

# **48-Hour Menu**



WORKSPACE@FFTCHICAGO.COM

312-572-7233

FOODFORTHOUGHTCHICAGO.COM

Quality Ingredients. Made From Scratch. For Sustainability.





**POUNDS OF** Kitchen Scraps are composted annually



GALLONS OF COOKING OIL are converted into Bio-Diesel fuel annually

100%

### **OF SINGLE-USE SERVICEWARE**

has been elimanted company-wide



COUNTRIES REPRESENTED

from our culinary team around the globe



**MILLION GUESTS SERVED** around the chicagoland area annually

40+

### YEARS OF EXPERIENCE

in culinary and foodservice expertise



### ASK ABOUT OUR SUSTAINABILITY

our company is fully focused on food, health, people & the environmental impacts of our trade.















# How to Order





### CHOOSE

from a range of chef created dishes fitting for all tastes & preferences. If you need **STAFFING OR LIQUOR SERVICE**, please let your Food For Thought sales representative know.



TWO

CONSIDER

the environment and compliment your order with SUSTAINABLE SERVINGWARE including palm plates, eco-forks, knives & napkins for \$1.50 PP



## Three

### ORDER

directly at **312-572-7233** or send us an email at **workspace@fftchicago.com** to get started or to get more information about planning your event.

### **Custom Meal Programs**

Build employee engagement and productivity with customizable in-office food programs, with offerings including breakfast, lunch, snacks, and pop-up themed events.

