRUS SKINNY MARGARITA

lunazul blanco tequila, cucumber, mint

**150 CAL | \$15.75**

### ROSÉ SANGRIA

la vieille ferme organic rosé, pineapple, lime

**160 CAL | \$14.95**

### SPICY PINEAPPLE MARGARITA

ana maria rosa tequila, fresh jalapeño, lime

**180 CAL | \$16.25**

### PASSION FRUIT MANGO MARGARITA

tres agaves organic reposado, cappelletti aperitivo, passion fruit, mango, lime

**120 CAL | \$15.50**

## STARTERS

### LEMON & FETA HUMMUS **VEG**

cucumber, cherry tomatoes, feta, red onion, kalamata olives, lemon oregano vinaigrette, served with baked flatbread | *sub fresh veggies +2.00*

**27G PROTEIN | 860 CAL | \$12.50**

### EDAMAME DUMPLINGS **VEG**

white truffle oil, dashi, thai basil, sesame seeds

**20G PROTEIN | 430 CAL | \$14.95**

### CHEF-CRAFTED SEASONAL SOUP

ask your server

**100-400 CAL | CUP \$4.50 | BOWL \$8.50**

## BOWLS Complement with your choice of protein

### KOREAN NOODLE **V GF**

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

**13G PROTEIN | 540 CAL | \$17.95**

### TERIYAKI QUINOA **V GF**

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

**12G PROTEIN | 510 CAL | \$17.95**

### ANCIENT GRAINS **V**

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

**13G PROTEIN | 620 CAL | \$18.50**

## ADD PROTEIN TO ANY BOWL OR SALAD

### Organic 100% Grass-Fed Steak\* **GF**

**43G PROTEIN | 315 CAL | \$9.50**

### Antibiotic-Free Chicken Breast **GF**

**44G PROTEIN | 300 CAL | \$6.95**

### Sustainably-Raised Shrimp **GF**

**33G PROTEIN | 220 CAL | \$7.95**

### Norwegian Sustainably-Raised Salmon\* **GF**

**29G PROTEIN | 290 CAL | \$10.95**

## SOURDOUGH PIZZAS

### SPINACH & WILD MUSHROOM **V**

roasted wild mushrooms, organic spinach, garlic purée, lemon almond ricotta | *gluten-friendly crust +2.75 (contains dairy)*

**43G PROTEIN | 1530 CAL | \$19.95**

### PEPPERONI

Niman Ranch uncured pepperoni, DiNapoli tomato sauce, fresh mozzarella, basil | *gluten-friendly crust +2.75 (contains dairy)*

**46G PROTEIN | 1070 CAL | \$19.95**

### MARGHERITA **VEG**

fresh mozzarella, DiNapoli tomato sauce, basil

*gluten-friendly crust +2.75 (contains dairy)*

**38G PROTEIN | 920 CAL | \$17.50**

## SALADS Complement with your choice of protein

### CHOPPED **VEG**

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

**15G PROTEIN | 640 CAL | \$16.50**

### ORGANIC TUSCAN KALE **VEG**

organic kale, parmesan, breadcrumbs, lemon, garlic

**11G PROTEIN | 430 CAL | \$13.95**

### CHINESE CHICKEN **GF**

antibiotic-free grilled chicken, bok choy, cabbage, avocado, watermelon radish, snap peas, pickled ginger, almonds, sesame seeds, cilantro, carrot ginger dressing

**53G PROTEIN | 860 CAL | \$18.95**

## BURGERS & SANDWICHES

CHOOSE A SIDE

Choice of **Tuscan Kale Salad **VEG**** or **Simple Salad **V GF****  
**Air-Fried French Fries **V GF**** or **Any Premium Side +2.50**  
**Gluten-Friendly Bun **V GF** +2.50**

### ALL-AMERICAN BURGER\*

Verde Farms organic 100% grass-fed beef, aged white cheddar, tomato, butter lettuce, TFK special sauce

**51G PROTEIN | 720 CAL | \$19.95**

### GRASS-FED BURGER\*

Verde Farms organic 100% grass-fed beef, roasted wild mushrooms, caramelized onions, organic arugula, parmesan, umami sauce

**57G PROTEIN | 890 CAL | \$19.95**

### TURKEY BURGER

Diestel Farms turkey, smoked gouda, avocado, tomato, butter lettuce, jalapeño remoulade

**43G PROTEIN | 600 CAL | \$18.95**

### VEGAN DOUBLE CHEESEBURGER **V**

house-made portobello, beet & walnut patty, butter lettuce, pickled onions, tomato, vegan cheese, jalapeño remoulade

