



CATERING MENU

fresh concepts 2013



foodforthought

fftchicago.com/401

We get that not everyone in your crowd eats the same thing. We're here to help you. Food for Thought can accommodate special requests. Whether it's to place an order, or just ask a few questions, don't hesitate to call. In order to secure your desired delivery time and menu selection we recommend placing your order at least 48 hours in advance. We ask a \$25 fee for last minute (under 24 hours) orders.

Get off to a great start with these morning meal selections

BREAKFAST BOX

coffee cake, cinnamon rolls,
assorted bagels, muffins & donuts

S	L
(16 pc) \$44	(32 pc) \$88

ASSORTED MUFFIN BOX

lemon poppyseed, cranberry
walnut, blueberry streusel,
chocolate fudge or banana nut

S	L
(12 pc) \$25	(24 pc) \$48

ASSORTED BAGEL BOX

plain, whole wheat, everything,
cinnamon raisin, apple crisp, &
sesame (served with cream cheese)

\$36/dozen

ASSORTED DONUT BOX

apple chunk, powdered sugar,
chocolate, cinnamon sugar &
vanilla glazed

\$25/dozen

DUELING PARFAITS

low fat vanilla yogurt with seasonal
berries & granola

\$4.00 each

low fat strawberry yogurt with toasted

LIGHTENED UP BUFFET

scrambled egg whites topped
with spinach & pomadorrchio
tomatoes and sides of turkey
sausage, roasted potatoes &
honey wheat english muffins

S	M	L
\$65 serves 8-10	\$95 serves 11-15	\$120 serves 16-20

CLASSIC COMFORTS

scrambled eggs, applewood
smoked bacon, sausage links,
roasted potatoes & southern
biscuits

S	M	L
\$65 serves 8-10	\$95 serves 11-15	\$120 serves 16-20

FRESHLY BREWED COFFEE

regular or decaf Intelligentsia™
coffee served with half & half,
sugar and sweeteners

S	L
\$16 serves 10	\$32 serves 16-32

HOT TEA

Mighty Leaves™ tea served with
sugar, sweeteners & honey

S	L
\$8 serves 10	\$16 serves 16-32

FRUIT TRAY

sliced cantaloupe, kiwi, grapefruit,
oranges, pineapple, grapes &
seasonal berries

S	M	L
\$32 serves 8-10	\$48 serves 11-15	\$65 serves 16-20

FRUIT BOWL

diced melon, pineapple & grapes

S	M	L
\$23 serves	\$46 serves	\$92 serves

ASSORTED HAND FRUIT

fuji & granny smith apples, oranges &
bananas

\$1.75 each

ASSORTED CEREAL CUPS

old school favorites & wellness cereal
cups with skim & 2% milk

\$3.00 each

SMOKED SALMON PLATTER

lightly smoked salmon is thinly sliced
and served with traditional
accompaniments. Includes lemon
caper cream cheese and
bagel platter

S	L
\$105 serves 10	\$210 serves 20

BREAKFAST SANDWICHES

\$3.50 each

- PICK YOUR BREAD
english muffin (wheat or plain), bagel (wheat or plain),
croissant, ciabatta or wrap (wheat or flour)
- CHOOSE EGG OR EGG WHITES
- CHOOSE YOUR FILLING
spinach, tomato & white cheddar
ham & white cheddar
sausage & white cheddar
bacon & white cheddar



Lunch

SANDWICH BOX

a selection of four of our chef crafted sandwiches

S \$58(6 sandwiches) L \$115 (12 sandwiches)

SANDWICH PLATTER

a selection of four of our chef crafted sandwiches

S \$44 (4-5 servings)

M \$70 (7-8 servings)

L \$105 (11-12 servings)

SIGNATURE SALADS

Individual Entrée Salad \$7.00 (served with freshly baked bread)

S \$40 (8-10 servings) M \$80(11-15 servings)

L \$120 (16-20 servings)

choose one signature salad

CLASSIC SALADS

S \$39 (10 servings) M \$70(20 servings) L \$105(30 servings)

classic caesar (served with caesar dressing) or garden vegetable salad (served with ranch & balsamic dressing)