Email workspace@fftchicago.com or visit our website to learn more about

VGN = VEGAN VGT = VEGETARIAN GF = GLUTEN-FREE DF = DAIRY-FREE

SERVED AT ROOM TEMP

3

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# Contents



### 06 Breakfast

made with farm fresh, cage-free eggs

### 09 Sandwiches & Salads

featuring individual boxes & platters

### 11 Buffets

composed & build-your-own options for all tastes & preferences

### 14 Platters & Dips

crowd-pleasing crudites, charcuteries & more

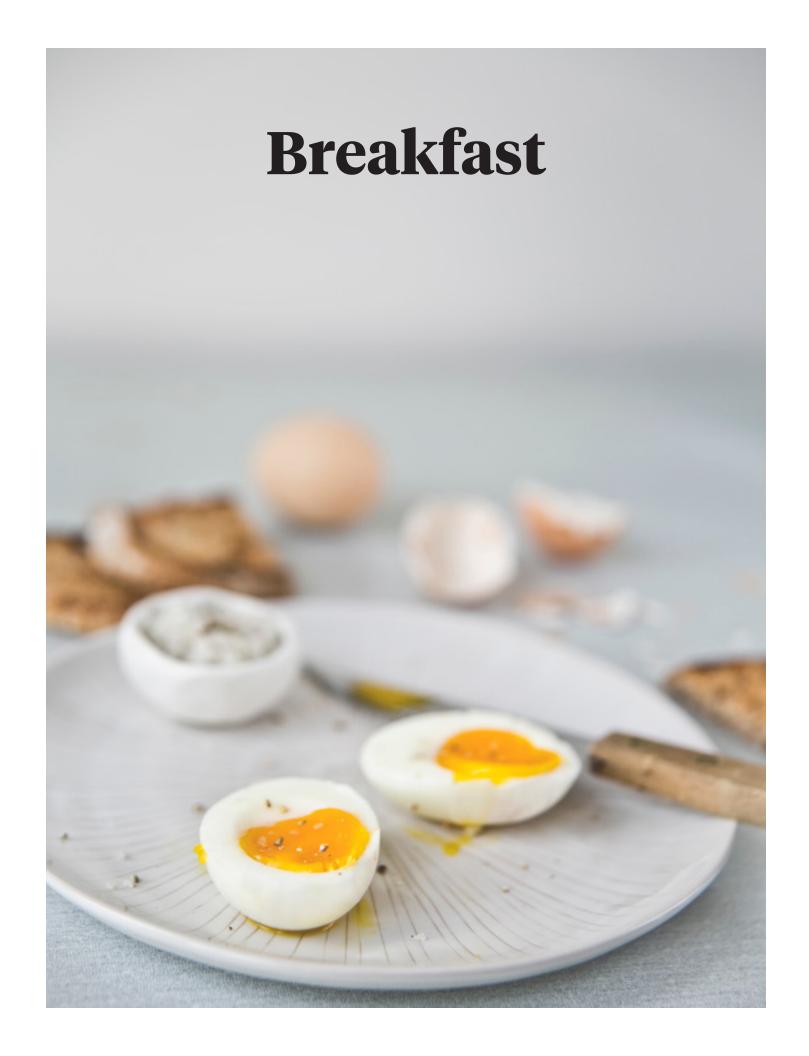
16 Hors D'Oeuvres

elevated light bites for your next event

### 18 Sweets & Drinks

the perfect addition to round out your meal





# **Breakfast**

**25 PERSON MINIMUM** 

### Cold

### HOUSE GRANOLA, ALMOND & BERRY PARFAIT VGT

Local Windcrest Dairy Vanilla Yogurt PP

#### BREAKFAST BREADS VGT

Banana Nut, Lemon Poppyseed, Citrus Cranberry DZ

### FRESH FRUIT PLATTER VGN GF

Seasonal Melons, Pineapple & Mixed Berries small serves 10-15, large serves 15-20 SM LG

#### CHEF'S CHOICE MUFFINS VGT

Chef's choice of Blueberry, Carrot Walnut, or Chocolate Cranberry. Based on Availability and Seasonality DZ

### Hot

### THE CLASSIC BUFFET

Cage-Free Egg Scramble, Spiced & Herbed Breakfast Potatoes, Maple Glazed Bacon and/or Sweet Pork Sausage 2 pieces per portion PP

\*ADD ON FRUIT FOR PP

### BUTTERMILK PANCAKES VGT

Blueberry Maple Syrup, Sweet Lemon Butter 2 per portion PP

### A La Carte pricing per portion

HARD BOILED EGGS VOT GEDE

PP

### Sandwiches & Wraps

### SMOKED HICKORY BACON CROISSANT

Egg, Hickory Bacon, Sharp Cheddar, Flaky Croissant PP

#### SWEET SAUSAGE ENGLISH MUFFIN

Oven Roasted Tomato, Egg, Ricotta Salata, Sausage, English Muffin PP

### HEALTHY START ENGLISH MUFFIN VGT

Cage-Free Egg Whites, Baby Spinach & Fire-Roasted Tomatoes with Cheddar Cheese, Nut-Free Basil Pesto, English Muffin PP

### VEGAN SOUTHWESTERN BURRITO VGN

Creamy Vegan Southwest Sauce, Potatoes, Charred Corn, Salsa Verde & Cilantro PP



Community Driven. Diversity Focused. Minority Owned.





**OF EMPLOYEES** have over 5-years tenure at Food For Thought



with a workforce that's composed of approximately 60% womaen, Food For Thought is proud to be a women founded and led company, encouraging and promotion women in leadership and all team members



### **EMPLOYEES AND COUNTING**

Food For Thought employs over 350+ people











**KATIE CAPACCIO** Workspace Solutions Director

As a woman owned business, we have a huge focus on women in leadership - We are continuously encourage to share our ideas, to utilize our skills and to grow and develop



# **Sandwiches & Salads**

# **Sandwiches & Salads**

25 PERSON MINIMUM MINIMUM 3 OF EACH SANDWICH/WRAP BOX TYPE PER ORDER GLUTEN FREE WRAPS AVAILABLE FOR ALL SANDWICHES PER REQUEST

### Classic Sandwiches

### TURKEY FRESCO SANDWICH

Oven Roasted Turkey Breast, Aged Provolone, Marinated Roasted Red Pepper, Baby Spinach, Tomato Basil Aioli, Artisan Bread

#### LATIN CHICKEN WRAP

Chili & Cumin Marinated Chicken Thighs, Romaine, Black Beans, Vine Ripened Tomatoes, Chihuahua Cheese, Tomato Tortilla, and Cilantro-Lime Caesar Dressing