**20G PROTEIN | 750 CAL | \$19.50**

### GRILLED CHICKEN & MOZZARELLA SOURDOUGH PANINI

house-made sourdough, DiNapoli tomato sauce, shredded mozzarella, chili flakes, basil, organic arugula

**34G PROTEIN | 640 CAL | \$17.50**

### LEMON OREGANO CHICKEN WRAP

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

**34G PROTEIN | 740 CAL | \$15.50**

### OUR TRUE PROMISE

Since 2008, we've believed food should make you feel as good as it tastes. That's why we start with flavor... sourcing real, whole ingredients at their peak from growers, ranchers, and producers who share our standards. Our chefs bring them together in fresh, globally inspired dishes that are crafted to crave and designed to nourish. When food is made with intention, it does more than satisfy your appetite... **it nourishes body, mind, and soul.**

## ENTRÉES

### SOUTHEAST ASIAN STEAK\* **GF**

organic 100% grass-fed steak, regenerative black rice, roasted wild mushrooms, edamame, snap peas, pickled organic fresnos, cilantro, thai basil, scallions, ginger soy vinaigrette

**89G PROTEIN | 1240 CAL | \$39.95**

### NORWEGIAN SALMON WITH MISO BEURRE BLANC\* **GF**

sustainably-raised grilled salmon, sautéed kale, roasted wild mushrooms, edamame, organic arugula

**39G PROTEIN | 790 CAL | \$29.95**

### SPAGHETTI SQUASH CASSEROLE **VEG GF**

caramelized onions, fresh mozzarella, DiNapoli tomato sauce

**25G PROTEIN | 560 CAL | \$17.50**

### TAHITIAN TOMBO TUNA POKE BOWL\* **GF**

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

**27G PROTEIN | 570 CAL | \$25.50**

## SIDES

### ORGANIC TUSCAN KALE SALAD **VEG**

organic kale, parmesan, breadcrumbs, lemon, garlic

**3G PROTEIN | 150 CAL | \$4.00**

### SIMPLE SALAD **V GF**

lemon oregano vinaigrette

**0G PROTEIN | 180 CAL | \$4.00**

### SEASONAL ROASTED VEGGIES **V GF**

ask your server

**3G PROTEIN | 190 CAL | \$6.00**

### SWEET POTATO CHIPS **V GF**

air-fried in avocado oil

**2G PROTEIN | 230 CAL | \$6.00**

### AIR-FRIED FRENCH FRIES **V GF**

served with peri peri ketchup

**3G PROTEIN | 310 CAL | \$6.00**

### HOUSE-MADE ORIGINAL RANCH **VEG GF**

**2G PROTEIN | 210 CAL | \$1.00**

**HAPPY HOUR**

**MONDAY-FRIDAY**

**3PM-6PM**

**\$5** BEERS & GLASSES OF PROPRIETARY WINE

**\$3 OFF** ALL COCKTAILS & PIZZAS

**\$2 OFF** EDAMAME DUMPLINGS & HUMMUS

## CRAFT COCKTAILS

### PASSION FRUIT MANGO MARGARITA

tres agaves organic reposado, cappelletti aperitivo, passion fruit, mango, lime  
120 CAL | \$15.50

### SMOKY PASSION FRUIT MANGO MARGARITA

ilegal mezcal, cappelletti aperitivo, passion fruit, mango, lime  
180 CAL | \$15.75

### ROSÉ SANGRIA

la vieille ferme organic rosé, pineapple, lime  
160 CAL | \$14.95

### SMOKE SHOW OLD FASHIONED

high west double rye, honey syrup, bitters, enveloped in hickory smoke for a rich flavor experience  
230 CAL | \$18.75

### ESPRESSO MARTINI

prairie organic vodka, borghetti espresso liqueur, organic espresso  
210 CAL | \$14.50

### MOSCOW MULE

tito's handmade vodka, fever tree blood orange ginger beer, lime  
170 CAL | \$14.95

