



# 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

Local Windcrest Dairy Vanilla Yogurt

**VEGETARIAN**

### MUESLI OVERNIGHT OATS

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

**VEGETARIAN | GLUTEN-FREE**

### CHIA-CASHEW PROTEIN CUP

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

**VEGAN | GLUTEN-FREE**

### HEALTHY START ENGLISH MUFFIN

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

**VEGETARIAN**

### SAUSAGE EGG BITES

Breakfast Sausage & Mozzarella

**GLUTEN-FREE**

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PP

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EACH

## HEALTHY BOWLS

### POWER GREENS & GRAINS BOWL

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

**GLUTEN-FREE | DAIRY-FREE**

### RICE BOWL WITH CHICKEN

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

**GLUTEN-FREE | DAIRY-FREE**

### BUDDHA HARMONY BOWL

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

**GLUTEN-FREE | DAIRY-FREE**

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## SANDWICH BOXES

### STANDARD BOX

Sandwich/Wrap, Potato Chips & Chocolate Chip Cookies

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### EXECUTIVE BOX

Sandwich/Wrap, Potato Chips, Pesto Pasta Salad, & Chocolate Chip Cookies

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### 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

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## ADD-ONS:

Chicken <sup>PP</sup> Tofu <sup>PP</sup>  
Shrimp <sup>PP</sup> Steak <sup>PP</sup>

## BABY KALE & ARUGULA GREENS

Roasted Sweet Potato, Sweet & Sour Fresno Chilies, 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**

## BUILD YOUR OWN SALAD BAR

Chopped Romaine, Baby Arugula & Spinach, Seasonally Inspired Ingredients, Sunflower Seeds, Aged Crumbled Cheddar, Chickpeas with Champagne & Balsamic Vinaigrettes

**VEGETARIAN**

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# POWER BOXES

## TURKEY POWER BOX

Smoked Turkey, Cheddar, Red Flame Grapes & Cracklebread

**GLUTEN-FREE**

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## EGG POWER BOX

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

**GLUTEN-FREE**

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## PEANUT BUTTER POWER BOX

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

**VEGAN**

PP



## 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