### A.HAM SANDWICH

Black Forest Ham, Baby Swiss, Lettuce, Tomato, Dijonnaise, Pretzel Roll

#### FIRE ROASTED BEET WRAP VGN

Thyme and Orange Marinated Beets, Fresh Apple, Sprouts, Pickled Red Onion, Toasted Quinoa, Smoked Almond Dressing, Spinach Tortilla

### **BLACK ANGUS ROAST BEEF SANDWICH**

Caramelized Onions, Baby Arugula, Portobello Mushrooms, Smoked Gouda, Roasted Garlic Aioli, Marble Rye Bread STANDARD BOX

Sandwich/Wrap, Potato Chips and Chocolate Chip Cookies

EXECUTIVE BOX
Sandwich/Wrap, Potato Chips,
Pesto Pasta Salad, and Chocolate Chip Cookies

BROWN BAG	
Sandwich/Wrap, Potato Chips	

STANDARD PLATTER Choice of 4 Sandwiches/Wraps, Potato Chips and Chocolate Chip Cookies

#### **EXECUTIVE PLATTER**

Choice of 4 Sandwiches/Wraps, Potato Chips, Pesto Pasta Salad and Chocolate Chip Cookies

### Classic Salads

served with roll & cookies (or alternative sides for VGN, GF, DF boxes)  ${\bf PP}$ 

### SANTA FE SALAD VGT

Mixed Greens, Romaine Lettuce, Corn, Black Beans, Chihuahua Cheese, Tortilla Strips, Tomatoes, Cilantro Vinaigrette

### CITRUS & TOASTED WALNUTS VGN GF

Mesclun Mixed Greens, Oranges, Ruby Grapefruit, Pineapple, Toasted Walnuts, Raspberry-Poppy Seed Dressing

#### THE HOUSE VGN

Romaine, Iceberg & Watercress Greens, Vine Tomatoes, Cucumbers, Carrot, Herb Sourdough Croutons (not VGN, served on the side), Herb Vinaigrette add to your own Buffet

Served a la carte family-style Cookies and rolls not included.

