

True Food

 kitchen

**GROUP
DINING**

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THE POINT
860 SOUTH SEPULVEDA, STE 100 | EL SEGUNDO, CA 90245



THE DISH

At True Food Kitchen we celebrate simplicity. We practice sustainability. We believe that simple, fresh, pure ingredients create the most memorable and satisfying meals. And while our healthy menu is packed with nutritious, good-for-you vegetables, whole grain, and proteins, we never sacrifice flavor. You may not notice the difference. But it's there.



WHY WE ARE DIFFERENT

When it comes to healthy eating, it seems like the focus is always on the rules. Eat this. Don't eat that. But what if you found a way to actually enjoy food that happens to be good for you too? True Food Kitchen is about flavor, freshness, variety, quality, nutrition, and balance. It's about enjoying healthy whole foods that are rich in vitamins and minerals. We are here to make healthy eating a much more flavorful and satisfying experience. Because when you eat right, you just feel better. It's true.

A BALANCED APPROACH FOR OPTIMAL HEALTH

Our entire menu is centered on the principles of Dr. Andrew Weil's Anti-Inflammatory Diet & Food Pyramid. According to Dr. Weil: "Following an anti-inflammatory diet can help counteract the chronic inflammation that is a root cause of many serious diseases, including those that become more frequent as people age. It is a way of selecting and preparing foods based on science that can help people achieve and maintain optimum health over their lifetime."

GROUP EVENTS



THE PATIOS AT TRUE FOOD KITCHEN

True Food Kitchen Patio offers an entirely unique dining experience for the El Segundo community. The 1,074 square foot space is heated and protected from the elements. Flexible seating can accommodate private events for up to 72 people. With comfortable banquettes and a white, lemon-lime color scheme, the space is bright, fresh and inviting. At one end of the patio, a large mural that is so distinctly True Food makes for a beautiful backdrop to any event. Along the seating is live palm plants and herbs to keep this space lively and nourishing.

SEATING CAPACITY:

Farmy Patio

- Groups up to 50 guests seated
- Reception up to 75 guest

West Patio

- Groups up to 28 seated (private exit)

FOOD & BEVERAGE MINIMUMS:

Food and beverage minimums vary.
Please contact us for more information.

GROUP EVENTS

GROUP EVENT INFORMATION

When booking your group reservation, please note that dates come with a food & beverage revenue guarantee. Minimums vary based on the day of the week and time of the year and do not include service charge, sales tax, or gratuity.

EVENT GUARANTEES

We will need to receive your final guest commitment 3 calendar days prior to your event(s). Should this number not be made available at the requested time, the originally established attendance will be used. The actual attendance or the final guaranteed guest count will be charged, whichever is greater. If the guest number increases the day of the event we will do our best to accommodate.

Group menus and beverage choices will need to be selected 2 weeks in advance. This will guarantee food and beverage item availability and printing of the menus for the day/night of the event.

SERVICE CHARGE AND APPLICABLE TAX

Services listed in this packet are subject to a 4% service charge and appropriate sales tax. The amount of gratuity you choose to leave for our servers is determined solely by you. You may indicate the amount of the tip in the pre-authorization form or wait for your final check before deciding on the amount of the tip.

For larger events, including restaurant buyouts, a 21% service charge will replace the 4% service charge and gratuity options. A deposit will also apply. Please speak to your Event Manager for more details.

Additional Fees:
Corkage: \$15/bottle
Cake Cutting: \$2/pp

CANCELLATION POLICY

If you cancel with less than two weeks' notice you will be responsible for 50% of your food and beverage charge, sales tax, and the 4% service charge on the full minimum as a penalty. Cancellation within 24 hours prior

to the event reservation will result in 100% responsibility of your food and beverage charge, sales tax, and the 4% service charge.

Cancellations for larger events and restaurant buyouts have different terms based on deposits and time lines. Please speak to your Event Manager for more details.