### SPICY PINEAPPLE MARGARITA

ana maria rosa tequila, fresh jalapeño, lime  
180 CAL | \$16.25

### CITRUS SKINNY MARGARITA

lunazul blanco tequila, cucumber, mint  
150 CAL | \$15.75

## ZERO-PROOF COCKTAILS

### SPICY CLEAN MARGARITA

clean & co. tequila, pineapple, lime, jalapeño, mint  
170 CAL | \$13.25

### BLUEBERRY 75

lyre's sparkling, seedlip grove 42, lemon  
230 CAL | \$13.25

## ORGANIC & SUSTAINABLE WINES

### SPARKLING

**Marqués de Cáceres Cava** — Penedès, Spain **o**  
\$12 | - | \$44

**La Marca Prosecco Rosé** — Veneto, Italy **s**  
\$15 | - | \$55

### PINOT GRIGIO

**Tangent** — Edna Valley, California **P S**  
\$11 | \$15 | \$40

### SAUVIGNON BLANC

**13° Celsius** — Marlborough, New Zealand **s**  
\$12 | \$16 | \$42

**Blindfold** — Sonoma County, California **s**  
\$16 | \$21 | \$60

### CHARDONNAY

**Imagery** — Sonoma County, California **s**  
\$13 | \$18 | \$48

**Benziger “Running Wild”** — San Benito County, California **s**  
\$16 | \$21 | \$60

**Rombauer** — Los Carneros, California **s**  
\$24 | \$30 | \$80

### RIESLING

**Schloss Vollrads** — Rheingau, Germany **o**  
\$17 | \$22 | \$68

### ROSÉ

**Pour les Gens** — Vin de France **P S**  
\$13 | \$18 | \$47

**Miraval “Studio”** — Méditerranée, France **s**  
\$15 | \$21 | \$55

### PINOT NOIR

**Borealis** — Oregon **o**  
\$15 | \$21 | \$55

**Duckhorn “Decoy”** — California **s**  
\$16 | \$21 | \$60

### CABERNET SAUVIGNON

**Tribute** — California **s**  
\$13 | \$17 | \$50

**Liberty School** — Paso Robles, California **s**  
\$15 | \$21 | \$55

**The Prisoner** — Napa Valley, California **s**  
\$21 | \$30 | \$80

### INTERESTING REDS

**Tablas Creek Patelin Rouge** — Paso Robles, CA **s o**  
Regenerative Organic

\$17 | \$21 | \$64

**Terrazas de los Andes “Altos del Plata”**

**Malbec** — Mendoza, Argentina **s**  
\$12 | \$15 | \$40

**Alta Vita Cannonau** — Sardinia, Italy **P S**  
\$12 | \$15 | \$40

**Borgo Scopeto Chianti Classico** — Chianti, Italy **s**  
\$13 | \$17 | \$46

**P** Proprietary Label **S** Sustainable **O** Organic  
**6OZ 150 CAL 9OZ 220 CAL BOTTLE 620 CAL**

## BEER

### MICHELOB ULTRA

4.2% ABV — St. Louis, MO  
95 CAL | \$6.00

### STELLA ARTOIS

5% ABV — Leuven, Belgium  
140 CAL | \$7.00

### MODELO ESPECIAL

4.4% ABV — Nava, Mexico  
145 CAL | \$6.00

### VOODOO RANGER JUICY HAZE IPA

7.5% ABV — Fort Collins, CO  
210 CAL | \$8.00

### ATHLETIC BREWING RUN WILD IPA

Non-Alcoholic  
<0.5% ABV — Stratford, CT  
65 CAL | \$7.00

## REFRESHERS

**Gut-Health** ●  
**Nutrient Dense** ●  
**Hydration** ●  
**Antioxidants** ●

### SPRITZERS

house-filtered sparkling water mixed with fresh fruit juice

#### CHOOSE FROM

Lemon-Lime **5 CAL**

Pineapple **15 CAL**

Pomegranate **20 CAL**

**\$5.00 OR TRY IT SPIKED WITH TITO'S HOMEMADE VODKA | \$12.25**

## COLD BEVERAGES

### MOUNTAIN VALLEY WATER

spring or sparkling, 1L  
0 CAL | \$7.00

### OKINAWAN FERMENTED TURMERIC TEA

6 CAL | \$5.50

### BLACK ICED TEA

0 CAL | \$4.50

### GREEN ICED TEA

0 CAL | \$4.50

