

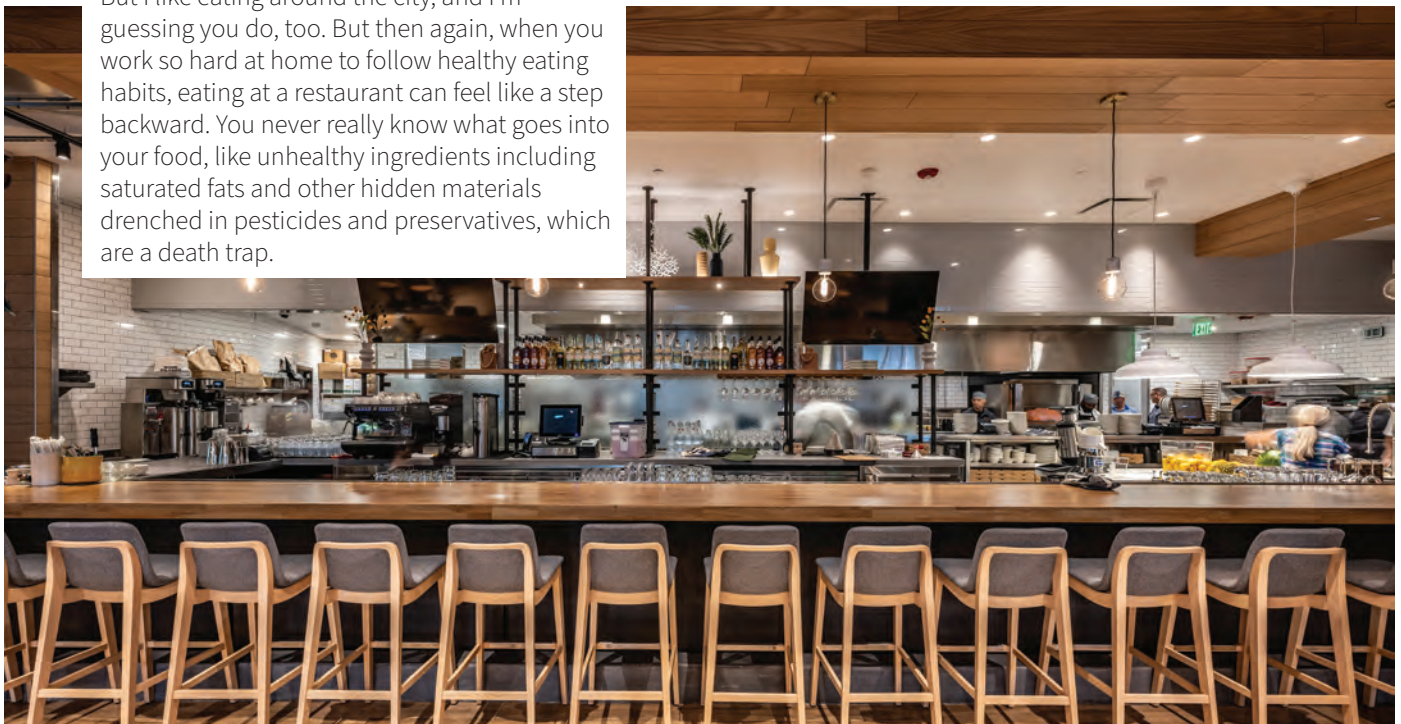
True Food Kitchen

Living the True Fall Season

By Maritza Cosano

Fall is in full swing and, just like our wardrobe selection changes with the seasons, so should our menus! So, what should we be eating this time of year? Perhaps soups made of root vegetables like carrots, squash, pumpkin, and sweet potato. Dinners created with whole grains like brown rice, quinoa, and oats; legumes like beans, chickpeas, and lentils; and green vegetables, including broccoli, spinach, kale, celery, and artichokes. In other words—"food that tastes as good as fall feels."

One of the most difficult things I've found when trying to follow a healthy lifestyle, regardless of the season, is eating out at restaurants. But I like eating around the city, and I'm guessing you do, too. But then again, when you work so hard at home to follow healthy eating habits, eating at a restaurant can feel like a step backward. You never really know what goes into your food, like unhealthy ingredients including saturated fats and other hidden materials drenched in pesticides and preservatives, which are a death trap.



Not at True Food Kitchen.

I came across this newly opened restaurant and fell in love with their awesome healthy food options. The restaurant you choose does matter. And I can tell you that you can't go wrong when you choose anything from their menu. Crafted with an abundance of fresh ingredients and great flavor, True Food Kitchen is a phenomenal addition to the Rosemary Square restaurant lineup.