ON THE SIDE

S \$25 (15 servings) M \$50 (30 servings) L \$100 (60 servings)

seasonal pasta salad, coleslaw or all american potato salad

REGULAR BOX \$11

one sandwich with

potato chips or baby carrots

pickle spear

cookie, brownie or whole fruit

EXECUTIVE BOX \$13

one sandwich with

all american potato salad
or seasonal pasta salad

potato chips or baby carrots

pickle spear

fresh fruit cup

cookie or brownie

DELI PLATTER \$11

allow your guests to create their own specialty.

thinly sliced turkey, medium rare roast beef, black forest ham and a choice of cranberry chicken salad or classic tuna salad

white cheddar & swiss cheeses, tomato, red onion, pickles, mayo & dijon mustard

served with assorted rolls, chips, freshly baked cookies & your choice of: fruit salad, mixed greens or pasta salad.



CHEF CRAFTED SANDWICHES

ADOBO TURKEY shaved turkey, white cheddar, bacon, chipotle aioli, lettuce & tomato on french bread

CHICKEN CAESAR sliced grilled chicken, chipotle caesar dressing, parmesan cheese, lettuce, tomato & onion in a wrap

TURKEY AVOCADO CLUB shaved turkey, provolone, avocado, lettuce & tomato on 9 grain

PESTO CHICKEN pesto chicken, provolone, tomato & field greens with balsamic vinaigrette in a wrap

HONEY HAM sliced ham, white cheddar, lettuce, tomato, onion & dijonaise on marble rye

TUSCAN STEAK medium rare roast beef, pesto, roasted peppers, onions & white cheddar with lettuce & tomato on french bread

BUFFALO CHICKEN sliced grilled chicken, buffalo sauce, blue cheese, lettuce, onion & tomato in a wrap

ITALIAN COMBO provolone, medium rare roast beef, pepperoni & salami with cherry peppers, lettuce, onion, tomato & red wine vinaigrette on french bread

MEDITERRANEAN VEGGIE hummus, feta cheese, fresh dill, roasted veggies, pomadorrichio tomatoes, lettuce & lemon oregano vinaigrette in a wrap

MUSHROOM CAPRESE marinated mushrooms, fresh mozzarella cheese, pomadorrichio tomato, fresh basil, extra virgin olive oil & balsamic vinegar on 9 grain

SIGNATURE SALAD SELECTIONS

BBQ CHOPPED CHICKEN grilled chicken, romaine, corn, black beans, tortilla strips & BBQ ranch dressing

THE FARMSTAND field greens, candied walnuts, grape tomatoes, goat cheese & sherry raisin vinaigrette

WASABI CHICKEN asian greens, grilled chicken, hoisin drizzle, marinated daikon, carrot & wasabi peas with coconut vinaigrette

KALE CAESAR chopped kale, shaved brussels sprouts, grilled chicken, shaved parmesan cheese, grape tomatoes & croutons with caesar dressing

CAPRESE grape tomatoes, fresh mozzarella, fresh basil, artichoke hearts, black olive s & field greens with balsamic vinaigrette

ORDER ONLINE: FFTCHICAGO.COM/401

ORDER BY PHONE: (312) 229-8806

hot lunch

HOT BUFFETS \$11.95 /person

minimum 8 guests per selection 48 HRS NOTICE NEEDED

ORANGE CHICKEN tempura battered chicken or tofu tossed with a housemade orange sauce served with jasmine rice and a vegetarian egg roll

HUNAN SHRIMP sautéed shrimp or tofu tossed with garlic, ginger, onion & hunan sauce served with jasmine rice and a vegetarian egg roll

CHICKEN SALTIMBOCCA seared chicken breasts topped with prosciutto & provolone cheese in a white wine pan sauce served with vesuvio roasted potatoes & steamed spinach

TILAPIA SCALOPPINE pan seared tilapia with garlic, mushrooms & capers in a lemon butter sauce served with toasted rice pilaf & steamed broccoli

