

# GROUP PACKAGES

## Bento Boxed

- assortment of 10 Bento Boxes served with Kale Salad and Chocolate Chip Cookie *assortment of Mediterranean and Grilled Chicken Ranch Wraps*
- ½ gallon of Peach Lemonade
- ½ gallon of Traditional Black Tea

**SERVES 10**

## Essential Eats

- Tuscan Kale Salad **VEG**
- Teriyaki Remix Bowl **v GF**
- side of Grilled Chicken
- 8 Colossal Cookies **VEG**
- ½ gallon of Peach Lemonade
- ½ gallon of Traditional Black Tea

**SERVES 12-14**

## Wrapped Up

- Wrap Tray with Mediterranean and Grilled Chicken Ranch Wraps
- Kale Caesar Salad
- side of Fingerling Potato Salad
- 8 Colossal Cookies
- ½ gallon of Peach Lemonade
- ½ gallon of Traditional Black Tea

**SERVES 14-16**

## Ultimate Feast

- TFK Dip Platter **VEG**
- Kale Caesar Salad **VEG**
- Ancient Grains Bowl **v**
- side of Grilled Chicken
- side of Thai Noodle Salad **v GF**
- side of Fingerling Potato Salad **VEG GF**
- Dessert Platter **VEG**
- 8 Colossal Cookies **VEG**
- gallon of Peach Lemonade
- gallon of Traditional Black Tea
- 2 bottles of Mountain Valley Water (still)

**SERVES 16-20**



# BENTO BOXES

**MIN. ORDER OF 10**

## Bento Box *individual*

choice of wrap or sandwich and side, served with a Chocolate Chip Cookie

## Sandwich/Wrap Options

- Mediterranean Wrap
- Caprese Sandwich
- Thai Basil Chicken Wrap
- Caesar Wrap
- Grilled Chicken Ranch Wrap

## Side Salad Options

- Lentil
- Tuscan Kale
- Kale Caesar
- Chilled Thai Noodle
- Simple Greens

# FRESH DRINKS

**SERVES 8-10**

## Lemonades *½ gallon*

Pink or Peach Lemonade

## Arnold Palmer *½ gallon*

Peach Lemonade + Traditional Black Tea

## Matcha Horchata *½ gallon*

# SHARABLE PLATTERS

**SERVES 8-10**

## TFK Dip Platter **VEG**

mediterranean hummus, edamame guacamole and hatch chili ranch with crudité vegetables, house-made baked tortilla chips and ancient grain pita

## Edamame Guacamole Platter **v GF**

avocado, lime, edamame, pistachio pesto, Chef Matt's Magical Dust, house-made baked tortilla chips

## Mediterranean Hummus Platter **v**

spicy herb sauce, red pepper pistachio muhammara spread, crispy chickpeas, za'atar spice, ancient grain pita



# CATERING MENU

## PARTIES | MEETINGS | EVENTS

Group Packages, Boxed Meals, Wraps, Sandwiches, Salads & More

Starting at under \$10 per person



*Real Food for Real Life... Catered*

TO SCHEDULE YOUR ORDER VISIT [TRUEFOODKITCHEN.COM/CATERING](http://TRUEFOODKITCHEN.COM/CATERING)



# SALADS

SERVES 8-10

**Organic Strawberry and Arugula** **VEG GF** ☀️  
thai basil vinaigrette, feta, asparagus, mulberries, cucumber, sunflower seed

**Kale Caesar** **VEG** ♥️  
snap peas, garlic croutons, avocado, parmesan, umami caesar dressing

**Tuscan Kale Salad** **VEG** ♥️  
organic kale, lemon, garlic, parmesan, breadcrumbs

**Southwest Cobb** **VEG GF** ☀️  
romaine, cherry tomato, avocado, grilled corn, Point Reyes blue cheese, roasted organic peppers, Vital Farms pasture-raised jammy egg, hatch chili ranch

