



True Food Kitchen - El Segundo Menu

<https://menuweb.menu>

860 South Sepulveda Suite 100 Los Angeles, CA 90245, El Segundo, United States
(+1)3104697725,(+1)483104697725 - <https://www.truefoodkitchen.com/elsegundo>



Here you will find the [menu](#) of **True Food Kitchen - El Segundo** in El Segundo. At the moment, there are **86** dishes and drinks on the list. Overall, the reviews of the restaurant provide a mix of positive and negative feedback. Some guests appreciated the friendly and professional service, while others felt that the service was lacking. The food received mixed reviews, with some guests enjoying the dishes and others finding them lacking in presentation and flavor. The atmosphere of the restaurant was also a point of contention, with some guests commenting on the darkness and noise levels. Despite these mixed reviews, many guests still expressed a desire to return to the restaurant, particularly praising the attentiveness of the staff and the quality of the food.

True Food Kitchen - El Segundo Menu



Desserts

CHOCOLATE CAKE

Non Alcoholic Drinks

WATER

Entrées

HERB HUMMUS

Main Courses

LASAGNA

Vegetarian

SPINACH TART

Burger

TURKEY BURGER

Sandwiches

GRASS FED BURGER

Fish Dishes

GRILLED FISH OR GRASS-FED STEAK
TACOS*

Salad

CHOPPED SALAD

Chicken

GRILLED CHICKEN

Dessert

COOKIES

Bowls

TERIYAKI QUINOA

Curries

SPICY PANANG CURRY

Shots

MEDICINE MAN

Pizza Ø 28Cm

LASAGNA BOLOGNESE

Vegan Dishes

VEGAN BURGER

Japanese Specialties

CHICKEN TERIYAKI

Teriyaki

TOFU TERIYAKI

Hot Pies

WILD MUSHROOM

Shared Plates

EDAMAME DUMPLINGS

Non-Alcoholic Beverages

HONEY LEMONADE

Specialty Wraps

SMOKED TURKEY WRAP

True Food Kitchen - El Segundo Menu



Sauces

SAUCE

Refreshers & Tea

KALE AID

To Share Appetizers

TORCHED AVOCADO

Pizza

PIZZA MARGHERITA

LARGE PIZZA

Antipasti

ROASTED ARTICHOKE

HOUSE-MADE CHICKEN SAUSAGE

Snacks

BREADSTICKS

BRUSCHETTA

Soft Drinks

WATER

WATER

Burgers & Sandwiches

T.L.T.

INSIDE OUT QUINOA BURGER

Refreshers

HANGOVER RX

HEALTH-ADE KOMBUCHA

Sauces

MUSHROOM SAUCE

GUACAMOLE

SALSA

Restaurant Category

VEGAN

DESSERT

VEGETARIAN

ITALIAN

Starters



DAILY MARKET SOUP

CHARRED CAULIFLOWER

PAN ROASTED CHICKEN

SPAGHETTI SQUASH CASSEROLE

KALE GUACAMOLE

These Types Of Dishes Are Being Served

BREAD

ICE CREAM

MEAT

PASTA

BURGER

SALAD

Uncategorized

CHERRY CHIA LIMEADE

RED CHILI NOODLES

SCOTTISH STEELHEAD*

SUSTAINABLE SEABASS*

WILD CAUGHT ALBACORE TATAKI*

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SHIITAKE LETTUCE CUPS

CHIOGGIA BEET BRUSCHETTA

Salads



SIDE SALAD

ANCIENT GRAINS

QUINOA SALAD

MEDITERRANEAN QUINOA

FARMERS MARKET CRUDITÉS

SEASONAL INGREDIENT

ORGANIC TUSCAN KALE

SALAD

Ingredients Used

OLIVES



CHEESE

BEEF

CHOCOLATE

MUSHROOMS

TOFU

VEGETABLES

SPINACH

OLIVES

CHEESE

ONION

ONION

QUINOA

EDAMAME

SAUSAGE

FROMAGE

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Opening Hours:

Monday 11:00-21:00
Tuesday 11:00-21:00
Wednesday 11:00-21:00
Thursday 11:00-21:00
Friday 11:00-22:00
Saturday 10:00-22:00
Sunday 10:00-21:00

Made with [Menu](#)

