



# TruNourish

## Catering Menu

At TruNourish, we believe that food=mood. After many years in the corporate catering business, Meredith Mills, founder of TruNourish, has created a menu that speaks to what you're really craving. So, empower your palate, and ask yourself:

What do YOU feel like eating today?

Specialty Sandwiches

Soups

Entrée Salads

Smoothies

Desserts

TruNourish offers a full range of catering services for corporate and private clients throughout Boston, the South Coast, and greater Providence through our partnership with Personal Touch Catering of Providence, RI. For more information, event booking, and pricing, please call 617.365.9903.

*feel good through food!*

# Specialty Sandwiches



## breads

- Tortilla Wraps
  - Plain
  - Tomato
  - Spinach
  - Flax
  - Whole Wheat
  - Gluten-Free

- Whole Wheat Pita Bread
- Challah or Challah Rollettes
- Healthy Grain
- Baguettes
- Lavash
- Rye

We can also create gourmet cheese plates to accompany your specialty sandwich platters.

Choose three, four, or five cheeses for your platter. Then add accompaniments like crackers, olives, fresh fruits, compotes, or jams!

Mix and match protein, toppings, sauces, and breads to create a unique sandwich experience!

## protein

- Corned Beef
- Seasoned Lean Roast Beef
- Smoked Turkey Breast
- Roasted Turkey
- Spicy Cajun Turkey
- Turkey Tarragon Salad
- Herb-Marinated Grilled Chicken
- Chicken Salad
- Chicken Salad With Craisins
- Chicken Waldorf Salad
- Lox
- Tuna Salad
- Egg Salad with Chives
- Imitation Crab Salad
- Grilled Salmon
- Marinated Grilled Vegetables

## toppings

- Green Leaf Lettuce
- Shredded Lettuce
- Vine Ripened Tomatoes
- Shredded Red Onion
- Black Olives
- Fresh Bell Peppers
- Baby Arugula
- Baby Spinach
- Sliced Cucumbers
- Avocado
- Roasted Red Peppers
- Banana Peppers
- Alfalfa Sprouts
- Half Sour Pickles
- Hummus
- Naturally-Fermented Sauerkraut

## dressings

- Yellow Mustard
- Dijon Mustard
- Grainy Mustard
- Brown Mustard
- Honey Mustard
- Mayonnaise
- Black Pepper Mayonnaise
- Herb Mayonnaise
- Chipotle Mayonnaise
- Pesto Mayonnaise
- Garlic Herb Mayonnaise
- Nayonnaise (Vegan)
- Roasted Red Pepper
- Basil Pesto
- Sun-Dried Tomato Pesto
- Pineapple Chutney
- Mango Chutney
- Boursin
- Lemon Sesame Spread
- Cranberry Sauce
- Thousand Island Dressing
- Ranch Dressing
- Red Wine Vinaigrette

# Soups



Nourishing, hearty, and delicious, our soups are guaranteed to make your day feel special. All soups come with our rustic Sourdough rolls.

- Black Bean
- Tomato Rice Bisque
- Vegetarian Garbanzo and Kidney Bean
- Roasted Butternut Squash Soup (A great immune booster!)
- Creamy Broccoli Soup (Vitamin C in a cup!)
- Keep Out the Cold Minestrone
- Farmers Market Minestrone
- Lemon Chicken with orzo and spinach
- Harvest Soup (root vegetable and leek purée)
- Hot and Sour Cabbage with Shredded Chicken

# Entrée Salads



Tasty and filling, these salads make a healthy alternative for lunches or light dinners. All salads come with rustic Sourdough rolls.