### LEMONADE

*add*

**Matcha** +1.00

**Dragon Fruit** +1.00

**Turmeric** +2.00

90-110 CAL | \$4.50

## TEA & ORGANIC COFFEE

choice of almond or whole milk **15-100 CAL**

### ADAPTOGENIC TULSI TEA

holy basil, ginger, honey  
50 CAL | \$5.00

### JASMINE PEARL GREEN TEA

5 CAL | \$6.00

### PASSPORT LOOSE LEAF TEA

choice of Darjeeling, Classic Chai, Peppermint, or Chamomile  
5 CAL | \$5.00

### ICED SHAKERATO

organic espresso, brown sugar  
130-170 CAL | \$5.75

### AMERICANO

5 CAL | \$4.50

### ESPRESSO

5 CAL | \$3.50

### CAPPUCCINO

80 CAL | \$5.00

### CAFFÈ LATTE

80 CAL | \$5.50

### ORGANIC COFFEE

0 CAL | \$4.00

## ORGANIC MATCHA

### ICED LAVENDER MATCHA LATTE

almond milk, butterfly lavender  
90 CAL | \$6.50

### MATCHA LATTE

choice of almond or whole milk  
60-100 CAL | \$6.00

### ICED MATCHA HORCHATA

almond milk, vanilla  
120 CAL | \$6.50

**TRUE INGREDIENT STANDARDS** ORGANIC THAT MATTERS | **HEALTHY FOR PASTURE, PLATE, AND PLANET** | **FUTURE-FORWARD FARMING** | **CUT THE BAD, AMP UP THE GOOD** | **PROUDLY 100% SEED OIL-FREE**

\*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. **Scan for complete allergen and nutritional information.**

VB - 6.26



# DESSERT

## FLOURLESS CHOCOLATE CAKE **VEG GF**

dark chocolate, vegan vanilla ice cream,  
house-made caramel, almonds, cacao nibs  
**730 CAL | \$10.50**

## CHOCOLATE CHIP COOKIE À LA MODE **V GF**

warm chocolate chip cookie, vegan vanilla ice cream  
**530 CAL | \$6.95**

## VEGAN VANILLA ICE CREAM **V GF**

**320 CAL | \$4.00**

## CHOCOLATE CHIP COOKIE **V GF**

house-made  
**360 CAL | \$2.95**

## KID'S COOKIE & ICE CREAM SUNDAE **V GF**

warm chocolate chip cookie, vegan vanilla ice cream  
**500 CAL | \$6.50**

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# AFTER-DINNER DRINKS

### *Cocktails*

## ESPRESSO MARTINI

prairie organic vodka,  
borghetti espresso liqueur,  
organic espresso  
**210 CAL | \$14.50**

## SMOKE SHOW OLD FASHIONED

high west double rye,  
honey syrup, bitters,  
enveloped in hickory  
smoke for a rich  
flavor experience  
**230 CAL | \$18.75**

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

V2B/3B - 6.26

### *Non-Alcoholic*

## ICED SHAKERATO

organic espresso,  
brown sugar, choice of  
almond or whole milk  
**130-170 CAL | \$5.75**

## ICED LAVENDER MATCHA LATTE

almond milk, butterfly  
lavender  
**90 CAL | \$6.50**

## ICED MATCHA HORCHATA

almond milk, vanilla  
**120 CAL | \$6.50**

## MATCHA LATTE

choice of almond  
or whole milk  
**60-100 CAL | \$6.00**

# BRUNCH *Available weekends until 3PM*

## RANCHER'S HASH\*

Vital Farms pasture-raised sunny-side-up eggs, organic 100% grass-fed beef, roasted sweet potatoes, roasted red peppers, aged white cheddar, avocado, cherry tomatoes, charred onions, charred scallion salsa, sourdough toast

**66G PROTEIN | 1290 CAL | \$17.95**

## FARMERS MARKET SCRAMBLE **VEG GF**

Vital Farms pasture-raised scrambled eggs, roasted sweet potato, charred onions, roasted red peppers, aged white cheddar | *add avocado +4.00*

