

Quality Ingredients.

Made From Scratch.

For Sustainability.

55,000

**POUNDS OF** 

Kitchen Scraps are composted annually

1,344

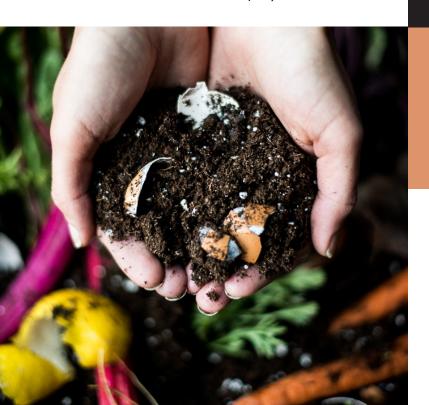
**GALLONS OF COOKING OIL** 

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 SERVINGWARE

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.

# **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,

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

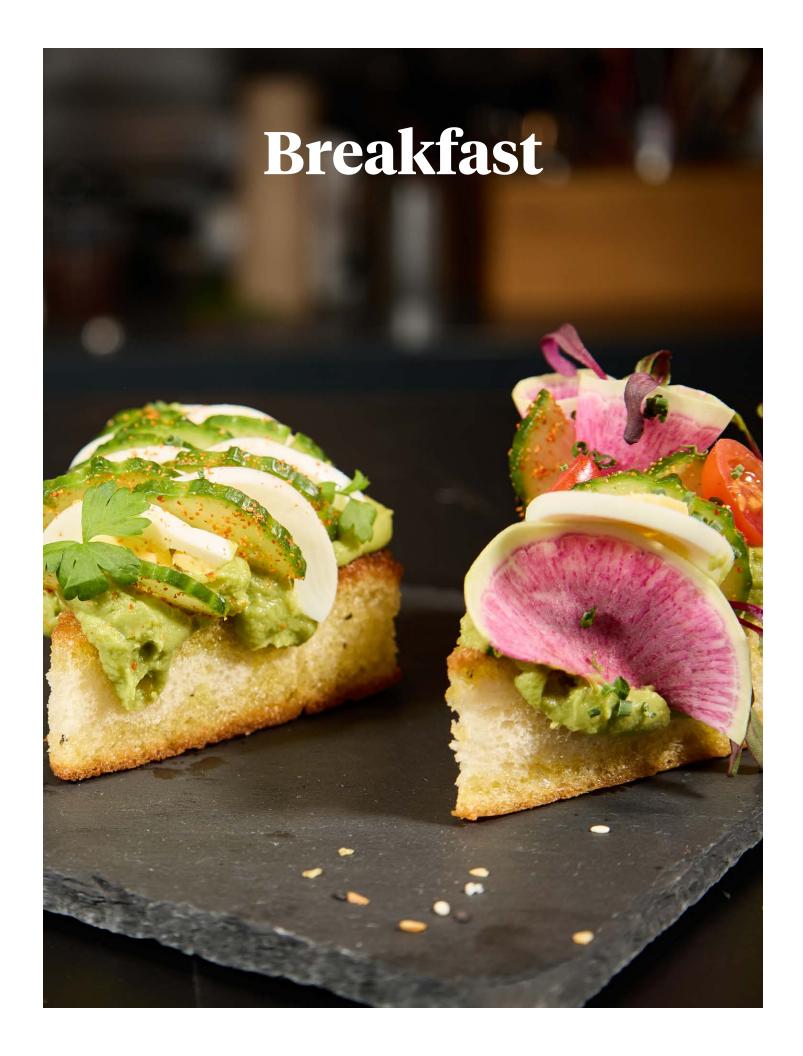
### 16 Hors D'Oeuvres

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 **\$5.95** PP

### **BREAKFAST BREADS VGT**

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

### FRESH FRUIT PLATTER VGN GF

Seasonal Melons, Pineapple & Mixed Berries small serves 10-15, large serves 15-20 SM \$63.00 LG \$88.50

### CHEF'S CHOICE MUFFINS VGT

Chef's choice of Blueberry, Carrot Walnut, or Chocolate Cranberry.

