

TRUE FOOD KITCHEN



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

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

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

REFRESHERS

Gut-Health ●
Nutrient Dense ●
Hydration ●
Antioxidants ●

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

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 FERMENATED TURMERIC TEA
6 CAL | \$5.50

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

ORGANIC MATCHA

ICED LAVENDER MATCHA LATTE
almond milk, butterfly lavender
90 CAL | \$6.50

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 ● ●

BLACK ICED TEA
0 CAL | \$4.50

GREEN ICED TEA
0 CAL | \$4.50

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

AMERICANO
5 CAL | \$4.50

ESPRESSO
5 CAL | \$3.50

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

KALE AID®
organic kale, ginger, organic apple, celery, cucumber, lemon
70 CAL | \$9.75 ● ●

BRIGHT EYES
pineapple, carrot, organic apple, ginger, turmeric, beet, lemon
110 CAL | \$9.75 ● ●

LEMONADE
add
Matcha +1.00
Dragon Fruit +1.00
Turmeric +2.00
90-110 CAL | \$4.50

CAPPUCCINO
80 CAL | \$5.00

CAFFÈ LATTE
80 CAL | \$5.50

ORGANIC COFFEE
0 CAL | \$4.00

ICED MATCHA HORCHATA
almond milk, vanilla
120 CAL | \$6.50

SPARKLING PRICKLY PEAR TISANE
prickly pear, hibiscus, lime
60 CAL | \$6.75 ● ● ●

SPARKLING KIWI STRAWBERRY GREEN TEA
strawberry, kiwi
70 CAL | \$6.75 ●



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

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

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

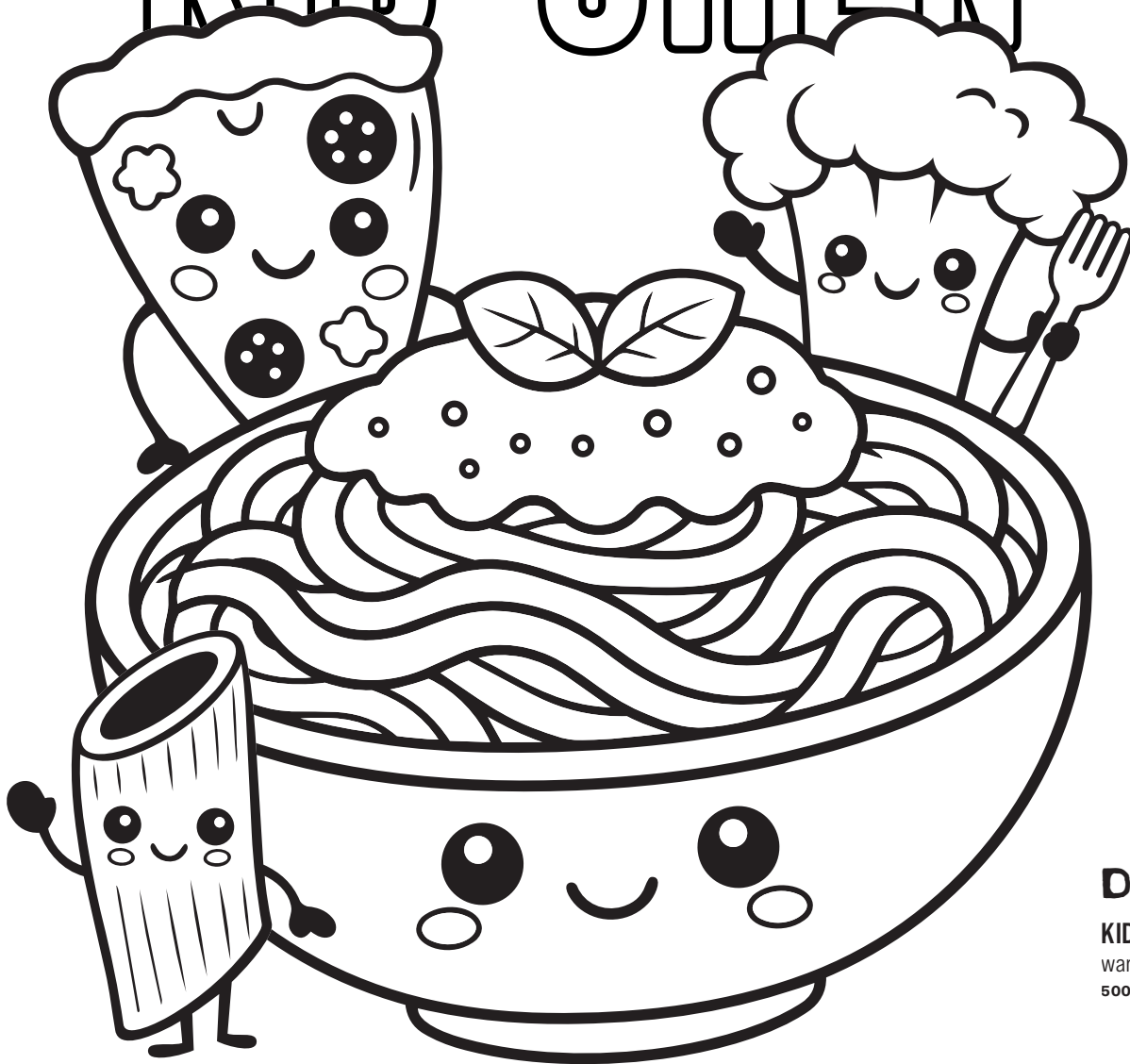
150 CAL | \$13.25

Full Bottle

600 CAL | \$50.00

+ Sub Lyre's Sparkling (zero-proof)

TRUE FOOD KID-CHEN



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

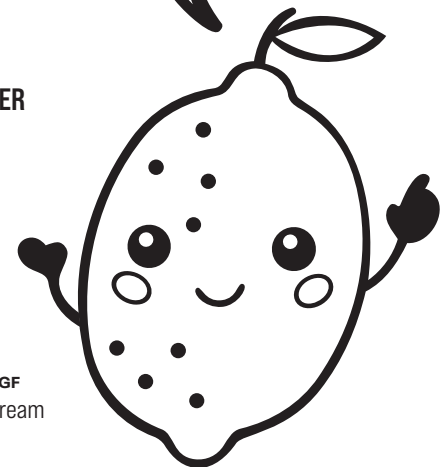
choose your juice adventure! \$5.00

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

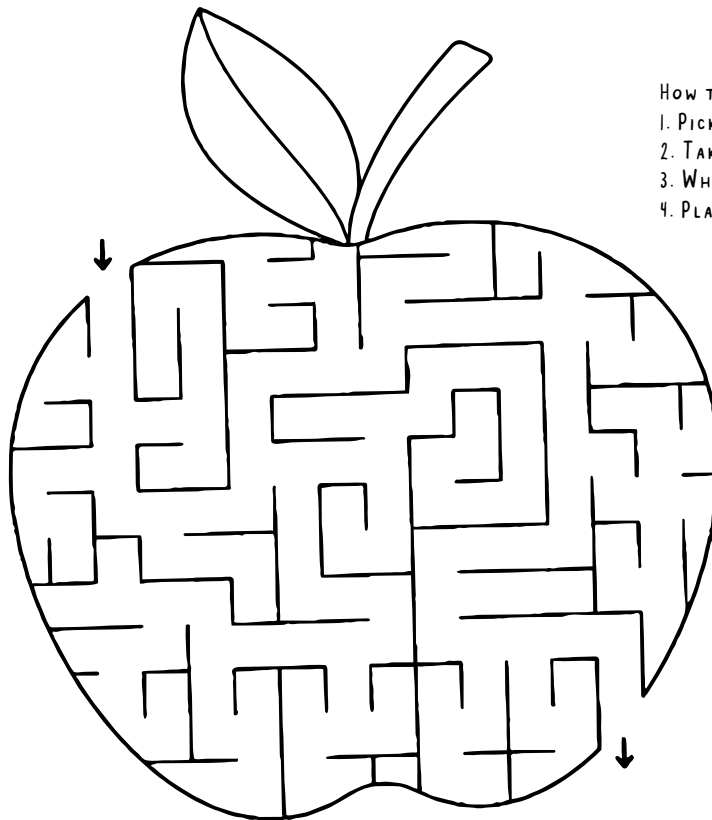
warm chocolate chip cookie, vegan vanilla ice cream

500 CAL | \$6.50

FIND YOUR FOOD

P X U B N H A O I E Z
H I M E U N C 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

