

Quality Ingredients.

Made From Scratch.

For Sustainability.

55,000

POUNDS OF

Kitchen Scraps are composted annually

1,344

GALLONS OF COOKING OIL

are converted into Bio-Diesel fuel annually

100%

OF SINGLE-USE SERVICEWARE

has been elimanted company-wide





22+

COUNTRIES REPRESENTED

from our culinary team around the globe

1.5

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



One

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 complement your order with SUSTAINABLE

SUSTAINABLE SERVING WARE

including palm plates, ecoforks, 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.

ORDERS MUST BE PLACED AT LEAST 72 BUSINESS HOURS BEFORE DELIVERY

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

Contents



06 Breakfast

made with farm fresh, cage-free eggs

11 Sandwiches & Salads

featuring individual boxes & platters

14 Buffets

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

23 Snacks & Starters

crowd-pleasing crudites, charcuteries & more

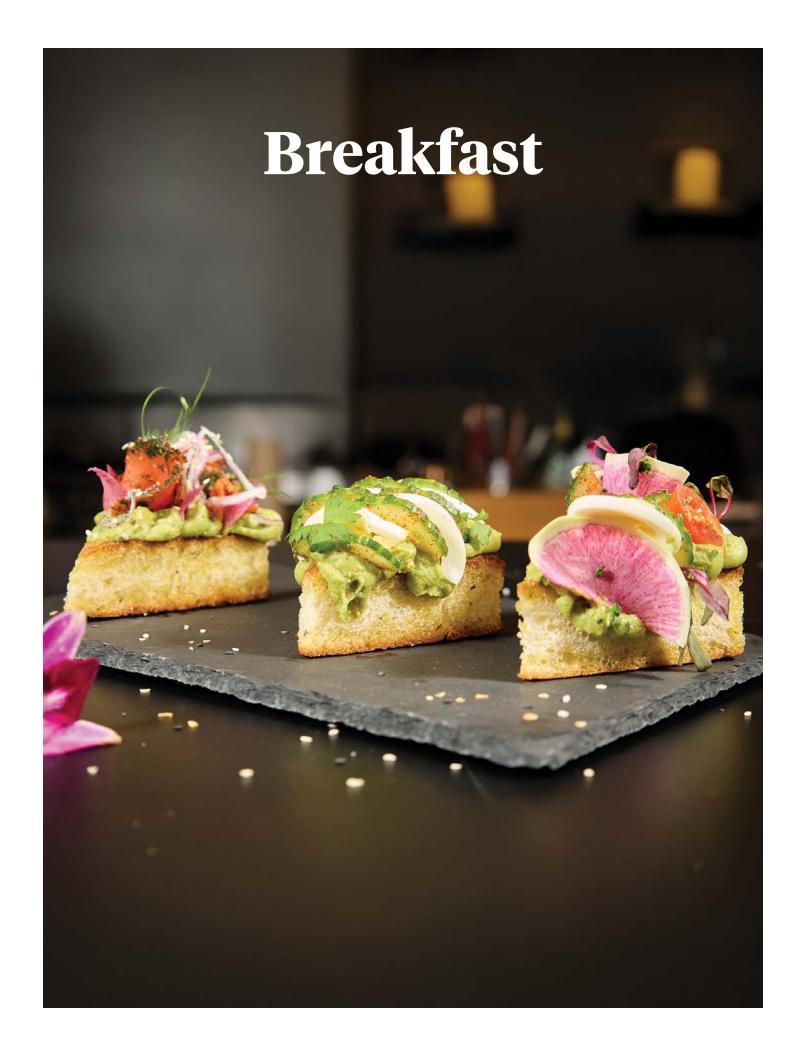
26 Hors D'Oeuvres

elevated light bites for your next event

28 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 **\$5.95** PP

CANNOLI PARFAIT VGT

Whipped Mascarpone, Greek Yogurt, Fresh Strawberry, Pistachio Granola

\$6.95 PP

MANGO LASSI PARFAIT VGN GF

Fresh Mango, Passion Fruit, Puffed Quinoa, Chia Seed, Coconut Yogurt, Mint

\$8.00 PP

MUESLI OVERNIGHT OATS VGT GF

Dried Fruits, Mixed Berries, Green Apple, Honey, Yogurt, Toasted Nuts, Almond Milk

\$7.25 PP

CHIA-CASHEW PROTEIN CUP VGN GF

Oat And Coconut Milk, Beet Powder, Agave, Toasted Coconut, Fresh Seasonal Fruit

\$8.25 PP

NY BAGELS VGT

Plain and Chive Cream Cheese & Jams

\$65.50 DZ

*Make It A Smoked Salmon Platter with Cucumber, Tomato, Red Onion & Capers +\$12.25

FRESH BAKED PASTRIES VGT

Multigrain Croissant, Pain Au Chocolate, Berry Croissant, Mango Danish, Cheese Danish, Cheddar Chive Scones

\$44.25 DZ

BREAKFAST BREADS VGT

Banana Nut, Lemon Poppyseed, Citrus Cranberry \$31.50 DZ

BUILD YOUR OWN

Yogurt Parfait var

with Assorted Fresh Fruit, Almond Granola Vanilla Yogurt and Plain Yogurt

\$8.25 PP

CONTINENTAL VGT

Multigrain Croissant, Pain Au Chocolate, Berry Croissant, Mango Danish, Cheese Danish, Cheddar Chive Scones, Seasonal Melons, Pineapple & Mixed Berries

\$10.50 PP

BYO AVOCADO TOAST VGT

Toasted Sourdough Focaccia, Smashed Avocado, Watermelon Radish, Tomato, Cucumber, Red Onion, Hard Boiled Egg, Everything Seasoning, Togarashi, Fine herbs

\$7.95 PP

* Add GF Toast \$2.00 PP * Add Bacon \$4.75 PP * Add Smoked Salmon \$7.00 PP

ASSORTED SCONES VGT

Blueberry, Raspberry-White Chocolate and Apple-Cinnamon Served with Individual Butter and Assorted Jam

\$30.00 DZ

BUTTERMILK BISCUITS VGT

Served with Individual Butter and Assorted Jam

\$31.50 DZ

BITES VGT

Mini Muffins, Mini Croissants & Mini Pain Au Chocolate, Butter, Jam \$31.50 PZ

MINI JELLY DONUTS VGT

One Dozen Vanilla and One Dozen Chocolate Glazed

\$26.25 DZ

SEASONAL FRUIT CUP VGN GF

Seasonal Melons, Pineapple & Grapes

\$6.25 PP

FRESH FRUIT PLATTER VGN GF

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

SM \$63.00 LG \$88.50

CONTINENTAL

Breakfast Box vgt

with Mini Muffins, Hard Boiled Egg and Overnight Oats \$13.50 PP

Breakfast

25 PERSON MINIMUM

Hot

IRISH STEEL CUT OATMEAL VGN GF

Dried Fruit, Brown Sugar, Toasted Almonds small serves 18, large serves 36

SM \$67.50 LG \$131.25

CHALLAH FRENCH TOAST VGT

Thick Cut Brioche, Cinnamon, Maple Syrup, Sweet Honey Butter 2 halves per portion