Based on Availability and Seasonality

\$31.50 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*\$13.95 PP

\*ADD ON FRUIT FOR \$3.75 PP

### **BUTTERMILK PANCAKES VGT**

Blueberry Maple Syrup, Sweet Lemon Butter 2 per portion

\$7.75 PP

## A La Carte PRICING PER PORTION

HARD BOILED EGGS VGT GF DF \$2.25 PP

# Sandwiches & Wraps

### **SMOKED HICKORY BACON CROISSANT**

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

### **SWEET SAUSAGE ENGLISH MUFFIN**

Oven Roasted Tomato, Egg, Ricotta Salata, Sausage, 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

### **VEGAN SOUTHWESTERN BURRITO VGN**

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

\$7.95 PP



# 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 & 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

\$18.25 PP

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

### Classic Salads

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

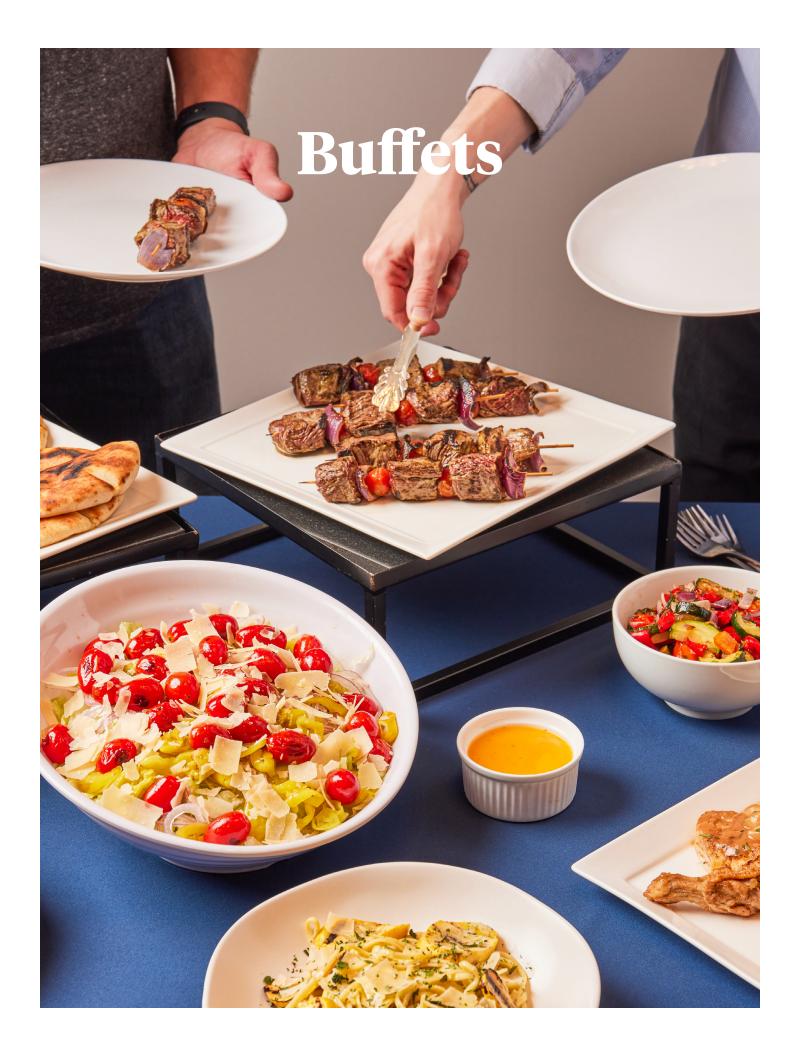
### ADD TO YOUR OWN

Buffet

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

**CLASSIC** 

\$5.75 PP



# **Neighborhood Buffets**

**25 PERSON MINIMUM** 

West Loop

\$21.50 PP

Countryside

\$22.50 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 +\$

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

Pilsen

\$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

# ROASTED CHICKEN BREAST GF DF Roasted Fingerling Potatoes, Caramelized Shallots, Thyme Jus

### **DINNER ROLLS & BUTTER VGT**

**MESCLUN GREEN SALAD VGT** 

Baguette Croutons, Red Wine Dijon Vinaigrette

Herb De Provence Roasted Vegetables, Fresh Chevre,

optional upgrades:

WHEAT CREPE FLORENTINE VGT +\$4.00 PP



# Sharing a Meal Together

# **Build Your Own Buffet**

**25 PERSON MINIMUM** 

### Chilled Sides

### "RAINBOW" QUINOA GRAINS VGT GF DF

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

### ROASTED SWEET POTATO SALAD VOT OF 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

a la carte

### Entrées

### LEMON & GARLIC GRILLED CHICKEN

WITH ARTICHOKES GF DF

Roasted Garlic & Roma Tomato Jus, Fresh Oregano **\$16.50** PP

### **SPINACH & RICOTTA RAVIOLI VGT**

Vine Tomato & Basil Marinara, Grana Padano Cheese **\$16.50** PP

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

Pickled Red Onions, Balsamic Aioli, Mesclun Mixed Greens \$22.00 PP

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

"Burnt" Orange Gastrique

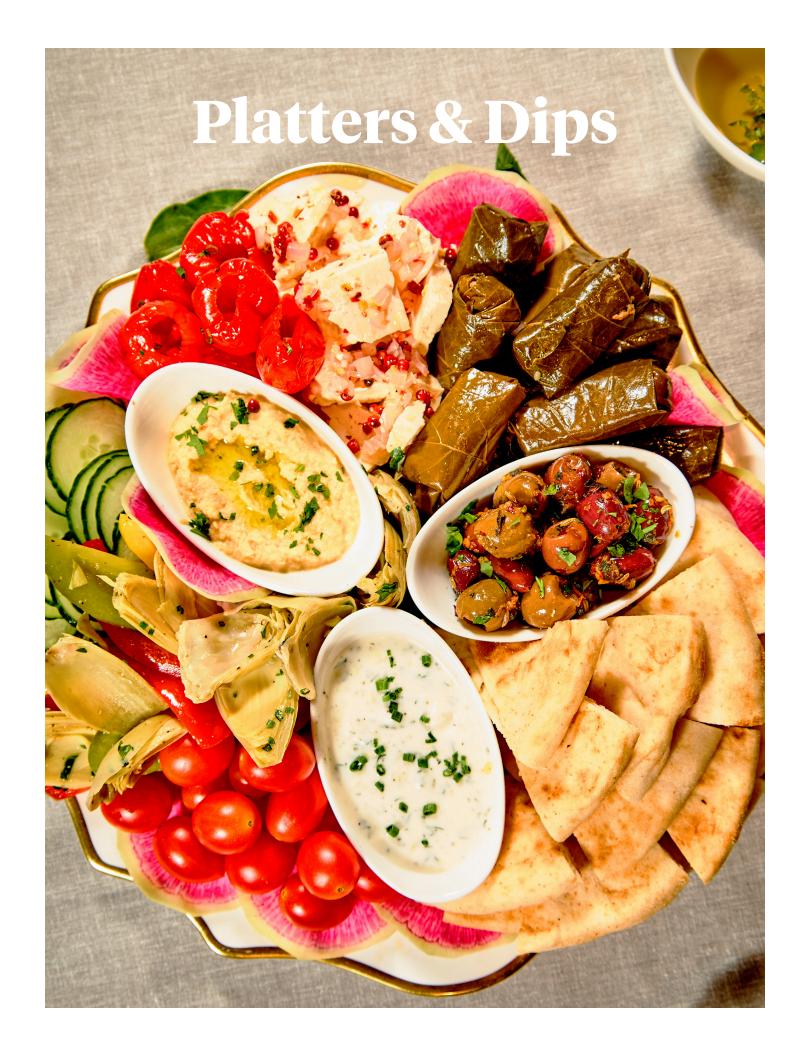
\$27.75 PP











# **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 \$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** 

### **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** 

### Popcorn

FFT'S OWN GOURMET POPCORN VGT

Individually Packaged Cheese, Caramel or Chicago Mix \$5.75 PP

### HUMMUS

### Street Stand

served with Fresh Pita Bread VGT and 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