## chicken, turkey, & fish

**Grilled Marinated Salmon Caesar Salad**

Homemade Caesar dressing, garlic croutons

**Crispy Oven-Baked Chicken Breast Ranch Salad**

Tomato, cucumber, boiled egg, sliced olives, bell peppers, shaved onion, ranch dressing

**Asian Grilled Chicken Soba Noodle Salad**

bean sprouts, shredded carrot, pea pods, scallions, ginger-mirin vinaigrette

**New England Salad w/Grilled Chicken or Turkey Tips**

Crisp lettuce, tomato, cucumber, red onions, carrot

Entrée Salads continued on next page ►



Entrée Salads ,  
cont.



vegetarian/vegan

**“Ground Me” Macro Bowl**

Baked Tempeh, , creamy ginger sesame dressing, sautéed or raw kale, calcium rich sesame seeds on a bed of your choice of brown rice or quinoa.

**Tex-Mex Salad**

Avocado, tomato, corn, cheddar, black beans, crisp lettuce mix, cilantro lime vinaigrette, baked tortilla strips

**Field Greens Caprese Salad**

vine ripened tomatoes, fresh mozzarella, fresh basil, balsamic vinaigrette

**Loving Life Raw Kale Salad**

An energizing blend of raw marinated kale, anit-oxidant rich pumpkin seed oil, red onion, sea salt, and avocado with a Vitamin C-rich lemon-lime dressing

**Herb and Argan Salad**

Baby lettuce, parsley, mint, basil, fennel, capers, grape tomatoes, avocado, pistachios, dressed with argan vinaigrette

**New England Salad (Vegetarian)**

Crisp lettuce, tomato, cucumber, red onions, and carrot

**Tru-Life Salad**

Mixed greens, flax crackers, avocado, dulce, hemp seeds, dressed with a macadamia-lime vinaigrette

**Greek Goddess Salad**

Julienned crisp lettuce, shredded red onion, crisp cucumber, and creamy calcium-rich feta cheese dressed in a lemon vinaigrette and sprinkled with antioxidant-rich zataar

**Radiance Salad**

Crisp lettuce, arugula, parsley, basil, shredded carrots, slice fennel, toasted ground flax seeds or toasted pumpkin seeds, dressed with a lemon vinaigrette

Sides



No meal is complete without delicious side dishes!  
These palate-pleasers complement any of our menu offerings!

choice accompaniments

- Roasted Seasonal Vegetables
- Roasted New Potatoes
- Roasted Sweet Potato “Fries”
- Sauteed Greens

# Desserts



# Smoothies & Beverages



At TruNourish, our desserts aren't just good - they're good for you! From perfect little bites to all-out chocolate feasts, we offer a variety of sweet treats to please your palate.

## all-natural indulgences

### Cakes

- Carrot Cake
- Chocolate Torte
- Chocolate Raspberry Torte

### Cupcakes

- Chocolate Peanut Butter Cup
- Raspberry Tiramisu
- Cranberry Heaven Crunch

### Cookies

- Chocolate Chip
- Peanut Butter
- Oatmeal Raisin

### Bars

- Raspberry Oatmeal Bar
- Peanut Butter Brownie
- Chocolate Brownie
- Magic Bar

### Gluten-Free

- Apple Almond Muffin
- Strawberry Banana Muffin
- Chocolate Brownie
- Raspberry Cream Cheese Brownie
- Peanut Butter Cookie
- Chocolate Chip Cookie
- Cranberry Raisin Cookie
- Lemon Vanilla Cupcake
- Chocolate Coffee Cupcake
- Chocolate Raspberry Torte
- Rum Ball

### Raw

- Raspberry Coconut Cheesecake
- Raw-reo
- Raw Chocolate (various flavors)
- Banana Bread Walnuts
- Kale Chips (various flavors)

Nutrient-packed smoothies and juices are an exciting introduction to your healthy meal! All smoothies can be made dairy-free and gluten-free!

## fresh-blended flavors

Smoothies coming soon!

## live juices

- Green Juice (apple, spinach, cucumber, celery and kale)
- Live Lemonade (sweet apple, ginger and lemon)

## other thirst-quenchers

- Fresh-Squeezed Lavender Lemonade
- Iced Green Tea (sweetened or unsweetened)
- New England Iced Tea (real brewed iced black tea)
- Hint® Waters
- Hint® Carbonated Waters