\$7.25 PP

BUTTERMILK PANCAKES VGT

Blueberry Maple Syrup, Sweet Lemon Butter 2 per portion

\$7.75 PP

BREAKFAST SCRAMBLE GF

Smoked Ham, Bell Peppers, Onions & Mature Cheddar **\$7.75** PP

BACON EGG BITES GF

Smoky Bacon & Mature Cheddar **\$3.50** EACH

SAUSAGE EGG BITES GF

Breakfast Sausage & Mozzarella

\$3.50 EACH

VEGETARIAN EGG BITES VGT GF

Bell Pepper, Tomato & Swiss

\$3.50 EACH



THE CLASSIC BUFFET

Chive Studded Farm Fresh Egg Scramble, Spiced & Herbed Breakfast Potatoes, Maple Glazed Bacon and/or Sweet Pork Sausage (2 pieces per portion)

\$13.95 PP

* Add-On Fruit \$3.75 PP

BYO Breakfast Tacos \$8.95 P

Served with Green and Red Salsa, Hot Sauce & Flour and Corn Tortillas

choice of:

CARNIVORE GE

Scrambled Eggs, Beef Chorizo, Carne Asada, Queso Fresco, Jalapeno Bacon, Shredded Cheddar, Pico De Gallo, Roasted Sweet Corn, Black Beans

OR

HERBIVORE VGT GF

Scrambled Eggs, Fable Mushroom Carnitas, Portobello Barbacoa, Plant-based Bacon, Queso Fresco, Shredded Cheddar, Pico de Gallo, Roasted Sweet Corn, Black Beans

* Add Guacamole +\$4.00 * Add Plant-Based Cheeses +\$2.00

A La Carte pricing per portion

CHIVE STUDDED FARM FRESH EGG SCRAMBLE VGT GF	\$4.75 PP
SPICED & HERBED BREAKFAST POTATOES VGN	\$4.75 PP
Diced Potatoes, Paprika, Herbs, Caramelized Onions, Peppers MAPLE GLAZED BACON GF DF	\$4.75 PP
SWEET PORK SAUSAGE GF DF	\$4.75 PP
HARD BOILED EGGS VGT GF DF	\$2.25 PP

FOODFORTHOUGHTCHICAGO.COM

Breakfast

25 DEDSON MINIMUM

ENGLISH MUFFIN

Sandwiches

SWEET SAUSAGE ENGLISH MUFFIN

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

\$7.95 PP

CANADIAN BACON ENGLISH MUFFIN

Fire-Roasted Tomatoes, Baby Spinach & Cage-Free Egg, Havarti, "Bearnaise" Aioli, English Muffin

\$7.95 PP

HEALTHY START ENGLISH MUFFIN VGT

Cage-Free Egg Whites, Baby Spinach & Fire-Roasted Tomatoes with Cheddar Cheese, Nut-Free Basil Pesto, English Muffin \$7.95 PP

CROISSANT

Sandwiches

SMOKED HICKORY BACON CROISSANT

Egg, Hickory Bacon, Sharp Cheddar, Flaky Croissant **\$7.95** PP

BREAKFAST FRITTATA CROISSANT VGT

Caramelized Onion, Mushroom & Cage-Free Egg Frittata with Mature Cheddar, Arugula, Herb Aioli, Croissant **\$7.95** PP

BREAKFAST

Calzones

CHICKEN SAUSAGE CALZONE

Cage-Free Scrambled Eggs, Sweet Tomato Jam, Swiss & Mozzarella Cheeses, Herb Butter \$10.50 PP

BACON BREAKFAST CALZONE

Cage-Free Scrambled Eggs, Sweet Tomato Jam, Mature Cheddar, Herb Butter \$10.50 PP

Breakfast Burritos

* Available with Hot Sauce Upon Request

CLASSIC BREAKFAST BURRITO

Choice of Smoked Bacon OR Breakfast Sausage, Scrambled Egg, Hash Browns, Cheddar Cheese

\$8.50 PP

SONORAN BREAKFAST BURRITO

Scrambled Egg, Beef Chorizo, Golden Potatoes, Chihuahua Cheese, Green Onion

\$7.95 PP

MUSHROOM BARBACOA BURRITO VGT

Choice of Scrambled Egg OR Tofu, Chili Braised Portobello, Oaxacan Cheese, Pico de Gallo, Chipotle Aioli

\$7.95 PP

VEGAN SOUTHWESTERN BURRITO VGN

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

\$7.95 PP

INDIVIDUAL

Breakfast Tartlets

LORRAINE

Bacon, Gruyere, Caramelized Onion

ROASTED VEGETABLE VGT

Zucchini, Bell Peppers, Tomato, Baby Spinach, Goat Cheese

CRUSTLESS VGT GF

Wild Mushroom, Asparagus, Gouda

\$6.50 PP

MINI

Croissant Sandwiches

WILD MUSHROOM & LEEK VGT

Wild Mushroom & Leek, Cage-Free Egg, Swiss Cheese, Herb Aioli

APPLEWOOD SMOKED BACON

Applewood Smoked Bacon, Cage-Free Egg, Cheddar Cheese

FRIED CHICKEN

Fried Chicken, Pimiento Spread, Maple Syrup

\$4.25 EACH

Community Driven. Diversity Focused. Minority Owned.