Before I visited, I scanned their online menu, which is always a great way to explore a restaurant and decide whether it caters to your healthy lifestyle or not. I always look for keywords like pan-fried, crispy, dipped, scalloped, breaded, cream, Alfredo—things you should try to avoid if you want to live a longer life. Dishes with these words often have a lot of hidden fat and salt; so instead, I look for menu items with words such as grilled, steamed, baked, roasted, braised, and seared.

I wasn't disappointed with True Food Kitchen's menu, nor the service! Their refreshing hand-crafted teas are filled with natural ingredients. My friendly server suggested that I taste the Kale Aid, which contains kale, ginger, apple, celery, cucumber, and lemon—superfoods that truly have the power to impact how you feel. While I was happy with the choice, my party also noticed they have fine wines, beers, and well-crafted cocktails like the very popular, Passion Fruit Margarita made of organic reposado tequila, passion fruit, and lime. One of my friends enjoyed the South for the Winter, a nice drink with rum, which can give you a warming vibe in the fall season.

Starters, entrees, and desserts here are also built around health and seasonality. For instance, the Charred Cauliflower, a great starter made with harissa tahini, Medjool date, dill, mint, and pistachios is really delicious. The Butternut Squash Soup seems to be another popular dish. Being in Florida, with so many small and large farms supporting local restaurants with their bounty of fresh food, I find it nice that we can experience the season, entertain our taste buds, and still keep our heart healthy and waistline in check.

“Food that tastes as good as fall feels.”



South for the Winter sure packs a punch! A nice rum drink topped with cinnamon, just to tickle your taste buds and warm your belly.

Experience the fall season At True Food Kitchen with their popular dishes like the squash soup, pizzas, and pumkin pies!



“We are in the fall, so we work with seasonal vegetables and products with high nutrients,” Chef Miguel Toro told me. “You’ll never see strawberries on our menu except in December and January. As a company, we try to be as seasonal inspired as much as possible.”

Every restaurant chef knows that great food and top-notch service are the most critical ways to keep diners coming back. The True Food Kitchen company has figured that out perfectly, as their commitment to the food speaks volumes. With 39 locations all across the country, several restaurants in Florida, from Miami to Jacksonville, Tampa, Naples, Boca Raton, and now in West Palm Beach, they like to find spots in affluent, heavy-populated areas where they can share their mission: “To bring people together to eat better, feel better, and celebrate a passion for better living.”

This restaurant is leading the way as health-oriented restaurants spring up across the country. Asked about this, General Manager, Manfred Gessa said: “The reason our restaurant is called True Food Kitchen is that we are 100 percent true to the food. We will never manipulate, contemplate, or compromise the ingredients of a dish for any reason at all.”

Gessa recounts how just a few months ago, there was a shortage of grass-fed beef, and instead of going out and buying whatever beef was in the market, the restaurant went weeks without having any beef on their menu, which is the same for the 39 locations. The corporate chefs spend months researching ingredients and creating new recipes. And then, they change the menu four times a year. Their procurement department goes out and sources certain products, like the oranges that come from Florida groves, while their own organic farm in California produces all their romaine lettuces for the entire company. Their tomato sauce comes from another organic-certified farm in California, where they grow the tomatoes and make the sauce with organic garlic, basil, and extra-virgin olive oil. The menu really highlights the natural benefits and flavors of each ingredient with nutrient-dense staples, responsibly sourced proteins, and little-known superfoods.

True Food Kitchen has elevated the dining experience at Rosemary Square in West Palm Beach. The restaurant has a spacious dining room, outdoor patio, and an open kitchen to bring guests closer to the vibrant atmosphere at the plaza.



Seasonal eating has become all the rage in the culinary industry for a reason: Food is fresher, travels fewer miles to get to your plate, and tastes better. If you’ve ever compared a grocery store mango bought in February with one grown in your home garden, then you understand the difference. The movement actually started with home cooks buying at local farmers markets but moved quickly to the restaurants. Chefs, restaurant owners, and managers, as well as the local farms embraced seasonal menus as a way to get diners focused on dishes created solely with fresh and nutritious ingredients, at certain times of the year.

Finally, while it may be tempting for a restaurant to fake it, by saying a

vegetable is seasonal when it’s not, or by putting the name of a farm on their menus, when in fact they’re not buying from them, guests know best. The food doesn’t lie.

You won’t be disappointed with this deliciously healthy restaurant that crafts dishes from seasonal ingredients, and boasts a vibrant atmosphere at Rosemary Square. Before you visit, check out True Food Kitchen’s menu at truefoodkitchen.com.