

True Foods Kitchen Restaurant Review

Hi, my name is Libby Taylor and I'm currently a sophomore at Hillsboro High School. I have lived in Nashville most of my life, so one would think I know all of the local restaurants and places to shop.

Yet, every week, there seems to be a new restaurant opening up in a new building or in a spot where a restaurant recently closed. Abbey Cutrer, my co-writer, and I decided to review one of the many new restaurants in Green Hills, [True Foods Kitchen](#).

[True Foods Kitchen](#) is a restaurant that incorporates food into lives well lived, and is based around healthy ingredients. This new restaurant is located at 3996 Hillsboro Pike, Nashville, TN 37215, near Hillsboro High School and across from Trader Joes.

A Bit of History

Info

True Food Kitchen is located in the new multi-use building, [Vertis Green Hills](#)
615.383.7333 • 3996 Hillsboro Pike | Nashville, Tennessee
37215

The restaurant got its start in 2008 when Dr. Weil, the co-founder, had the idea of an, "anti-inflammatory lifestyle." This basically means a lack of inflammation within the body. The website of the kitchen states that it is "a restaurant inspired by the philosophy that food should make you feel better, not worse." The restaurant grew and got lots of

attention when Weil's debuted his idea on Dr. Oz. Dr. Weil, "visionary restaurateur and a renowned doctor of integrative medicine," believe delicious dining and conscious nutrition "can go hand in hand, without sacrificing flavor, creativity or indulgence."

In 2015, the American media executive, actress, and talk show icon, Oprah Winfrey, endorsed Dr. Weil and his company. Again, a growth spike occurred at True Foods Kitchen grew by leaps and bounds, and began spreading to the East Coast.

We as reviewers, investigated what kind of foods would be "anti-inflammatory" and nutrition conscious and decide to give [True Food Kitchen](#). Knowing that Oprah and Dr. Oz had given the restaurant such strong endorsements, made our visit very exciting.

Our Review

We chose to review the restaurant at a typical time of the day for lunch, 11:30, which was when it opened. The day we choose to visit [True Food Kitchen](#). was a cold one and it rained steadily almost the whole lunch.



On September 26, 2018, True Foods Kitchen opened a restaurant next to Vertis in Green Hills. Above is some Nashville themed wall décor inside the restaurant. (Photo: Abbey Cutrer)

After we walked in and were greeted by the hostess, we sat down in a table near the open kitchen. Right away, I got a modern but trendy vibe from the place. Guitars fashioned after fruits and vegetables, hung on the wall which symbolized Nashville being the heart of country music.

The waitress came over to our table and described the seasonal menu, ingredients in the food, why it changes throughout the year all of which we found to be very interesting and engaging. Know a bit of history about where one's food comes from and why it was chosen invites the lunch customer to become part of the restaurant and what we would soon eat.

I contemplated what to get, but ended up ordering the turkey burger (\$14), which came with sweet potato hash and kale salad. Not long after, the food arrived. My co-writer, Abbey,

ordered a margarita pizza (\$12) and the pressed apple soda (\$5), which was recommended by the waitress.

We weren't disappointed with the portion sizes which were fairly large and enticing.



November 1, 2018, the HHS Globe visited True Foods Kitchen and ordered a pressed apple soda. The pressed apple soda is made fresh every day and incorporates ingredients such as chai, carbonated water, and apples. (Photo: Abbey Cutrer)

The turkey burger was incredible and like tasted like nothing I had ever had before. The sweet potato hashes weren't very sweet but they still tasted good. The kale salad might have

been the best item on the plate. The salad was fresh but also filled with spices. Overall, the dish was unique and something I haven't stopped raving about.

Abbey said, "The pizza was good but not anything special. If I was craving pizza, this wouldn't be my first choice. I could easily go to Pie Five or Blaze and be more satisfied with the food as well as the price. On the other hand, the pressed apple soda was unique and refreshing. The price wasn't terrible, and I would return specifically for the drink."

We both agreed that the restaurant visit was pleasant, tasty and one we would visit again. More importantly, we would recommend it to our readers as well. The quality and quantity of the food outweigh the price and makes for a delightful meal.



November 1, 2018, the HHS Globe visited True Foods Kitchen and ordered a margherita pizza. The pizza was topped with mozzarella cheese, fresh tomato sauce, and basil. (Photo: Abbey Cutrer)