



FreshStart

25 PERSON MINIMUM

Fresh flavors, wholesome ingredients, and small steps toward a better you - because the best start is a fresh start.

BREAKFAST

HOUSE GRANOLA, ALMOND & BERRY PARFAIT \$5.95 ^{PP}
Local Windcrest Dairy Vanilla Yogurt
VEGETARIAN

MUESLI OVERNIGHT OATS \$7.25 ^{PP}
Dried Fruits, Mixed Berries, Green Apple, Honey, Yogurt, Toasted Nuts, Almond Milk
VEGETARIAN | GLUTEN-FREE

CHIA-CASHEW PROTEIN CUP \$8.25 ^{PP}
Oat And Coconut Milk, Beet Powder, Agave, Toasted Coconut, Fresh Seasonal Fruit
VEGAN | GLUTEN-FREE

HEALTHY START ENGLISH MUFFIN \$7.95 ^{PP}
Cage-Free Egg Whites, Baby Spinach & Fire-Roasted Tomatoes with Cheddar Cheese, Nut-Free Basil Pesto, English Muffin
VEGETARIAN

SAUSAGE EGG BITES \$3.50 ^{EACH}
Breakfast Sausage & Mozzarella
GLUTEN-FREE

HEALTHY BOWLS

POWER GREENS & GRAINS BOWL \$14.50 ^{PP}
Chicken, Kale, Baby Spinach, Brown Rice, Garbanzo Beans, Tomato, Hard-Boiled Egg and Balsamic Vinaigrette
GLUTEN-FREE | DAIRY-FREE

RICE BOWL WITH CHICKEN \$14.50 ^{PP}
Chicken Breast, Jasmine Rice, Grilled Broccoli, Pickled Ginger, Roasted Mushrooms, Yellow Pepper, Cilantro, Sesame Sauce
GLUTEN-FREE | DAIRY-FREE

BUDDHA HARMONY BOWL \$14.50 ^{PP}
Chicken, Brown Rice, Red Peppers, Carrots, Spinach, Caramelized Onions, Roasted Mushrooms, Spicy Peanut Sauce
GLUTEN-FREE | DAIRY-FREE

SANDWICH BOXES

STANDARD BOX
Sandwich/Wrap, Potato Chips & Chocolate Chip Cookies
\$18.25 ^{PP}

EXECUTIVE BOX
Sandwich/Wrap, Potato Chips, Pesto Pasta Salad, & Chocolate Chip Cookies
\$20.50 ^{PP}

HONEY DIJON CHICKEN SANDWICH
Grilled Chicken Breast, Honey Dijon Glaze, Baby Arugula, Oven Roasted Tomato, Avocado Spread, Telera Roll
DAIRY-FREE

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

FIRE ROASTED BEET WRAP
Thyme and Orange Marinated Beets, Fresh Apple, Sprouts, Pickled Red Onion, Toasted Quinoa, Smoked Almond Dressing, Spinach Tortilla
VEGAN

SALAD BOXES

SALAD BOX

Served with Roll & Chocolate
Chip Cookies
\$18.50 ^{PP}

ADD-ONS:

Chicken \$3.75 ^{PP} Tofu \$3.75 ^{PP}
Shrimp \$4.75 ^{PP} Steak \$5.75 ^{PP}



BABY KALE & ARUGULA GREENS

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

CHICKEN "KITCHEN SINK" SALAD

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
GLUTEN-FREE

CAULIFLOWER & ANCIENT GRAINS

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

CLASSIC SALAD BAR

\$15.25 ^{PP}

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
VEGETARIAN

POWER BOXES

TURKEY POWER BOX

\$9.25 ^{PP}

Smoked Turkey, Cheddar, Red Flame Grapes & Cracklebread
GLUTEN-FREE

EGG POWER BOX

\$9.25 ^{PP}

Cage-Free Hard Cooked Egg, Salami, Dried Fruits, Nuts, & Crackers
GLUTEN-FREE

PEANUT BUTTER POWER BOX

\$9.25 ^{PP}

Peanut Butter, Red Flame Grapes, Apple Chutney & Pretzel Chips
VEGAN

HOW TO ORDER:

25 PERSON MINIMUM

ORDER (72) BUSINESS HOURS AHEAD MINIMUM

ORDER DIRECTLY AT:

312-572-7233

OR EMAIL US AT:

WORKSPACE@FFTCHICAGO.COM



FFT

WORKSPACE

DROP-OFF