**39G PROTEIN | 830 CAL | \$16.95**

## BLUEBERRY PANCAKES **VEG GF**

organic blueberry compote, greek yogurt, maple syrup

**12G PROTEIN | 800 CAL | \$15.50**

## KID'S BLUEBERRY PANCAKE **VEG GF**

organic blueberry compote, greek yogurt, maple syrup

**7G PROTEIN | 460 CAL | \$8.50**

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

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# BRUNCH COCKTAILS

## SPIKED SPRITZER

tito's handmade vodka, choice of: pomegranate, pineapple, lemon-lime juice

**120 CAL | \$13.25**

## BLOODY MARY

tito's handmade vodka, organic tomato, house spice blend, lemon

**160 CAL | \$13.50**

## ESPRESSO MARTINI

prairie organic vodka, borghetti espresso liqueur, organic espresso

**210 CAL | \$14.50**

## MIMOSA

**Glass**

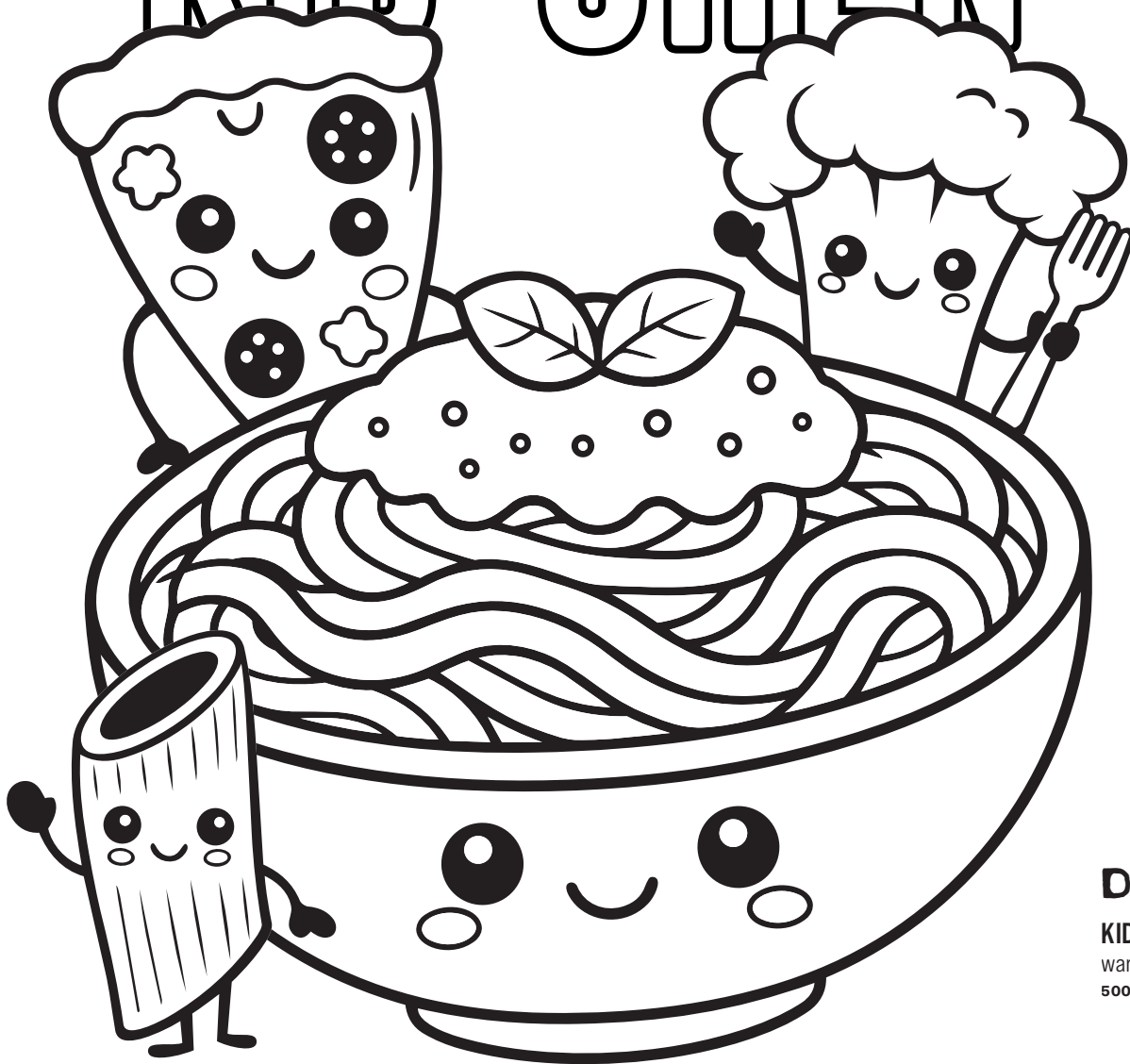
**150 CAL | \$13.25**

**Full Bottle**

**600 CAL | \$50.00**

+ *Sub Lyre's Sparkling (zero-proof)*

# TRUE FOOD KID-KITCHEN



## ENTRÉES

### PENNE PASTA VEG

penne noodles, choice of tomato sauce or melted butter, sprinkle of cheesy parmesan goodness

18-19G PROTEIN | 540-610 CAL | \$8.00

### CHICKEN TERIYAKI BOWL GF

mixed veggies including rainbow carrots, bok choy, broccoli, snap peas, with quinoa brown rice blend