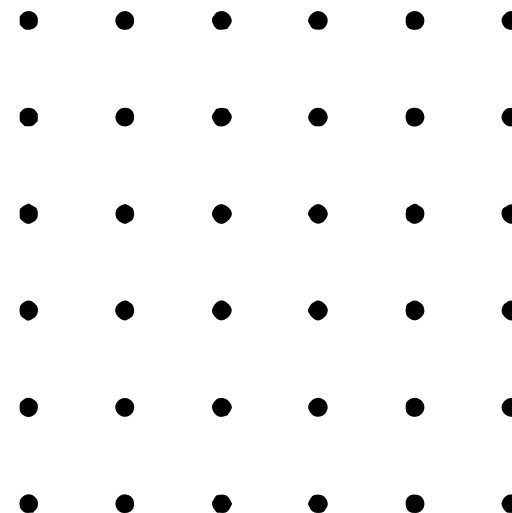
BROWN RICE CARROTS CHEESE
CHICKEN COOKIE HUMMUS
NOODLES PASTA PIZZA
QUINOA TERIYAKI TOMATO SAUCE



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

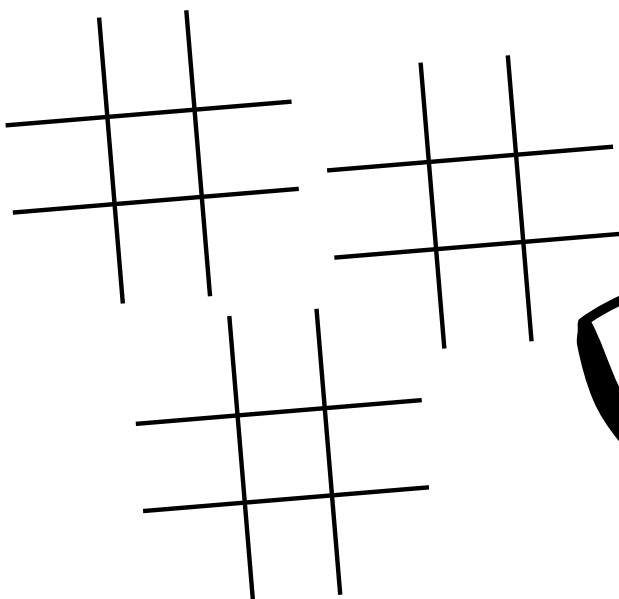
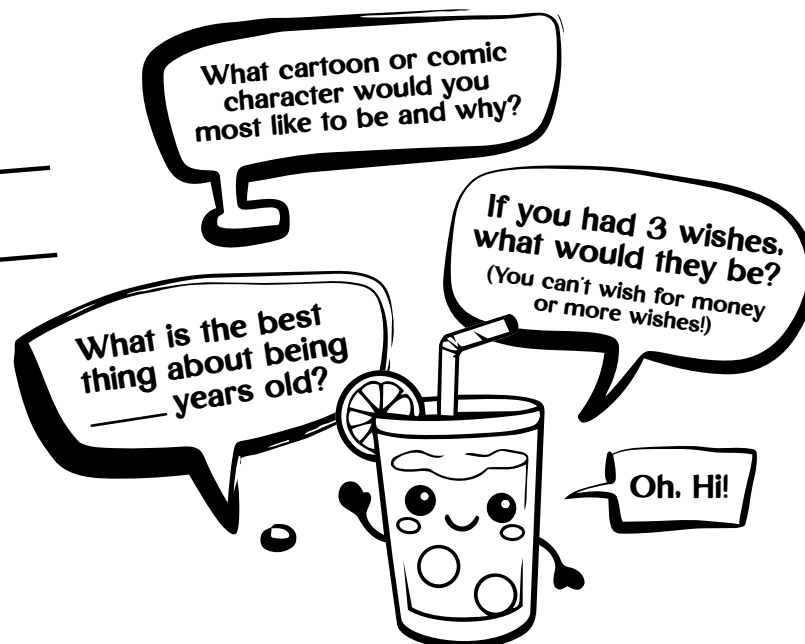


TABLE QUESTIONS



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 8-10

TFK 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 GF

SWEET POTATO CHIPS | 15.00 V GF

WRAPS 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 8-10

SPAGHETTI 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

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 fresas, cilantro, thai basil, scallions, ginger soy vinaigrette

ADD PROTEIN SERVES 8-10

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

ORGANIC TOFU | 40.00 V GF

ANTIBIOTIC-FREE CHICKEN BREAST | 50.00 GF

SUSTAINABLY-RAISED SHRIMP | 60.00 GF

ORGANIC 100% GRASS-FED STEAK* | 55.00 GF

NORWEGIAN 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

- **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](https://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)