CLASSIC

PP

PP

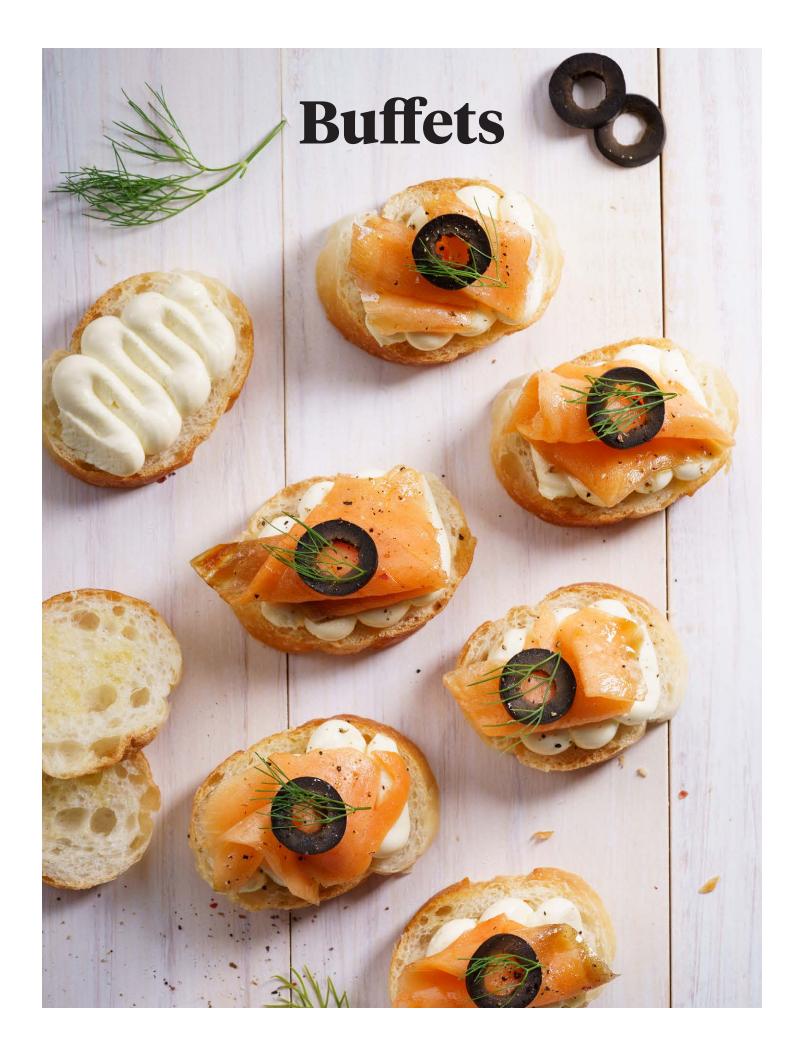
PP

PP

PP

PP

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# **Neighborhood Buffets**

#### **25 PERSON MINIMUM**

PP

PP

### West Loop

#### GREEK ISLE SALAD VGT

Romaine & Leaf Lettuce, Cucumber, Shaved Red Onion, Crumbled Feta, Vine Tomatoes, Kalamata Olives, Pepperoncini, Toasted Pita, Red Wine Dijon Vinaigrette

#### VESUVIO CHICKEN THIGHS GF DF

Green Peas, Garlic, Oregano, White Wine and Herbs

optional substitute:

#### MARINATED BEEF KABOBS GF

Cherry Tomato, Onion, Whipped Feta Tzatziki

### FRESH BAKED PITA VGN

Grilled With Roasted Garlic Oil

### LEMON & HERB ROASTED VEGETABLES VGN GF

Red Bell Pepper, Zucchini, Red Onion

#### optional upgrades:

 TOASTED ORZO PASTA VGN
 PP

 Oil-Cured Olives & Tomatoes, Caramelized Onion, Oregano & Basil

### Pilsen

PP

Sautéed Onions & Peppers, Tomatoes, Chihuahua, Pico De Gallo, Guacamole, Lime Crema, Salsa Verde, Radish, Lettuce, Flour & Corn Tortillas

pick two protein:

PORTOBELLO BARBACOA VGN GF

CUMIN LIME CHICKEN GF DF

LAGUNITAS CARNE ASADA DF

**RICE PILAF** VGN GF Green Chili & Tomatillo Rice Pilaf

**SOFRITO** VGN GF Three Bean & Bell Pepper Sofrito

### Countryside

### MESCLUN GREEN SALAD VGT

Herb De Provence Roasted Vegetables, Fresh Chevre, Baguette Croutons, Red Wine Dijon Vinaigrette

### ROASTED CHICKEN BREAST GF DF

Roasted Fingerling Potatoes, Caramelized Shallots, Thyme Jus

### DINNER ROLLS & BUTTER VGT

optional upgrades:

WHEAT CREPE FLORENTINE VGT

PP

PP

Shaving a Meal Together

## **Build Your Own Buffet**

**25 PERSON MINIMUM** 

### Chilled Sides

Fresh Mint, Citrus-Mint Vinaigrette

**"RAINBOW" QUINOA GRAINS** VGT GF DF Quinoa, Blueberries, Apricots, Strawberries, Edamame,

**ROASTED SWEET POTATO SALAD** VGT GF DF Toasted Pecans, Scallions, Honey Mustard Vinaigrette

CAVATAPPI PASTA SALAD VGT Nut-Free Basil Pesto, Grape Tomatoes, Roasted Red Pepper, Mozzarella

### Hot Sides

**CHAR-GRILLED ASPARAGUS** VGN GF Extra Virgin Olive Oil, Sea Salt, Fresh Cracked Pepper

BASMATI & WILD RICE PILAF VGN GF Pickled Red Onions, Sun-Dried Tomatoes, Herbs

BUTTERMILK SMASHED POTATOES VGT GF Thyme Butter, Roasted Garlic

SEASONAL HERBED VEGETABLES VGN GF Extra Virgin Olive Oil, Sea Salt, Fresh Cracked Pepper

