



CATERING | EVENTS | DECOR

BOXED MEALS

FRESH, SIMPLE, DELICIOUS

True Flavors Catering | (210) 226-3670 | info@trueflavors.com



BOXED SANDWICH OPTIONS

HAM AND CHEDDAR

TURKEY AND SWISS

CLASSIC TUNA SALAD

HOMESTYLE CHICKEN SALAD

PIMENTO CHEESE (V)

**ALL BOXED MEALS SERVED
WITH THE FOLLOWING:**

- POTATO CHIPS
- ASSORTED COOKIES
- APPROPRIATE CONDIMENTS
& PICNIC PACK

(V) - vegetarian, (VG) - vegan, (GF) - gluten free

GOURMET SANDWICH OPTIONS

TURKEY & CHEDDAR

With cranberry mayo and savory sage stuffing on sweet Hawaiian

HOMESTYLE CHICKEN SALAD WRAP

With lettuce and tomato

GOURMET ROAST BEEF SANDWICH ON WHOLE GRAIN BREAD

With horseradish mayo and dijon mustard, sharp cheddar,
tomato and baby greens

SAN ANTONIO WRAP

Grilled chicken, pepper jack cheese, salsa sour cream,
lettuce, avocado and black beans

GARDEN VEGETABLE & HUMMUS WRAP (V)

Sundried tomato hummus and Boursin cheese spread,
baby spinach, tomato, cucumber, red onion and avocado

GRILLED CHICKEN CEASER WRAP

Fire-grilled chicken breast, romaine, parmesan and creamy
ceasar dressing

TURKEY BACON SANDWICH

With Swiss, lettuce and tomato on whole wheat

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SIDES & DESSERT ITEMS

CHOOSE 1 SIDE ITEM

MEDITERRANEAN PASTA SALAD (V)

Bowtie pasta, bell pepper, pepperoncinis, black olives, red onions, pesto, parmesan and feta cheese with fresh parsley

LEMON QUINOA SALAD (VG/GF)

With avocado, cilantro, chickpeas and cherry tomatoes tossed in lemon vinaigrette

RED BLISS FRENCH POTATO SALAD (V/GF)

With roasted garlic and fine herbs in mustard vinaigrette

INDIVIDUAL BAG POTATO CHIPS (V)

CHOOSE 1 DESSERT PER ITEM

ASSORTED FRESH BAKED COOKIES

WHOLE FRESH FRUIT (VG/GF)

Seasonal fresh fruit cups garnished with fresh lime & chile

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GOURMET SALAD OPTIONS

GRILLED CHICKEN CEASAR SALAD

Grilled chicken, hearts of romaine, shaved parmesan and garlic croutons with class Ceasar dressing

CLASSIC COBB SALAD (GF)

Grilled chicken, hard boiled egg, tomato, bacon bits, avocado, red onion, bleu cheese crumbles with ranch dressing

CHEF SALAD (GF)

Shredded cheddar, ham, turkey, tomato, cucumber, accompanied by ranch dressing

FRESH GARDEN SALAD (VG/GF)

Mixed field greens, cherry tomatoes, sliced cucumber, shredded carrots, broccoli florets, mushrooms and avocado slices, accompanied by balsamic vinaigrette

**NOTE: OTHER DRESSING MAY BE
SUBSTITUTED UPON REQUEST**

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LUNCH BOWL OPTIONS

SWEET AND SAVORY BOWL

Fresh peaches, corn and jalapeno pico atop a bed of crispy romaine and quinoa. Accompanied by marinated grilled tofu steak, toasted pepitas, and a tart Dijon vinaigrette.

AUTUMN BOWL

Oven roasted sweet potatoes, blistered tomatoes, and garbanzo beans atop a bed of spinach and quinoa. Accompanied by a marinated grilled tofu steak, toasted pecans, and a basil vinaigrette

SUMMERS END BOWL

Grilled summer squash, onions, peppers, corn, and fresh pico de gallo over a bed of quinoa and crispy romaine. Accompanied by a marinated grilled tofu steak and cilantro vinaigrette

THAI NOODLE SALAD

Chilled lo mein noodles and grilled tofu steak tossed in sesame thai vinaigrette accompanied by mango, spinach, carrots, scallions, savoy, cabbage, cilantro, and peanuts.

INSALATA DI FAGIOLI

White Cannellini Beans, cherry tomatoes, marinated onions, arugula, and penne pasta. Accompanied by a marinated grilled chicken breast, toasted pine nuts, and a basil vinaigrette.