CONFIRMING RESERVATION

In order to reserve space for your group event a confirmation form will be sent by one of our Event Managers via email and it will need to be signed by 3 calendar days after the form was sent.

To confirm larger events including buyouts a deposit will be required.

PATIO RESERVATIONS

This event is rain or shine. In the case of inclement weather our managers will do their best to relocate the event based on the other reservations and contracts previously made. There is no guarantee that relocation will be possible and you will not receive a credit, nor will your food and beverage minimum be reduced or waived.

MENU

We are dedicated to the craftsmanship of food and wine and our menus change seasonally. When choosing your food and wine options please note substitutions may occur when menu changes take place. Prix fixe menus are required for parties of over 15. Guests can choose their option during their dining experience. Sales tax, gratuity, and 4% service charge are not included in menu pricing.

FINAL PAYMENT

We do not provide separate checks for group events. Upon completion of the event, one check will be prepared with all food, beverage, incidental charges, sales tax, and our service charge. Payment of the entire guest check is due upon completion of the event. Fox Restaurant Concepts accepts cash and all major credit cards. FOX Gift Cards from Costco are not an acceptable form of payment for group events.



GROUP MENUS

BRUNCH

APPETIZER *for the table*

Farmers Market Crudités tzatziki & black olive dip **VEG**

Herb Hummus greek salad, feta, grilled pita bread **VEG**

ENTRÉES *choice of*

Vegan Chorizo Burrito *tofu, turmeric, quinoa, anazazi bean, pico de gallo* **v**

Garden Scramble* *butternut squash, brussels sprouts, smoked onion, cauliflower, swiss chard, smoked gouda* **VEG GF**

Organic Egg Sandwich* *smashed avocado, manchego, smoked turkey, grilled seeded toast*

Grilled Chicken Salad *medjool date, dried cranberry, jicama, apple, manchego, farro, marcona almond, champagne vinaigrette*

\$27 PER PERSON

SATURDAY & SUNDAY ONLY

For large parties over 15, prix fixe menus are required.

v Vegan **VEG** Vegetarian **GF** Gluten Free / *While we offer gluten free items, our kitchen is not completely gluten free.*

**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.*

GROUP MENUS

LUNCH

APPETIZER *for the table*

Organic Tuscan Kale Salad *lemon, garlic, grana padano, breadcrumb* **VEG**

ENTRÉES *choice of*

Seasonal Ingredient Salad *brussels sprouts, butternut squash, cauliflower, white bean, pomegranate, toasted mulberry, horseradish vinaigrette* **V GF**

Grilled Chicken Salad *medjool date, dried cranberry, jicama, apple, manchego, farro, marcona almond, champagne vinaigrette*

Smoked Turkey Wrap *avocado, tomato, cucumber, provolone, hummus*

Spaghetti Squash Casserole *organic tomato, caramelized onion, zucchini, fresh mozzarella* **VEG GF**

\$25 PER PERSON

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GROUP MENUS

LUNCH

OPTION OF DESSERT OR APPETIZERS *for the table*

Herb Hummus *greek salad, feta, grilled pita bread* **VEG**

Kale Guacamole *pink grapefruit, cilantro, roasted poblano, sunflower seeds & pita chips* **V**

ENTRÉES *choice of*

Mediterranean Quinoa Salad *persian cucumber, olive, peppadew, cherry tomato, pole bean, feta, almond, oregano vinaigrette* **VEG GF**

Smoked Turkey Wrap *avocado, tomato, cucumber, provolone, hummus*

Steak Taco* *avocado, greek yogurt, cilantro, pickled onion, anasazi bean, cotija cheese* **GF**

Teriyaki Quinoa Bowl with Tofu *broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame* **V**