69%

OF EMPLOYEES

are minorities

70%

OF EMPLOYEES

have over 5-years tenure at Food For Thought

350+

EMPLOYEES AND COUNTING

Food For Thought employs over 350+ people











60%

WOMEN WORKFORCE

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



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

Salads & Sandwiches



Sandwiches & Wraps

25 PERSON MINIMUM

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

ALL SANDWICHES CAN BE OFFERED AS PINWHEELS (\$44.00 DZ) OR MINIS (\$54.50 DZ)

TURKEY FRESCO SANDWICH

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

FIERY TURKEY SANDWICH

Honey Roasted Turkey, Cucumber Tomato Salad, Baby Arugula, Whipped Feta, Serrano Cilantro Mayo, Ciabatta

HONEY DIJON CHICKEN SANDWICH DF

Grilled Chicken Breast, Honey Dijon Glaze, Baby Arugula, Oven Roasted Tomato, Avocado Spread, Telera Roll

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

SO CAL TUNA SALAD SANDWICH DE

Lemon & Dill Vinaigrette Dressed Albacore Tuna, Roma Tomatoes, Spring Microgreens, Caper Aioli, Green Olive Tapenade, Whole Wheat Bread

BLACK ANGUS ROAST BEEF SANDWICH

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

ITALIAN SANDWICH

Hot Capicola, Genoa Salami, Ham, Provolone, Shredded Lettuce, Shaved Red Onion, Vine Ripened Tomato, Pepperoncini, Oregano-Parmesan Aioli, Artisan Roll

VEGGIE HUMMUS WRAP VGT

Creamy Sun-Dried Tomato Hummus, Feta, Chick Peas, Grilled Carrots, Roasted Red Pepper, Pickled Onion, Mixed Greens, Whole Wheat Tortilla

VINE TOMATO WITH FRESH MOZZARELLA VGT

Roasted Bell Peppers, Watercress, Torn Basil, Black Olive Tapenade, Herb Ciabatta Roll

GRILLED EGGPLANT & BELL PEPPER SANDWICH VGT

Herb & Oil Marinade, Olive Salad, Provolone, Cured Tomatoes, Tahini Hummus, Potato Roll

BANH MI SANDWICH VGN

Marinated and Grilled Tofu, Wild Mushroom Pate, Pickled Carrot and Daikon, Shaved Jalapeno, Cilantro, Spicy Vegannaise, Baguette

FIRE ROASTED BEET WRAP VGN

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

STANDARD BOX	\$18.25 P
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Sandwich/Wrap, Potato Chips and Chocolate Chip Cookies

EXECUTIVE BOX \$20.50 PP

Sandwich/Wrap, Potato Chips,

Pesto Pasta Salad, and Chocolate Chip Cookies

BROWN BAG \$16.75 PP

Sandwich/Wrap, Potato Chips

STANDARD PLATTER \$18.25 PP

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

EXECUTIVE PLATTER \$20.50 PP

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

Hot Sandwiches

NOT AVAILABLE IN A BOX / MINIS NOT AVAILABLE AS GLUTEN-FREE

GRILLED CHICKEN SANDWICH

Zucchini, Tomatoes, Red Onions, Cheddar, Avocado Ranch, Baguette

GRILLED SMOKED HAM SANDWICH

Apple Chutney, Swiss, Whole Grain Mustard Aioli, Pretzel Bun

GRILLED CAPRESE VGT

Tomato, Mozzarella, Balsamic Reduction, Crunchy Ciabatta

Salad Boxes

25 PERSON MINIMUM MINIMUM 3 OF EACH SALAD BOX TYPE PER ORDER

Classic Salads

served with roll & cookie (or alternative sides for VGN, GF, DF boxes) \$16.75 PP

APPLE & QUESO FRESCO VGT GF

Green Leaf Lettuce, Apples, Crumbled Queso Fresco, Toasted Marcona Almonds, Champagne Vinaigrette

SANTA FE SALAD VGT

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

BIBB & BACON GF

Butter Lettuce, Cracked Pepper Bacon, Belgium Endive, Blue Cheese, Balsamic Cured Onions, Poppyseed Dressing

GREEK ISLE SALAD VGT

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

Premium Salads

\$21.45 PP

STEAK CHOP SALAD GF

Marinated Flank Steak, Romaine, Vine Ripened Tomato, Green Onion, Garbanzo Beans, Green Peas, Pickled Sweet Corn & Queso Fresco, Cracked Black Pepper & Parmesan Dressing

SMOKED SALMON SALAD GF

Baby Arugula, Hard Boiled Egg, Shaved Red Onion, English Cucumber, Crispy Capers, Crushed Potato Chips, Creamy Dill Dressing

Gourmet Salads

served with roll & cookie

\$18.50 PP

BABY KALE & ARUGULA GREENS VGT

Roasted Sweet Potato, Sweet & Sour Fresno Chilies, Grana Padano, Ancient Grains, Herb Vinaigrette

CHICKEN "KITCHEN SINK" SALAD GF

Chicken, Shaved Carrots, Red Radishes, Green Peas, Haricots Verts, Marinated Artichokes, Grape Tomatoes, Cucumbers, Pickled Red Onions, Arugula & Frisee Greens, Crumbled Feta Cheese, Green Goddess Dressing

CAULIFLOWER & ANCIENT GRAINS VGT

Roasted Heirloom Cauliflower, Red Quinoa, Pomegranate, Toasted Almonds, Fresh Mint, Creamy Harissa Dressing

ADD TO YOUR OWN

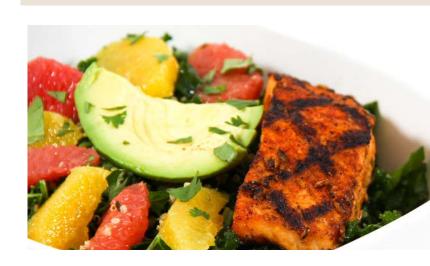
Buffet

Served a la carte. Family-style cookie and rolls not included.