43G PROTEIN | 590 CAL | \$10.00

### GRASS-FED CHEESEBURGER

served with hummus and rainbow carrots; swap for

**Air-Fried French Fries** v GF or **Gluten-Friendly Bun** v GF +2.50

52G PROTEIN | 610 CAL | \$10.00

### CHEESE PIZZA VEG

pizza with gooey cheese and tasty tomato sauce

*sub* **Gluten-Friendly Crust** +2.75 (contains dairy) VEG GF

33G PROTEIN | 850 CAL | \$10.00

## DRINKS

### LEMONADE

90 CAL | \$4.50

### PINK LEMONADE

dragon fruit, lemon

110 CAL | \$5.50

### PRICKLY PEAR FIZZ

prickly pear, hibiscus, lime

70 CAL | \$6.75

### FRUITY BUBBLE WATER SPRITZER

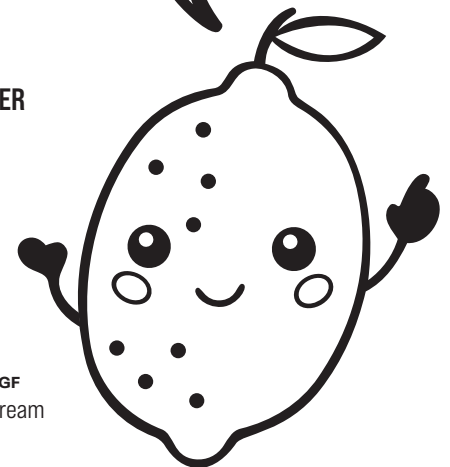
choose your juice adventure! \$5.00

**Lemon-Lime** | 5 CAL

**Pineapple** | 15 CAL

**Pomegranate** | 20 CAL

Hurry and order so  
we can play games!



## DESSERT

### KID'S COOKIE AND ICE CREAM SUNDAE v GF

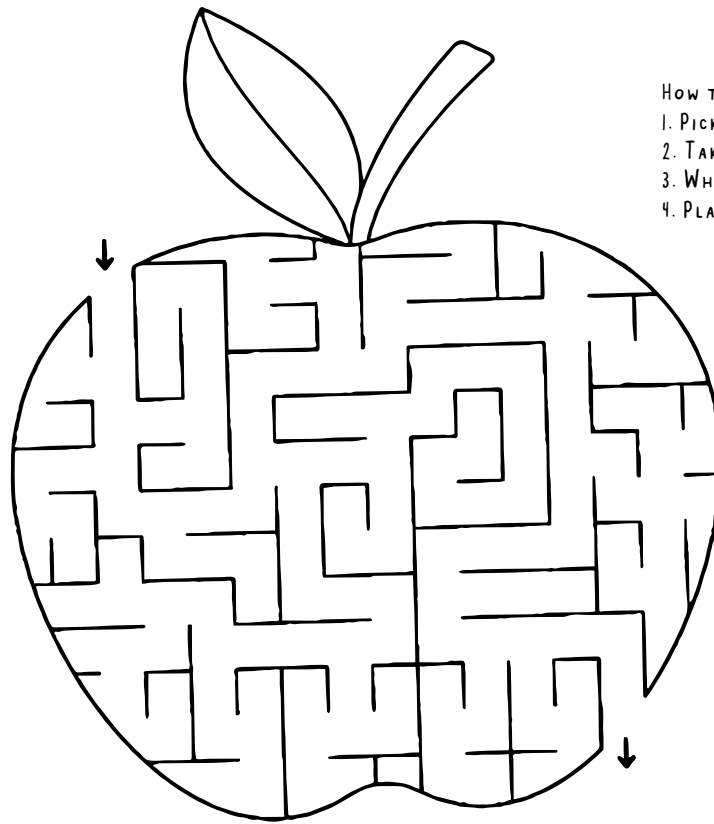
warm chocolate chip cookie, vegan vanilla ice cream

500 CAL | \$6.50

## FIND YOUR FOOD

P X U B N H A O I E Z  
 H I M E U N G T J C E  
 V X Z M P O H Q S U D  
 Y N M Z N O I U T A O  
 D U F R A D C I E S P  
 S P W K T L K N I O V  
 C H E E S E E O K T D  
 D V B A O S N A O A S  
 S T O R R A C G O M C  
 T E R I Y A K I C O F  
 E C I R N W O R B T A

