



True Food Kitchen Announces Grand Opening Of First South Florida Location At Town Center At Boca Raton

Health-Driven Seasonal Restaurant & Scratch Bar Now Open

BOCA RATON, FL, UNITED STATES, February 21, 2018 /EINPresswire.com/ -- True Food Kitchen, the award-winning seasonally inspired [health-driven](#) restaurant, opened its doors today to its first South Florida location at Town Center at Boca Raton.

Co-founded by integrative medicine expert Dr. [Andrew Weil](#) and nine-time James Beard Award nominee for Restaurateur of the Year Sam Fox, True Food Kitchen's progressive and flavor-forward menu is rooted in the principles of Dr. Weil's anti-inflammatory diet and caters to foodie palates and preferences with a variety of gluten-free, vegetarian and vegan offerings for brunch, lunch, dinner and cocktails. The restaurant's regularly rotating menu underscores the brand's commitment to merging wholesome seasonal ingredients and simple preparations to let guests experience produce at the peak of its freshness and flavor.

True Food Kitchen's first South Florida location features approximately 7,274 square feet of combined indoor and outdoor dining space, including a lively dining room with 175 seats and an open kitchen designed to bring guests closer to the restaurant's culinary craft. During season, an intimate outdoor patio seats nearly 70 guests. Indoors, natural woods and vibrant, locally-inspired artwork add a contemporary touch to the earthy color scheme, natural elements and greenery, including indoor/outdoor garden basins filled with fresh herbs and spices. Eco-friendly materials are utilized throughout the restaurant, such as the hardwood floors, which are made of reclaimed wood, and dining chairs made of recycled soda bottles.

"Boca Raton is the ideal place for a restaurant like True Food Kitchen – it's a community comprised of active, health-minded residents and visitors who are as passionate about good food as they are food that's good for you," said Christine Barone, CEO of True Food Kitchen. "We look forward to introducing South Florida to all of the signature dishes prepared in our open kitchen and our seasonal list of handcrafted cocktails from our scratch bar."

Known for selecting and preparing healthy and delicious food using nutrient-rich ingredients, True Food Kitchen at Town Center at Boca Raton features a menu with a mix of signature favorites like the Spaghetti Squash Casserole, Ancient Grains Bowl, Tuscan Kale Salad, Grilled Fish & Grass-fed Steak Tacos, Inside Out Quinoa Burger, and an assortment of house-made vegan and vegetarian pizzas, amongst others. The restaurant also features seasonally-inspired dishes like the Roasted Heirloom Carrots, Winter Squash Toast, Butternut Squash Pizza, Seasonal Ingredient Salad, and Tomato & Arugula Pizza. Additionally, True Food serves weekend brunch with a variety of signature dishes like the Sunrise Bowl, Avocado Toast, Quinoa Johnny Cakes and Egg & Chicken Sausage Sandwich. Its antioxidant-packed desserts, include the famed Flourless Chocolate Cake and the seasonal Squash Pie. The kids menu features creative, kid-friendly dishes like the Almond Butter, Banana & Apple Sandwich, Mozzarella & Organic Tomato Pizza and the Chicken Teriyaki Bowl to

name a few.

The restaurant's full-service bar is brimming with natural juices, teas, and refreshers all of which can be paired with organic and gluten-free spirits for a delicious cocktail ripe with flavor – including the Citrus Skinny Margarita, Seasonal Pomegranate Mule, Matcha Horchata, Orchard Bourbon Sour and the Farmers Market Sangria, among other favorites.

True Food Kitchen is located at the main entrance of Town Center at Boca Raton at 6000 Glades Rd., Boca Raton, FL 33431. Open seven days a week, hours of operations are Monday through Friday from 11:00 a.m. to 10:00 p.m., Saturday from 10:00 a.m. to 10:00 p.m. and Sunday from 10:00 a.m. to 9:00 p.m. Brunch is available Saturday and Sunday from 10:00 a.m. to 3:00 p.m. Reservations are encouraged, and can be made by calling 561-419-8105, visiting www.truefoodkitchen.com/bocaraton or via Open Table.

For more on True Food Kitchen Boca Raton, please visit the brand www.truefoodkitchen.com/BocaRaton or follow on Facebook and Instagram at @true_food_kitchen.

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