CLASSIC \$5.75 PP

GOURMET \$6.75 PP

PREMIUM \$10.95 PP



Add Additional Protein To Your Salad

CHICKEN GFDF

TOFU VGN GF

SHRIMP GFDF

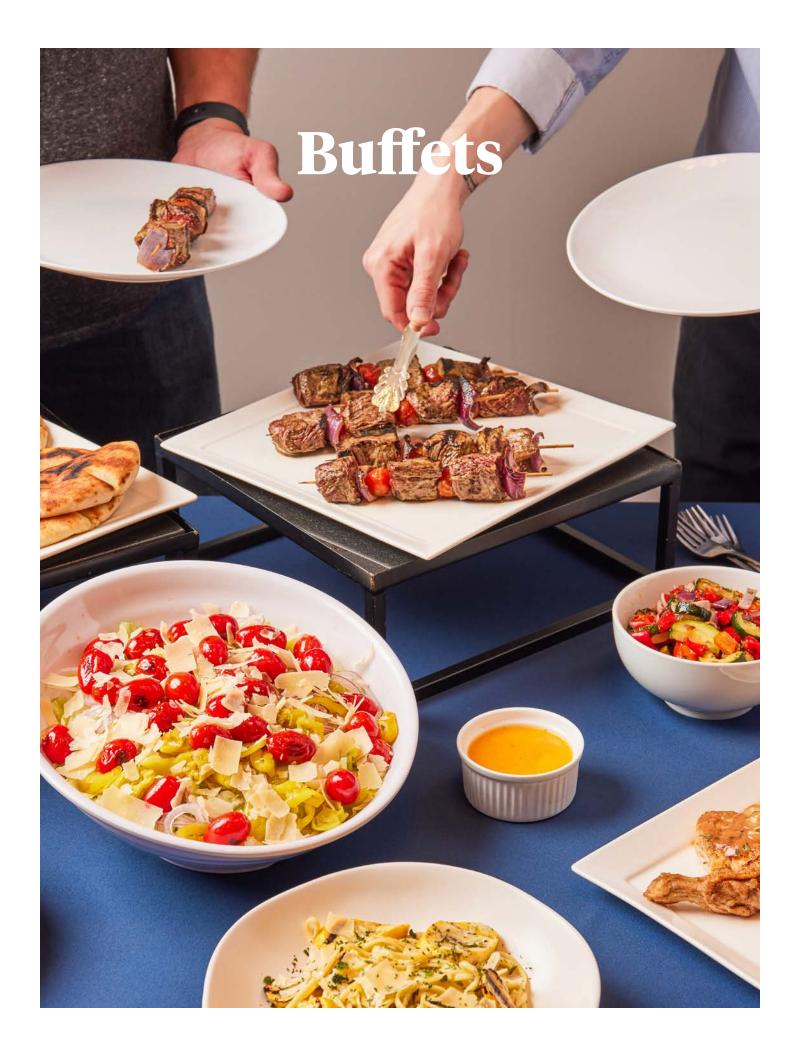
FLANK STEAK GF DF

\$3.75 PP

\$3.75 PP

\$4.75 PP

\$5.75 PP



Classic Buffets

25 PERSON MINIMUM

Pasta Bar vgt

\$18.50 PP

Baked Potato Bar

\$15.25 PP

FOUR CHEESE RAVIOLO & FRESH PAPPARDELLE PASTA

with Black Truffle Fonduta & Spicy Arrabbiata Ala Vodka Sauce, Bacon Lardons, Grilled Asparagus, Roasted Wild Mushroom, Grated Parmesan, and Red Pepper Flakes

pick (1) salad:

CLASSIC CAESAR
MIXED GREEN & HERB SALAD

pick (1) bread:

TOMATO & PARMESAN PULL APART HERB ROASTED BAGUETTE

optional upgrades:

CHICKEN GF DF +\$3.75 PP

MUSHROOM SACHETTI VGT +\$5.25 PP

CHEESE TORTELLINI VGT GF +\$5.25 PP

PENNE RIGATE VGT GF +\$2.50 PP

The Backyard

\$25.75 PP

GRILLED BBQ CHICKEN GF DF 24-Hour Brined Bone-in Chicken Breasts, Legs, Thighs & Wings,

with BBQ Sauce

SMOKED RIB TIPS

Pecanwood Smoked Pork Rib Tips with Brown Sugar Glaze

CAROLINA SLAW VGN GF

Cabbage, Carrot, Tangy Vinegar

MACARONI SALAD VGT

Red Bell Pepper, Celery, Sweet Pickle, Creamy Dressing

Southern Road Trip \$22.50 PP

BLUEGRASS SALAD VGN

Romaine, Arugula, Pecans, Seasonal Tree Fruit, Golden Raisins, Balsamic Vinaigrette

SMOKED GOUDA MAC & CHEESE VGT

Cavatappi Pasta, Mornay Sauce, Green Onion, Brown Butter Crumb

BUTTERMILK FRIED CHICKEN

Sriracha Honey

BAKED SWEET POTATO VGN GF RUSSET POTATO SKINS VGN GF

pick (1) chili:

BEEF & BEAN GF DF VEGAN CHILI VGN GF

ALL THE FIXIN'S

Roasted Bell Peppers, Caramelized Onions, Broccoli, Smoky Bacon, Scallions, Cheddar, Sour Cream, Salsa Verde

Countryside

\$22.50

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 +\$4.00 PP

Nacho Bar

\$17.50 PP

Local El Milagro Tortilla Chips, Pico de Gallo, Nacho Cheese Sauce, Shredded Chihuahua, Salsa Verde, Sour Cream, Scallions

pick two proteins:

EL POLLO LOCO GF DF

Shredded Char-Grilled Chicken Thighs & Black Beans

CARNE ASADA GF DF

Chimichurri Marinated Flank Steak

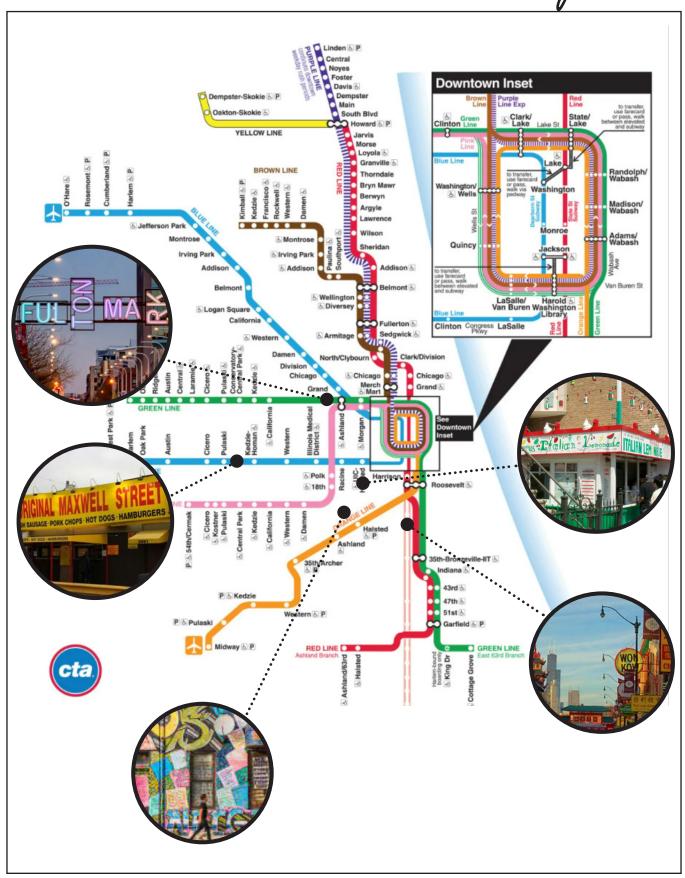
PORK POZOLE GF DF

Locally Raised, Chili Braised Pork & Hominy

EL JARDIN VGN GF

Roasted Seasonal Vegetables & Wild Mushrooms

Sweet Home Chicago



Neighborhood Buffets

25 PERSON MINIMUM

West Loop

\$21.50 PP

The Classic Chicago

Iceberg Lettuce & Red Wine Dijon Vinaigrette

VIENNA BEEF HOT DOGS

Diced Tomatoes, Poppyseed Hot Dog Bun

MAXWELL STREET POLISH Grilled Onions, Yellow Mustard, Hot Dog Bun

ITALIAN BEEF

FARMER'S MARKET CHOPPED SALAD GF

Green & Red Peppers, Giardiniera, Provolone Cheese, Hoagie Roll

Ketchup, Yellow Mustard, Pickle Relish, Sport Peppers, Diced Onions,

Smoky Bacon, Tomatoes, Seasonally Inspired Ingredients, Blue Cheese,

\$23.50 PP

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 +\$5.75 PP

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

+\$4.25 PP

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

Pilsen

FRIES VGN

Steakhouse Cut Kennebec Fries

\$25.75 PP

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

pick two proteins:

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

Chinatown

\$23.50 PP

MANDARIN "GREENS" VGN GF

Napa & Red Cabbage, Romaine, Bell Pepper, Water Chestnuts, Mandarin Orange, Sesame-Ginger Vinaigrette

SOBA NOODLES VGN

Shiitake, Fresh Coriander, Carrot, Edamame, Black Sesame & Citrus Dressing

SZECHWAN BEEF STIR-FRY DF

Szechwan Pepper Marinated Beef, Bell Pepper, Bean Sprouts, Baby Corn, Fresh Ginger & Garlic, Served with Steamed Jasmine Rice

Little Italy

\$27.75 PP

NONNA'S SALAD VGT

Iceberg Lettuce, Blistered Tomato, Pepperoncini, Shaved Red Onion, Shaved Parmesan, Italian Dressing

LINGUINE AL PESTO VGT

Grilled Squash, Cherry Tomatoes, Creamy Pesto

CHICKEN SCARPARIELLO GF

Peppadew Peppers, Baby Potatoes, Pearl Onion, Roasted Garlic



Sharing a Meal Together

Build Your Own Buffet

25 PERSON MINIMUM

Fresh Baked Bread

RUSTIC ITALIAN BREAD DISPLAY VGT

Sprouted Wheat Roll, Mini Ciabatta, Oil & Salt Baguette, Everything Flatbread, Tomato Focaccia, Olive Oil and Butter +\$4.95 PP

PARKER HOUSE DINNER ROLLS VGT

Parmesan & Butter Crust

+\$3.75 PP







Salad

APPLE & QUESO FRESCO VOT GF

Green Leaf Lettuce, Apples, Crumbled Queso Fresco, Toasted Marcona Almonds, Champagne Vinaigrette

SANTA FE SALAD VGT

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

BIBB & BACON GF

Butter Lettuce, Cracked Pepper Bacon, Belgium Endive, Blue Cheese, Balsamic Cured Onions, Poppyseed Dressing

GREEK ISLE SALAD VGT

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

a la carte

Shaving a Meal Together

Build Your Own Buffet

25 PERSON MINIMUM

Vegetable Entrées

SPINACH & RICOTTA RAVIOLI VGT

Vine Tomato & Basil Marinara, Grana Padano Cheese

STUFFED BELL PEPPERS VGN GF

Plant Based "Meat", Long Grain Rice, Cremini Mushrooms, Roasted Bell Pepper Coulis

HAND ROLLED RICOTTA GNOCCHI VGT

Roasted Vegetable Ragoût, Light Béchamel, Nut-Free Basil Pesto

VEGAN MEATBALLS & POLENTA VGN

Fire-Roasted Tomato & Olive Relish

Poultry Entrées

GUAJILLO BRAISED CHICKEN THIGHS GF DF

Roasted Poblano Peppers with a Grilled Citrus & Coriander Jus

BALSAMIC GLAZED CHICKEN ROULADE GF

Stuffed with Ricotta Cheese & Caramelized Garlic, Fresh Herb Natural Jus

LEMON & GARLIC GRILLED CHICKEN WITH ARTICHOKES GFDF

Roasted Garlic & Roma Tomato Jus, Fresh Oregano

ala carte
\$16.50 PP













Sharing a Meal Together

Build Your Own Buffet

25 PERSON MINIMUM

Beef Entrées

\$22.00 PP

Chilled Sides

NUT-FREE PESTO

MARINATED FLANK STEAK & GF

Pickled Red Onions, Balsamic Aioli, Mesclun Mixed Greens

CHILI & CORIANDER CRUSTED FLANK STEAK

Sweet Corn "Elotes" Style, Local Lagunitas Cerveza, Caramelized Onions

Seafood Entrées

\$17.25 PP

GRILLED SUSTAINABLE COD GF DF

Bouillabaisse Style with Piquillo Peppers & Fennel

Premium Entrées

\$27.75 PP

RED WINE BRAISED BEEF SHORT RIB GF DF

"Burnt" Orange Gastrique

TARRAGON & BASIL MARINATED ATLANTIC SALMON & GF DF

Tomato, Roasted Garlic, Shallot & White Wine Pan Sauce

GRILLED NORWEGIAN SALMON & DF

Spicy Soy Glaze, Pineapple & Fresno Chili Chutney

"RAINBOW" QUINOA GRAINS VGT GF DF

Quinoa, Blueberries, Apricots, Strawberries, Edamame, Fresh Mint, Citrus-Mint Vinaigrette

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

MIDWEST POTATO SALAD VGT GF

Hard-Cooked Egg, Celery, Green Onion, Dijonnaise, Fresh Herbs

PETITE FRESH MOZZARELLA

& GRAPE TOMATO CAPRESE VGT GF

Basil Vinaigrette, Balsamic Salt

Hot Sides

CHAR-GRILLED ASPARAGUS VGN GF

Extra Virgin Olive Oil, Sea Salt, Fresh Cracked Pepper

FINGERLING POTATOES VGN GF

Roasted with Sea Salt & Cracked Black Pepper, Hard Herbs

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

ala carte

Featured Selections



Salad Bar

EAST MEETS WEST SALAD BAR

Chopped Iceberg, Baby Spinach, Shredded Cabbage, Cucumber, Shredded Carrot, Broccoli Florets, Snow Peas, Water Chestnut, Green Onion, Mandarin Oranges, Sesame Ginger Vinaigrette, and Creamy Soy Dressing

\$15.25 PP

MEDITERRANEAN SALAD BAR

Chopped Romaine, Baby Arugula, Artichoke Hearts, Chick Peas, Kalamata Olives, Cucumber, Red Onion, Cherry Tomato, Herbed Croutons, Feta, Parmesan, Red Wine Vinaigrette, and Classic Caesar Dressing