ROASTED LEMON BROCCOLI VGT GF Garlic Butter Entrées

#### LEMON & GARLIC GRILLED CHICKEN WITH ARTICHOKES GF DF

Roasted Garlic & Roma Tomato Jus, Fresh Oregano

#### SPINACH & RICOTTA RAVIOLI VGT

Vine Tomato & Basil Marinara, Grana Padano Cheese PP

#### NUT-FREE PESTO MARINATED FLANK STEAK & GF

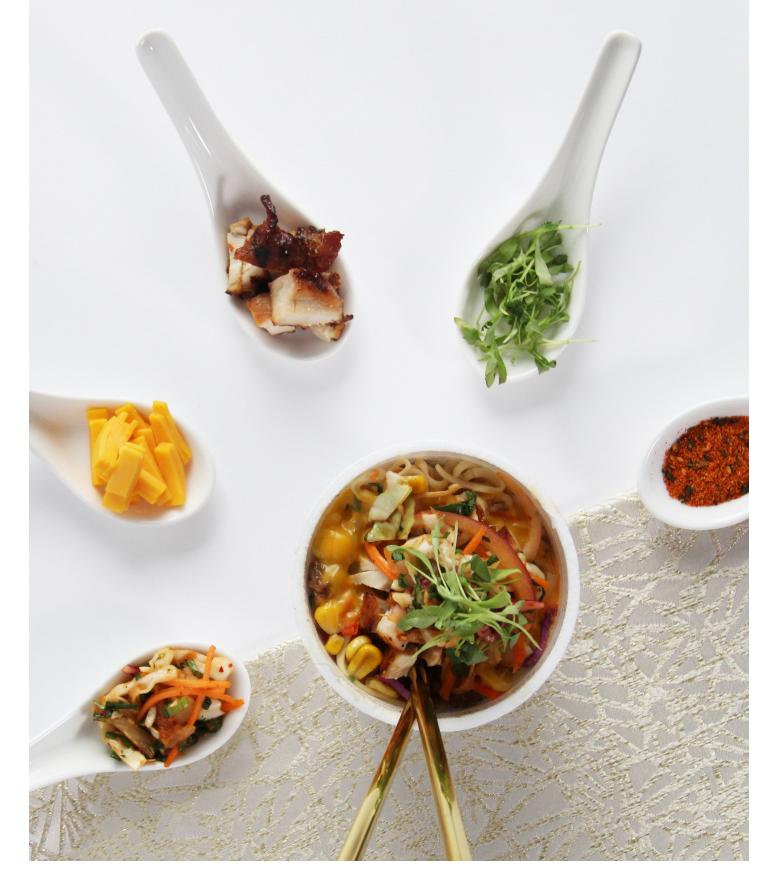
Pickled Red Onions, Balsamic Aioli, Mesclun Mixed Greens

### **RED WINE BRAISED BEEF SHORT RIB** GF DF

"Burnt" Orange Gastrique
PP

ALL SIDES a la carte

# **Platters & Dips**



# **Platters & Dips**

SMALL SERVES 10-15 PEOPLE, LARGE SERVES 15-20 PEOPLE

#### MIDWEST

### Charcuterie & Cheese

served with Assorted Flatbreads, Dried Fruits, Candied Nuts Includes Prairie Breeze Cheddar, Marieke Gouda paired with offerings from Chicago Salumi & Smoking Goose Indianapolis

SM LG

### seasonal Vegetable Crudite

served with seasonal vegetables, includes the following dips:

SM LG

#### KEFIR RANCH VGT GF

ROASTED RED PEPPER CHIMICHURRI VGN GF

EDAMAME HUMMUS VGN GF

### Bites

#### PRETZEL BITES VGT

SM LG

pick (1) option:

#### SOFT PRETZEL BITES DF Soft Pretzel Bites served with Cheese & Honey Mustard Dipping Sauces

CINNAMON-SUGAR PRETZEL BITES

### Popcorn

CHICAGO'S OWN GOURMET POPCORN VGT Individually Packaged Cheese, Caramel or Chicago Mix ниммиs Street Stand

served with Fresh Pita Bread  $^{\rm VGT}$ , Local Windcrest Dairy Greek Yogurt  $^{\rm VGT,\,GF}$  and Veggie Sticks  $^{\rm VGN,\,GF}$  SM  $\,$  LG

pick (3) options:

ROASTED CARROT VGN GF TRADITIONAL VGN GF TOMATILLO LIME VGN GF CARAMELIZED CAULIFLOWER VGN GF HEIRLOOM BEET VGN GF PISTACHIO PARSNIP VGN GF

### Guacamole & Salsa

### HOUSE-MADE GUACAMOLE & ROASTED TOMATO SALSA VGN GF

Served with El Milagro Tortilla Chips

HAND-CUT Chips

SM LG

pick (1) option:

PARMESAN TRUFFLE VGT SEA SALT & VINEGAR VGN SEA SALT & CRACKED BLACK PEPPER VGN SMOKY BBQ CHEDDAR VGT



## **Hors D'oeuvres**

**25 PERSON MINIMUM** 

### Cold Hors D'oeuvre

### ANTIPASTO SKEWER 🌡 VGT GF

Roasted Bell Pepper, Marinated Fresh Mozzarella, Artichoke, Basil Pesto **DZ** 

MINI PORK BAO 🌡 DF

Hoisin Glazed Pork Belly, Pickled Carrot, Steamed Bun **DZ** 

### MINI CHEESE AREPA 🌡 GF

Shredded Beef, Avocado Mayo, Pickled Red Onion **DZ** 

**FRUIT SKEWER** UND GF Seasonal Melon, Pineapple, Strawberry

### HOISIN GRILLED SHRIMP

Citrus Marinade DZ

### Hot Hors D'oeuvre

BRAISED BEEF BEIGNET

Horseradish Crème, Chives DZ

### JAMBALAYA ARANCINI VGT

Slow Smoked Tomato Chutney

### PERI PERI CHICKEN SKEWER GF DF

Roasted Sweet Onion "Petals"

DZ

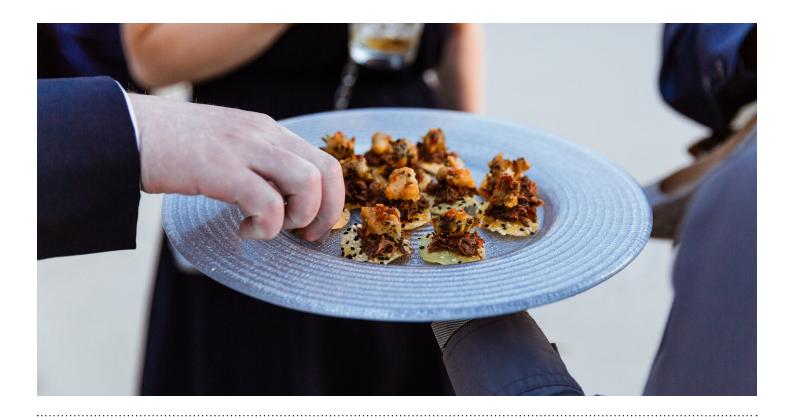
### N'DUJA STUFFED DATES GF DF Smoky Bacon, Toasted Almonds