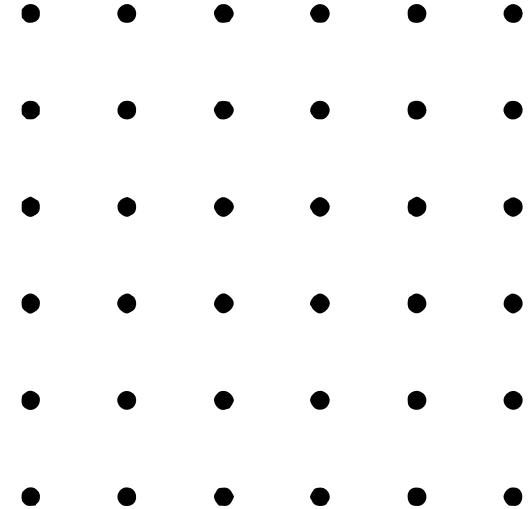
BROWN RICE CARROTS CHEESE  
 CHICKEN COOKIE HUMMUS  
 NOODLES PASTA PIZZA  
 QUINOA TERIYAKI TOMATO SAUCE



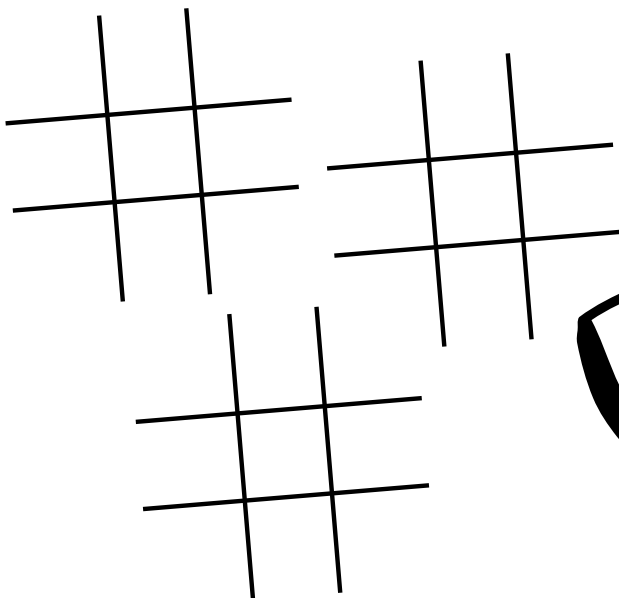
## DOTS AND BOXES

HOW TO PLAY:

1. PICK A COLOR, AND DECIDE WHO WILL GO FIRST.
2. TAKE TURNS DRAWING A SINGLE LINE BETWEEN TWO DOTS (NO DIAGONALS).
3. WHEN A PLAYER COMPLETES A SQUARE, WRITE YOUR INITIALS IN THE BOX.
4. PLAY UNTIL ALL BOXES ARE CONNECTED. THE PLAYER WITH THE MOST BOXES WINS!



## TIC TAC TOE



## TABLE QUESTIONS



## SCRAMBLED INGREDIENTS

1. LAEK \_\_\_\_\_
2. EBRULBRYE \_\_\_\_\_
3. NOOIN \_\_\_\_\_
4. MELI \_\_\_\_\_
5. LIOCRBO \_\_\_\_\_

ANSWERS  
 5. BROCCOLI  
 4. LIME  
 3. ONION  
 2. BLUEBERRY  
 1. KALE

## TRUE FOOD KITCHEN

## CATERING MENU

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

lemon & feta hummus, pistachio pesto and house-made original ranch with crudité vegetables and baked flatbread

LEMON & FETA HUMMUS PLATTER | 75.00 VEG

cucumber, cherry tomatoes, feta, red onion, kalamata olives, lemon oregano vinaigrette, served with baked flatbread *add fresh veggies +10*

SEASONAL ROASTED VEGGIES | 55.00 V GFSWEET POTATO CHIPS | 15.00 V GFWRAPS SERVES 8-10

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

## 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

CAPRESE WRAP VEG

pistachio pesto, tomato, fresh mozzarella, arugula

MEDITERRANEAN WRAP V

organic mixed greens, roasted red peppers, cucumber, kalamata olives, snap peas, charred onions, hummus