\$15.25 PP

CLASSIC SALAD BAR

Iceberg, Mixed Greens, Cucumber, Red Onion, Cherry Tomato, Red Pepper, Bacon Bits, Hard Boiled Egg, Herbed Croutons, Crumbled Blue Cheese, Aged Cheddar, Ranch Dressing, Green Goddess, and Herb Vinaigrette

\$15.25 PP

GRILLED CHICKEN +3.75 PP

MARINATED TOFU +3.75 PP

SHRIMP +4.75 PP

GRILLED FLANK STEAK +5.75 PP

SEARED AHI TUNA +5.75 PP

CEDAR ROASTED SALMON +6.50 PP

PARKER HOUSE DINNER ROLLS VGT

Parmesan & Butter Crust \$3.75 PP

Bowls

INDIVIDUAL \$14.50 PP BUILD YOUR OWN \$16.50

POWER GREENS & GRAINS BOWL & GF DF

Chicken, Kale, Baby Spinach, Brown Rice, Garbanzo Beans, Tomato, Hard-Boiled Egg and Balsamic Vinaigrette on the side

RICE BOWL WITH CHICKEN GF DF

Chicken Breast, Jasmine Rice, Grilled Broccoli, Pickled Ginger, Roasted Mushrooms, Yellow Pepper, Cilantro, Sesame Sauce on the side

BUDDHA HARMONY BOWL GF DF

Chicken, Brown Rice, Red Peppers, Carrots, Spinach, Caramelized Onions, Roasted Mushrooms, Spicy Peanut Sauce on the side

Poke Bowls

VEGAN POKE & VGN GF

Hearts of Palm, Cauliflower Rice, Cucumber Edamame Salad, Mixed Greens, Spicy Poke Sauce, Crispy Garlic, Scallion

\$17.50 PP

HAWAIIAN POKE & GF DF

Marinated Ahi Tuna, White Rice, Sliced Cucumber, Red Cabbage, Green Onion, Wasabi Aioli, Togarashi

\$19.50 PP

CHICKEN POKE & GF DF

Teriyaki Chicken Breast, Garlic Rice, Togarashi Cucumbers, Mandarin Oranges, Chopped Macadamia Nut, Sesame Ginger Sauce \$18.50 PP

BEEF POKE & GF DF

Hoisin Glazed Flank Steak, Sushi Rice, Charred Broccoli, Baby Onion, Butter Lettuce, Sweet Sesame Sauce, Togarashi Mayo, Scallion

\$20.50 PP

Featured Selections

CONTINUED

Wings

WING "FLIGHT"

"Un-Breaded" Bone-In Chicken Wings, Traditional Buttery Buffalo Sauce, Sweet & Spicy "Seoul" Sauce, Bourbon Honey-Dijon BBQ Sauce, Celery Sticks, Buttermilk Ranch Dip

Serves 12 (4 Wings Per Person)

\$120.00 EACH

BONELESS BREADED CHICKEN WINGS

Traditional Buttery Buffalo Sauce, Sweet & Spicy "Seoul" Sauce, Bourbon Honey-Dijon BBQ Sauce, Celery Sticks, Buttermilk Ranch Dip Serves 12 (4 Wings Per Person)

\$136.00 EACH

Sliders

BUILD YOUR OWN ARTISANAL SLIDER BAR \$55.00 DZ

choice of (2) proteins:

GRILLED CHICKEN GF DF

FRIED CHICKEN

TURKEY MEATLOAF GF DF

VEGGIE QUINOA SLIDERS VCT GF

Caramelized Onions, Wild Arugula, Tangy Apple & Sriracha Slaw, Bread & Butter Pickles, Balsamic Roasted Tomatoes, Smoked Gouda, Pepperjack & Gruyere Cheeses, Herb Aioli & Whole Grain Mustard. Served with Slider Buns, Pretzel Rolls or Vegan Ciabatta

THE ORIGINAL SLIDER BAR \$55.00 DZ

choice of (2) proteins:

BLACK ANGUS GF DF

FREE RANGE TURKEY GF DF

BEYOND BURGER VGN GF

American, Cheddar & Swiss Cheeses, Shaved Red Onion, Vine Tomatoes, Bread & Butter Pickles, Shredded Lettuce, Ketchup, Cilantro Chipotle BBQ Sauce, Mayonnaise, Mustard. Served with Slider Buns, Pretzel Rolls or Vegan Sourdough





Snacks & Starters

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

charcuterie

served with Marinated Olives, Artichokes, Pickles & Flatbreads

MIDWEST DF

Salumi Chicago Finocchiona & Sopressata (Chicago, IL) & Smoking Goose Gin & Juice Saucisson (Indianapolis, IN)

SM \$121.00 LG \$173.00

IMPORTED DF

Capicola, Mortadella, Jamon Serrano, Soppressata

SM \$132.00 LG \$183.00

Cheese Board

served with Assorted Flatbreads, Dried Fruits, Candied Nuts

MIDWEST ARTISAN VGT

Prairie Breeze Cheddar (IA), Marieke Gouda (WI), Carr Valley Chevre au Lait (WI)

SM \$121.00 LG \$173.00

IMPORTED VGT

Brie, Gorgonzola, Manchego, Port Salut

SM \$132.00 LG \$183.00

SEASONAL

Vegetable Crudite

served with seasonal vegetables, includes the following dips:

SM \$58.00 LG \$95.00

KEFIR RANCH VGT GF

ROASTED RED PEPPER CHIMICHURRI VGN GF

EDAMAME HUMMUS VGN GF

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 \$132.00 LG \$183.00

HUMMUS

Street Stand

served with Fresh Pita Bread VGT. Veggie Sticks VGN, GF

SM \$79.00 LG \$132.00

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

Mediterranean Mezze

Hummus and Tzatziki, Stuffed Grape Leaves, Oil Cured Feta, Marinated Artichoke Hearts, Herb Roasted Vegetables, Greek Olives, Peppadew Peppers, Fresh Cucumber and Tomato, Grilled Pita

SM \$132.00 LG \$183.00

HAND-CUT

Chips

SM \$48.00 LG \$95.00

pick (1) option:

PARMESAN TRUFFLE VGT

SEA SALT & VINEGAR VGN

SEA SALT & CRACKED BLACK PEPPER VGN

SMOKY BBQ CHEDDAR VGT

Dips

Served with Assorted Flatbreads & Pita Bread

SM \$79.00 LG \$132.00

TUSCAN WHITE BEAN & ROSEMARY VGN GF

SPINACH, ARTICHOKE & WATER CHESTNUT VGT

Guacamole & Salsa

HOUSE-MADE GUACAMOLE &
ROASTED TOMATO SALSA VGN GF

Served with El Milagro Tortilla Chips

SM \$61.00 LG \$95.00

Snacks & Starters

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

Bites

PRETZEL BITES VGT

SM \$37.00 LG \$79.00

pick (1) option:

SOFT PRETZEL BITES DE

Soft Pretzel Bites served with Cheese & Honey Mustard Dipping Sauces

CINNAMON-SUGAR PRETZEL BITES

BANANA WALNUT ENERGY BITES VGN GF

3 Per Package

\$8.75 PP

ALMOND ESPRESSO ENERGY BITES VGN GF

Dark Chocolate, Dates, Oats, Hemp Hearts

3 Per Package

\$8.75 EACH

SUNFLOWER ENERGY BITES VGN GF

Dates, Sunflower, Cocoa, Toasted Coconut

3 Per Package **\$8.75** EACH

INDIVIDUAL VEGGIE CUPS VGN GF

Served with Hummus

\$5.00 PP

FALAFEL BITES VGN

Chickpea Falafel with Vegan Tzatziki Dip

3 Per Person

\$6.25 EACH

FLAPJACK VGT

Individually Packaged Chewy Muesli Bar with Oats, Golden Syrup, Butter, Brown Sugar, Dried Cherries and Pumpkin Seeds

\$4.25 PP

FFT'S OWN GOURMET POPCORN VGT

Individually Packaged Cheese, Caramel, Chicago Mix, Togarashi Furikake, Jalapeno Popper, Pizza, Vegan Parmesan & Garlic, or Buffalo Blue Cheese

(72 Hour Notice Required)

\$5.75 PP

Power Boxes

TURKEY POWER BOX GF

Smoked Turkey, Cheddar, Red Flame Grapes & Cracklebread \$9.25 PP

EGG POWER BOX GF

Cage-Free Hard Cooked Egg, Salami, Dried Fruits, Nuts, & Crackers \$9.25 PP

PEANUT BUTTER POWER BOX VGN

Peanut Butter, Red Flame Grapes, Apple Chutney & Pretzel Chips \$9.25 PP

INDIVIDUALLY PACKAGED

Mixes

\$8.50 PP

THE RAW VGT GF

Walnuts, Pepitas, Sunflower Seeds, Cinnamon, Nutmeg, Sea Salt, Chocolate Chips, Granola

THE EQUATOR VGT GF

Dried Pineapple, Mango, Banana & Kiwi, Coconut Flakes, Dark Chocolate, Macadamia, Sunflower Seeds, Cashews & Brazil Nuts

THE EAST MEETS WEST VGN

Wasabi Peas, Sesame Sticks, Almonds, Sunflower Seeds, Pretzels





Hors D'oeuvres

25 PERSON MINIMUM

Fruits & Veggies

FRUIT SKEWER VGN GF
Seasonal Melon, Pineapple, Strawberry

\$39.50 DZ

ONION RING PAKORA VGN

with Curry Ketchup

\$39.50 DZ

MUSHROOM BOUCHEE VGT

Gruyere Cheese, Chives

\$39.50 DZ

JAMBALAYA ARANCINI VGT

Slow Smoked Tomato Chutney

\$39.50 DZ

WILD MUSHROOM DUMPLING VGN

Chili Crunch, Scallion, Sesame

\$39.50 DZ

VEGGIE "LOBSTER ROLL" & VGT

Smoked Hearts Of Palm, Creole Aioli, Mini Vegan Roll

\$39.50 DZ

ANTIPASTO SKEWER & VGT GF

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

\$42.50 DZ

BUTTERNUT SQUASH SKEWER & VGT GF

Wisconsin Cheese Curd, Candied Pecan, Ancho Chili Aioli

\$39.50 DZ

Seafood

\$52.50 DZ

HOISIN GRILLED SHRIMP & DF

Citrus Marinade

SHRIMP & SCALLION SHUMAI & DF

Passionfruit Dipping Sauce

GARLIC ROASTED SHRIMP SKEWER & DF

Navel Orange, Cilantro, Pickled Ginger, Ponzu Aioli

MARYLAND CRAB CAKES

Spicy Remoulade

LOBSTER AND SWEET CORN EMPANADA

Creamy Salsa Verde

SMOKED SALMON GOUGERE &

Preserved Lemon, Chive

Beef & Pork

LIME CHILI RUBBED BEEF &

Citrus - Cilantro Crema, Tostone

\$47.50 DZ

FRIED GREEN TOMATO &
SHORT RIB GRIDDLED CHEESE

Pimiento Spread, Pickled Sweet Onion

\$52.50 DZ

N'DUJA STUFFED DATES GF DF

Smoky Bacon, Toasted Almonds

\$46.50 DZ

BRAISED BEEF BEIGNET

Horseradish Crème, Chives

\$47.50 DZ

BLACK ANGUS BEEF MEATBALLS

Bourbon & BBQ Braised

\$42.50 DZ

SWEET CHILI BBQ FLANK STEAK SKEWER & DF

Charred Broccoli, Kimchi Aioli, Scallion

\$47.50 DZ

MINI PORK BAO A DE

Hoisin Glazed Pork Belly, Pickled Carrot, Steamed Bun

\$46.50 DZ

MINI CHEESE AREPA & GF

Shredded Beef, Avocado Mayo, Pickled Red Onion

\$46.50 DZ

Poultry

\$42.50 DZ

PERI PERI CHICKEN SKEWER GF DF

Roasted Sweet Onion "Petals"