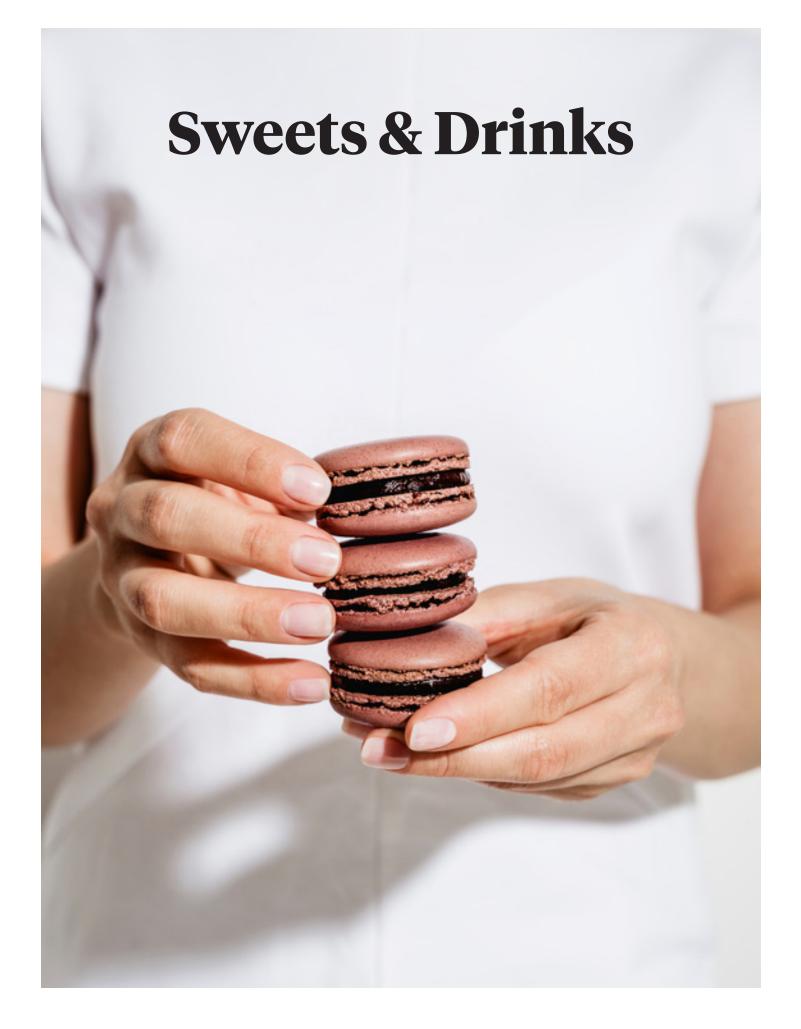
### MARYLAND CRAB CAKES

Spicy Remoulade DZ

#### BLACK ANGUS BEEF MEATBALLS Bourbon & BBQ Braised

DZ





## **Sweets & Drinks**

**25 PERSON MINIMUM** 

### Donut Holes vgt

served with Mocha Sauce & Blueberry Sauce

#### POWDERED

VANILLA

**CINNAMON SUGAR** 

СОСОА

<sup>4 DZ</sup> (1 DZ PER FLAVOR)

### FRENCH MACAROON ASSORTMENT GF

Chef's Choice of the Following Flavors: Raspberry, Coffee, Chocolate, Creme Brulee, Pistachio, Vanilla. Based on Availability and Seasonality. DZ

### CHILLED HOUSE-MADE



GAL

Gallon Serves 12 - 15 People

ICED EARL GREY TEA

FRESH SQUEEZED LEMON-LIMEADE

### Dessert Bars vgt

DZ

BROWN BUTTER BROWNIE PECAN BAR LEMON BAR COCONUT CHOCOLATE MACAROON BAR

### HAND ROLLED TRUFFLE ASSORTMENT GF

Chef's Choice of the Following Flavors: Raspberry, Coffee, Coconut, Passion Fruit, Caramel, Hazelnut, Lemon Basil, Eggnog. Based on Availability and Seasonality **DZ** 

### Hot Drinks

Presented in an Insulated Box

### **BIG SHOULDERS FAIR TRADE COFFEE**

Small Serves 10 - 15, Large Serves 40 - 45 Sugar, Creamer, Sweeteners SM LG

### **RISHI ORGANIC LEAF TEAS**

Small Serves 10 - 15, Large Serves 40 - 45 Sugar, Creamer, Lemon, Sweeteners SM LG

### CHILLED BOTTLED



SODA POP Coke, Diet Coke, Sprite

BOTTLED WATER



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