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

caramelized onions, fresh mozzarella, DiNapoli tomato sauce

## PROTEIN + 2 SIDES | 120.00

**Protein** – Antibiotic-Free Chicken Breast or Organic Tofu

sub Sustainably-Raised Shrimp *+15*

sub Norwegian Sustainably-Raised Salmon\* *+35*

**Sides** – Greek Salad VEG GF, Seasonal Roasted Veggies V GF, Quinoa Brown Rice V GF

V Vegan VEG Vegetarian GF Gluten-Friendly

SALADS SERVES 8-10

Complement with your choice of protein

CHOPPED | 110.00 VEG

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

ORGANIC TUSCAN KALE | 90.00 VEG

organic kale, parmesan, breadcrumbs, lemon, garlic

GREEK | 90.00 VEG GF

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

CHINESE CHOPPED | 90.00 VEG GF

bok choy, cabbage, avocado, watermelon radish, snap peas, cilantro, pickled ginger, almonds, sesame seeds, carrot ginger dressing

BOWLS SERVES 8-10

Complement with your choice of protein

ANCIENT GRAINS | 120.00 V

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

GINGER SOY VEGGIES & RICE | 115.00 VEG GF

regenerative black rice, roasted wild mushrooms, edamame, snap peas, pickled organic fresnos, cilantro, thai basil, scallions, ginger soy vinaigrette

ADD PROTEIN SERVES 8-10

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

ORGANIC TOFU | 40.00 V GFANTIBIOTIC-FREE CHICKEN BREAST | 50.00 GFSUSTAINABLY-RAISED SHRIMP | 60.00 GFORGANIC 100% GRASS-FED STEAK\* | 55.00 GFNORWEGIAN SUSTAINABLY-RAISED SALMON\* | 85.00 GF

**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

- **Salad** – Organic Tuscan Kale **VEG** or Greek Salad **VEG GF**  
sub Chopped Salad **VEG** +20
- **Bowl** – Teriyaki Quinoa **V GF**, Korean Noodle **V GF**, Ancient Grains **V**,  
Ginger Soy Veggies & Rice **VEG GF**
- **Protein** – Antibiotic-Free Chicken Breast or Organic Tofu,  
sub Sustainably-Raised Shrimp +15, Organic 100% Grass-Fed Steak\*+10,  
Norwegian Sustainably-Raised Salmon\* +35
- **Side** – Seasonal Roasted Veggies **V GF** or Sweet Potato Chips **V GF**
- 96fl oz Lemonade
- 96fl oz Black or Green Tea

## WRAPPED UP | SERVES 14-16 | 295.00

Starting at \$21.00 per person

- 1 Wrap Tray: 4 Mediterranean Wraps **V** + 4 Grilled Chicken Ranch Wraps
- 1 Chopped Salad **VEG**
- 1 Side of Seasonal Roasted Veggies **V GF**
- Baker's Dozen Chocolate Chip Cookies **V GF**
- 96fl oz Lemonade
- 96fl oz Black or Green Tea

## BENTO BOXED | SERVES 10 | 155.00

Starting at \$15.50 per person

- Mediterranean Wraps **V**  
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**
- Grilled Chicken Ranch Wraps  
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**
- Lemon Oregano Chicken Wraps  
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**
- Caprese Wraps **VEG**  
w/ Organic Tuscan Kale Salad **VEG** + Chocolate Chip Cookie **V GF**
- add a side Fruit Cup +2 *per box*
- 96fl oz Lemonade
- 96fl oz Black or Green Tea

## ULTIMATE FEAST | SERVES 18-20 | 425.00

Starting at \$23.75 per person

- 1 TFK Dip Platter **VEG**
- 1 Chopped Salad **VEG**
- 1 Ancient Grains Bowl **V**
- 1 Side of Antibiotic-Free Chicken Breast **GF**
- 1 Side of Sweet Potato Chips **V GF**
- 1 Side of Seasonal Roasted Veggies **V GF**
- 2 Baker's Dozen Chocolate Chip Cookies **V GF**
- 2x 96fl oz Lemonade
- 2x 96fl oz Black or Green Tea
- 4x 1L Bottles of Mountain Valley Water *(Spring)*

# COLD BEVERAGES

SERVES 8-10

**LEMONADE | 26.00** 96fl oz

**ARNOLD PALMER | 20.00** 96fl oz

Lemonade + Black Tea

**ICED TEA | 16.00** 96fl oz

Black or Green Tea

**MOUNTAIN VALLEY WATER 1L BOTTLES | 7.00** *each*

Spring or Sparkling

# DESSERTS

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

house-made



**TO SCHEDULE YOUR ORDER, SCAN OR VISIT  
TRUEFOODKITCHEN.COM/CATERING**

# TRUE INGREDIENT STANDARDS

**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)