SMOKED CHICKEN STRUDEL

Dijonnaise

SPICY KOREAN CHICKEN & GF DF

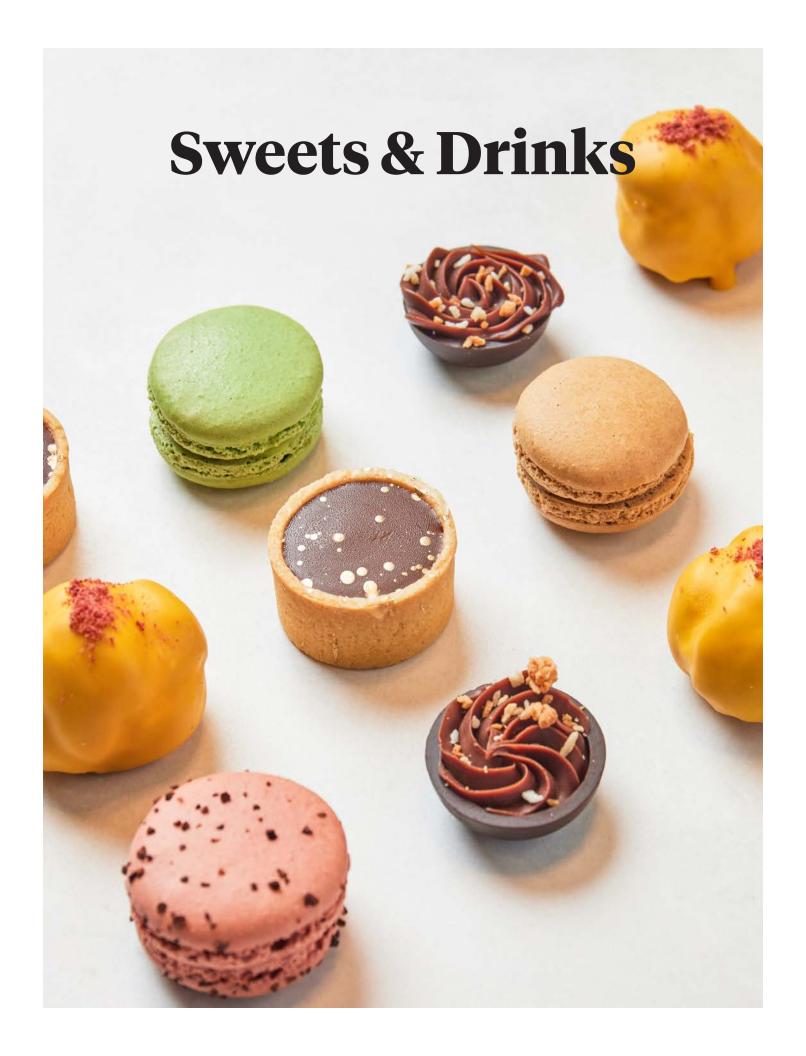
Korean Sambal, Peanuts, Scallions

JERK CHICKEN CUP & GF DF

Charred Pineapple, Crispy Plantain, Cilantro

DUCK SOPE 1

Duck Confit, Mole Negro, Crispy Sope, Cilantro Lime Crema



Sweets

25 PERSON MINIMUM

Petite Sweet Platter

EXOTIC FRUIT PETITE CHOUX BUN

Mango & Passion Fruit Custard

MILLIONAIRE TART VGT

Candied Peanuts, Caramel, Chocolate Ganache with Gold Sparkle

CHOCOLATE COCONUT RUM CUP GF

Chocolate Cup Filled With Rum Cream & Bittersweet Chocolate Ganache, Topped with Coconut Flakes

CHEF'S CHOICE FRENCH MACARON VGT GF

Crispy Shell & Soft Center Nut Cookies, Smooth Filling *Contains Almonds & Pistachios

Assorted Mini Cupcakes vgt \$31.50 pz

RED VELVET

Cream Cheese Frosting

DOUBLE CHOCOLATE

Buttermilk Chocolate Cake, Chocolate Italian Buttercream

PEANUT BUTTER

Chocolate Cake, Crunchy Peanut Center, Italian Peanut Buttercream

WHITE CHOCOLATE PISTACHIO

Vanilla Bean Cake, Pistachio Italian Buttercream, White Chocolate Curls

Dessert Bars vgt

\$37.75 DZ

Brown Butter Brownie, Pecan, Lemon, Coconut Chocolate Macaroon

Rice Krispie Treats GF

\$2.75 PP - MINIMUM (24) PIECES

pick (1) option:

TRADITIONAL
FRUITY PEBBLES
COCOA PEBBLES

Celebration Cakes

REQUEST QUOTE

Requires 72 Hours' Notice, Tell Us Your Favorite or Try Chef's Choice

Petite Sweets per Dozen

ASSORTED LAMINGTONS VGT

Sponge Cake, Mango Glaze, Raspberry Glaze and Chocolate Glaze, Shredded Coconut

\$37.95 DZ

VANILLA BEAN PANNA COTTA GF

Macerated Berries, Raspberry Coulis

\$40.95 DZ

TRADITIONAL MINI CANNOLI VGT

Ricotta and Chocolate Chip Filling, Toasted Pistachios

\$37.75 DZ

MINI SMORES TART

Graham Cracker Tart Shell, Bittersweet Chocolate Ganache, Toasted Vanilla Marshmallow Cream

\$37.75 DZ

FLOURLESS CHOCOLATE CAKE BITE GF

Chocolate Mirror Glaze, Glitter Sparkle

\$40.95 DZ

Mini Cookie Assortment vct

\$24.00 DZ

CHOCOLATE CHIP

OATMEAL RAISIN

WHITE CHOCOLATE MACADAMIA NUT

SUGAR

Dietary-Friendly Cookies

CHOCOLATE CHIP GF

\$3.00 EACH

CHOCOLATE CHIP VGN

\$3.25 EACH

CHOCOLATE CHIP VGN GF

\$3.50 EACH

Donut Holes vot

\$37.75 DZ

served with Mocha Sauce & Blueberry Sauce

POWDERED

VANILLA

CINNAMON SUGAR

COCOA

Drinks

25 PERSON MINIMUM

CHILLED HOUSE-MADE

Beverages VGN GF

\$39.25 GAL

Gallon Serves 12 - 15 People

BLACKBERRY CITRUS VIRGIN SANGRIA

PASSIONFRUIT MANGO ICED TEA

STRAWBERRY POMEGRANATE LEMONADE

ICED EARL GREY TEA

FRESH SQUEEZED LEMON-LIMEADE

THE MATCHA "PALMER"

Matcha Green Tea & Fresh Squeezed Lemonade

CHILLED BOTTLED

Beverages

NAKED SMOOTHIES

Strawberry Banana, Mighty Mango, Green Machine **\$5.75** PP

SODA POP

Coke, Diet Coke, Sprite, La Croix **\$2.50** PP

JUICES

Apple, Orange & Cranberry **\$3.25** PP

BOTTLED WATER

\$2.25 PP

OPEN WATER

12oz eco-friendly aluminum can **\$3.25** PP

Hot Drinks

Presented in an Insulated Box

BIG SHOULDERS FAIR TRADE COFFEE

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

SM \$31.50 LG \$78.75

RISHI ORGANIC LEAF TEAS

Small Serves 10 - 15, Large Serves 40 - 45
Sugar, Creamer, Lemon, Sweeteners
SM \$26.25 LG \$68.25

HOT CHOCOLATE

Small Serves 10, Large Serves 20 SM **\$47.25** LG **\$89.25**

HOT CIDER

Small Serves 10, Large Serves 20 SM **\$36.75** LG **\$68.25**

SEASONAL HOT CHOCOLATE BAR

25 person minimum

Original, "Abuelita" Mexican, & Red Velvet with Whipped Cream, Chocolate Shavings, Sprinkles, Crushed Peppermint, Marshmallow

\$7.50 PP





WORKSPACE@FFTCHICAGO.COM CHICAGO 312-572-7233