DESSERTS *choice of*

Flourless Chocolate Cake *caramel, vanilla ice cream, cocoa nibs* **VEG GF**

Squash Pie *graham crust, coconut whipped cream* **V GF**

\$35 PER PERSON

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GROUP MENUS

LUNCH

APPETIZER *for the table*

Herb Hummus *greek salad, feta, grilled pita bread* VEG

ENTRÉES *choice of*

Seasonal Ingredient Salad *brussels sprouts, butternut squash, cauliflower, white bean, pomegranate, toasted mulberry, horseradish vinaigrette* V GF

Scottish Steelhead "Salmon"* *smoked onion farro, arugula, roasted beet, cilantro pumpkin seed pesto*

Red Chili Noodle Bowl with Shrimp *gai lan, zucchini, shiitake mushroom, snow pea, cashew*

Grass-Fed Burger* *umami mushroom, caramelized onion, arugula, parmesan, mayonnaise, flax seed bun*

Spaghetti Squash Casserole *organic tomato, caramelized onion, zucchini, fresh mozzarella* VEG GF

DESSERTS *choice of*

Flourless Chocolate Cake *caramel, vanilla ice cream, cocoa nibs* VEG GF

Squash Pie *graham crust, coconut whipped cream* V GF

\$45 PER PERSON

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GROUP MENUS

DINNER

STARTER *for the table*

Organic Tuscan Kale *lemon, garlic, grana padano, breadcrumb* VEG

ENTRÉES *choice of*

Spaghetti Squash Casserole *organic tomato, caramelized onion, zucchini, fresh mozzarella* VEG GF

Scottish Steelhead “Salmon”* *smoked onion farro, arugula, roasted beet, cilantro pumpkin seed pesto*

Teriyaki Quinoa Bowl with Tofu *broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame* v

Grass-Fed Burger* *umami mushroom, caramelized onion, arugula, parmesan, mayonnaise, flax seed bun*

DESSERTS *choice of*

Flourless Chocolate Cake *caramel, vanilla ice cream, cocoa nibs* VEG GF

Low-Fat Lemon Ginger Frozen Yogurt VEG GF

Squash Pie *graham crust, coconut whipped cream* v GF

\$42 PER PERSON

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GROUP MENUS

DINNER

APPETIZERS *for the table*

Herb Hummus *greek salad, feta, grilled pita bread* VEG

ENTRÉES *choice of*

Spaghetti Squash Casserole *organic tomato, caramelized onion, zucchini, fresh mozzarella* VEG GF

Scottish Steelhead "Salmon"* *smoked onion farro, arugula, roasted beet, cilantro pumpkin seed pesto*

Teriyaki Quinoa Bowl *broccoli, heirloom carrot, bok choy, mushroom, brown rice, avocado, toasted sesame...choice of tofu / grass-fed steak**

Seared Albacore Tuna Salad* *avocado, grapefruit, cabbage, cashew, watermelon radish, thai basil, sesame, chili garlic dressing* GF

Pan Roasted Chicken *maple glazed squash, cannellini bean, swiss chard, apple rosemary jus* GF

DESSERTS *choice of*

Flourless Chocolate Cake *caramel, vanilla ice cream, cocoa nibs* VEG GF

Chia Seed Pudding *banana, toasted coconut* V GF

Squash Pie *graham crust, coconut whipped cream* V GF

\$50 PER PERSON

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GROUP MENUS

DINNER

APPETIZERS *for the table*

Farmers Market Crudités *tzatziki & black olive dip* VEG

Chef's Selection of Pizzas

STARTER *for the table*

Organic Tuscan Kale Salad *lemon, garlic, grana padano, breadcrumb* VEG

ENTRÉES *choice of*

Spaghetti Squash Casserole *organic tomato, caramelized onion, zucchini, fresh mozzarella* VEG GF

Pan Roasted Chicken *maple glazed squash, cannellini bean, swiss chard, apple rosemary jus* GF

Scottish Steelhead "Salmon"* *smoked onion farro, arugula, roasted beet, cilantro pumpkin seed pesto*

Red Chili Noodle Bowl with Shrimp *gai lan, zucchini, shiitake mushroom, snow pea, cashew*