BLACKJACK BBQ'd RIB TIPS smoked & braised rib tips glazed with Jack Daniel's™ bbq sauce served with buttered corn, four cheese macaroni & cornbread

PANKO CRUSTED CHICKEN BREASTS served with creamy mashed potatoes, sage gravy & steamed green beans

TACO BAR

braised chicken tinga and seasoned ground beef served with flour & corn tortillas along with traditional toppings

MIDDLE EASTERN GRILL

warm pita served with gyros, chicken shawarma, tzatziki sauce, hummus, quinoa tabouleh, sliced cucumber, tomato & yellow onion

ON THE SIDE

BUFFALO WINGS \$12.75/dozen

option of buffalo or espresso bbq served with celery & blue cheese or ranch

BLACKJACK MEATBALLS \$12.50/dozen

beef meatballs with espresso bbq

pizza



10" DEEP DISH (serves 2-3)	per topping	cheese
	\$1.75	\$16
14" THIN CRUST (serves 4-6)	per topping	cheese
	\$1.75	\$22
10" GLUTEN FREE (serves 2-3)	per topping	cheese
	\$1.75	\$19

Toppings:

italian sausage, pepperoni, diced ham, grilled chicken, sautéed spinach, black olives, onions, tomatoes, pineapple, jalapenos, broccoli, green peppers & mushrooms

\$1.75 for each topping

platters

ANTIPASTO S \$60 (8-10) M \$90 (11-15) L \$120 (16-20)

nitrite-free prosciutto, salami and pepperoni, marinated mozzarella, provolone, olives, roasted artichoke hearts, roasted peppers and marinated mushrooms served with toasted flatbread

KEY WEST SHRIMP S \$76 (6-8) M \$143 (12-15) L \$190 (18-20)

Lightly poached, jumbo Key West pink shrimp served with fresh lemon slices and zesty cocktail sauce

DOMESTIC CHEESE S \$60 (8-10) M \$80 (11-15) L \$120 (16-20)

Our favorite local and seasonal selections to include: Goat Cheese, Blue Cheese, Smoked Gouda & White Cheddar. Accompanied by caramelized walnuts, seasonal fruit, dried fruit, specialty bread and crackers

SWEET & SALTY S \$27 (8-10) M \$54 (11-15) L \$80 (16-20)

yogurt covered pretzels, california trail mix, mini M&M's™, mini grape bunches & roasted mixed nuts

SIGNATURE CHIPS & DIPS (choose one)

upgrade fresh veggies in place of chips/bread for \$15

blue, red and yellow corn tortilla chips with our authentic salsa & fresh guacamole

S \$28 (8-10) M \$45 (14-16) L \$90 (30-32)

fresh cut chips with feta dill yogurt or caramelized onion & chive dip

S \$24 (8-10) M \$39 (14-16) L \$77 (30-32)

rosemary & sea salt flatbread with tuscan white bean dip and roasted red pepper, ricotta & goat cheese dip

S \$32 (8-10) M \$52 (14-16) L \$100 (30-32)

beverages



BOTTLED SODA \$2.00

coke, diet coke, coke zero, sprite & sprite zero

CANNED SODA \$1.50

coke, diet coke, coke zero, sprite & sprite zero

BOTTLED JUICES \$2.00

grapefruit, orange, cranberry, and apple

BOTTLED WATER \$1.50

bottled water,, coke, diet coke, coke zero, sprite & sprite zero

sweets

COOKIES & BARS PLATTER S \$24 (8-10) M \$30 (11-15) L \$38 (16-20)

Assorted house made cookies and brownies

MINI PASTRY CATERING PLATTER S \$50 (8-10) M \$67 (11-15) L \$90 (16-20)

Assorted mini pastries including mini cheesecakes, dessert bars and cannoli

CHOCOLATE COVERED STRAWBERRIES \$20/dozen

CUPCAKES \$30/dozen

assorted chocolate & yellow cake with chocolate and vanilla buttercream icing