**Simple Greens Salad** **v GF** ♥️  
lemon oregano vinaigrette, cucumber, organic mixed greens

# BOWLS

SERVES 8-10

**Burrito Bowl** **VEG GF** ♥️  
anasazi bean, avocado, regenerative quinoa brown rice, cotija, peruvian pepper sauce, charred scallion salsa verde

**Hawaiian Fried Rice** **GF**  
Niman Ranch uncured ham, regenerative quinoa brown rice, pineapple, pickled red onion, Vital Farms pasture-raised egg

**Teriyaki Remix** **v GF** ☀️  
regenerative black rice, zucchini, snap peas, baru nuts, pineapple, red onion, pickled carrots, asian herbs

**Ancient Grains Bowl** **v** ♥️  
miso sesame glazed sweet potato, charred onion, snap pea, portobello, avocado, organic grains, pistachio pesto, hemp seed, turmeric

**Thai Peanut Noodles** **VEG GF**  
spicy peanut sauce, glass noodles, Vital Farms pasture-raised egg, roasted mushroom, carrot, cabbage, pickled freso

**Turkey Bolognese**  
Diestel Farms italian turkey sausage, mushroom, organic spinach, parmesan, basil, campanelli

## ADD PROTEIN

SERVES 8-10

Organic Tofu **v**

Grilled Chicken

Shrimp\*

Grass-Fed Steak\*



# WRAPS + SANDWICHES

SERVES 8-10

tray of 16 assorted half wraps or sandwiches, choose up to two options

**Grilled Chicken Ranch Wrap** ☀️  
avocado, organic roasted red pepper, organic mixed greens, hatch chili ranch

**Mediterranean Wrap** **v** ♥️  
hummus, spicy herb sauce, red pepper muhammara spread, cucumber, olives, artichoke, organic spring mix, lemon oregano vinaigrette

**Caprese Sandwich** **VEG**  
pistachio pesto, tomato, fresh mozzarella, balsamic glaze, ciabatta

**Thai Basil Chicken Wrap** **VEG**  
grilled chicken, strawberries, arugula, cucumber, feta cheese, toasted mulberries, sunflower seeds, thai basil vinaigrette

**Kale Caesar Wrap** **VEG**  
snap peas, garlic croutons, avocado, parmesan, umami caesar dressing

**Avocado Sandwich** **v**  
avocado, pickled cabbage, sprouts, greens, Chef Matt's Magical Dust, jalapeño remoulade, ciabatta



# COOKIES + DESSERT

SERVES 8-10

**GF Baker's Dozen Cookies** **v GF**  
13 GF chocolate chip cookies

**Colossal Cookies** **VEG**  
8 colossal house-made sourdough cookies - sourdough batter, TCHO 68% chocolate

**Dessert Platter** **VEG**

- **Chocolate Chip Cookies** **v GF** 4 cookies
- **Colossal Cookies** **VEG** 2 cookies  
sourdough batter, TCHO 68% chocolate
- **Pink Lime Tarts** **v GF** ☀️ 4 pieces  
key lime & ube filling, marcona almond & coconut crumble
- **Strawberry Bars** **v GF** ☀️ 4 pieces  
organic strawberry & lemon filling, shortbread crumble



# SIDES TO SHARE

SERVES 8-10 side portion

**Kale Slaw** **VEG GF**

**Fingerling Potato Salad** **v GF**

**Pesto Pasta Salad** **v**

**Italian Pasta Salad** **v**

**Kale Caesar Salad** **VEG** ♥️

**Chef Matt's Lentil Salad** **v GF** ♥️

**Chilled Asian Noodle Salad** **v GF**  
*contains peanuts and tree nuts*

☀️ Seasonal Highlight | **v** Vegan **VEG** Vegetarian **GF** Gluten-Friendly | ♥️ What The Doc Ordered... Founder Dr. Andrew Weil's Favorites

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Some ingredients are not included in the menu descriptions and our kitchen is not gluten free; please notify your server of any food allergies or dietary restrictions. \*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.