DESSERTS *choice of*

Flourless Chocolate Cake *caramel, vanilla ice cream, cocoa nibs* VEG GF

Chia Seed Pudding *banana, toasted coconut* V GF

Squash Pie *graham crust, coconut whipped cream* V GF

\$60 PER PERSON

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GROUP MENUS

RECEPTION

DRINKS *charged based upon consumption*

Iced Tea & Individual Coffee Service...3.25

Urn of Coffee *serves 24 guests*...72

NATURAL REFRESHERS *large parties over 20 are limited to three natural refreshers*

Pressed Apple Soda *organic apple, lemon, cinnamon*...5

Ginger Tulsi Tea (served hot) *adaptogenic tea, ginger honey, lemon*...5

Medicine Man *sea buckthorn, cranberry, pomegranate, blueberry, honey, black tea*...7

Pomegranate Limeade *lime, evaporated cane, pom chia*...5

Honey Lemonade...5

WINE

(whites)

Riesling Snoqualmie "ECO" (Columbia Valley, WA)...8/12/32 ○

Chenin Blanc Sula (Maharashtra, India)...7/10/28 s

Grüner Veltliner Weingut Loimer (Kamptal, Austria)...10/15/40 B

Pinot Grigio Tangent (Edna Valley, CA)...7/10/28 s

Sauvignon Blanc Manifesto (North Coast, CA)...8/12/32 s

Sauvignon Blanc Crossings (Marlborough, New Zealand)...10/15/40 s

Sauvignon Blanc Habit "Happy Canyon" (Santa Barbara County, CA)...12/18/48 s

Chardonnay Haras (Maipo Valley, Chile)...6/9/24 ○

Chardonnay True Myth (Central Coast, CA)...8/12/32 s

Chardonnay Lincourt "Courtney's" (Santa Rita Hills, CA)...11/16/44 s

Chardonnay Frog's Leap (Napa Valley, CA)...13/19/52 ○

Chardonnay Deloach "Estate" (Russian River Valley, CA)...75 B

(rosé)

Rosado Monastrell Blend Olivares (Jumilla, Spain)...8/12/32 s

(reds)

Pinot Noir Dutton-Goldfield "Fox Block Ten" (Russian River Valley, CA)...15/22/58 s

Pinot Noir Parducci (CA)...8/12/32 s

Pinot Noir Frey (Mendocino, CA)...11/16/44 ○

Pinot Noir Robert Sinskey (Los Carneros, CA)...65 ○

Rhône Blend M. Chapoutier "Belleruche" (Rhône Valley, France)...9/13/36 B

Grenache Qupé "Sawyer Lindquist Vineyard" (Edna Valley, CA)...65 B

Cannonau Sella & Mosca "Riserva" (Sardinia, Italy)...12/18/48 s

Sangiovese "San Quirico" (Chianti Colli Senesi, Italy)...10/15/40 ○

Nero d'Avola Purato (Sicily, Italy)...7/10/28 ○

Tempranillo Blend Marques de Caceres (Rioja, Spain)...10/15/40 ○

Malbec Alamos (Mendoza, Argentina)...6/9/24 s

Malbec A Lisa (Patagonia, Argentina)...55 B

Merlot Columbia (Columbia Valley, WA)...8/12/32 s

Cabernet Sauvignon Terrazas de los Andes (Mendoza, Argentina)...7/10/28 s

Cabernet Sauvignon Casa Lapostolle "Grand Selection" (Rapel Valley, Chile)...9/13/36 ○

Cabernet Sauvignon Long Meadow Ranch "Farmstead" (Napa Valley, CA)...12/18/48 ○

Cabernet Sauvignon Faust (Napa Valley, CA)...75

Petite Sirah Eos (Paso Robles, CA)...8/12/32 s

Zinfandel Kunde (Sonoma Valley, CA)...10/15/40 s

S Sustainable B Bio-dynamic. ○ Organic L Local