### Guacamole & Salsa

HOUSE-MADE GUACAMOLE &
ROASTED TOMATO SALSA VGN GF

Served with El Milagro Tortilla Chips 5M \$61.00 LG \$95.00

HAND-CUT

Chips

SM \$48.00 LG \$95.00

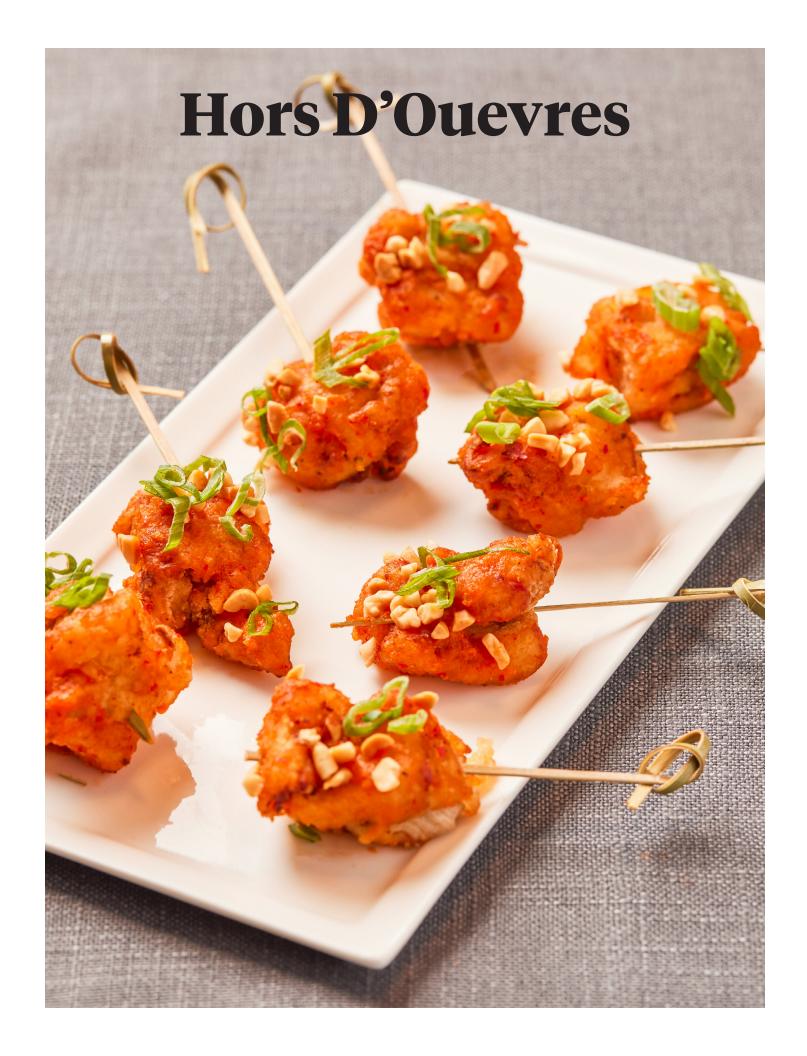
pick (1) option:

PARMESAN TRUFFLE VGT

SEA SALT & VINEGAR VGN

SEA SALT & CRACKED BLACK PEPPER VGN

**SMOKY BBQ CHEDDAR VGT** 



# **Hors D'oeuvres**

### **25 PERSON MINIMUM**

### Cold Hors D'oeuvre

### ANTIPASTO SKEWER & VGT GF

Roasted Bell Pepper, Marinated Fresh Mozzarella, Artichoke, Basil Pesto \$42.50 <sup>DZ</sup>

### MINI PORK BAO & DF

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

### FRUIT SKEWER & VGN GF

Seasonal Melon, Pineapple, Strawberry

\$39.50 DZ

### HOISIN GRILLED SHRIMP & DF

Citrus Marinade

\$52.50 DZ

### Hot Hors D'oeuvre

### **BRAISED BEEF BEIGNET**

Horseradish Crème, Chives

\$47.50 DZ

### JAMBALAYA ARANCINI VGT

Slow Smoked Tomato Chutney

\$39.50 DZ

### PERI PERI CHICKEN SKEWER GF DF

Roasted Sweet Onion "Petals"

\$42.50 DZ

### N'DUJA STUFFED DATES GF DF

Smoky Bacon, Toasted Almonds

\$46.50 DZ

### **MARYLAND CRAB CAKES**

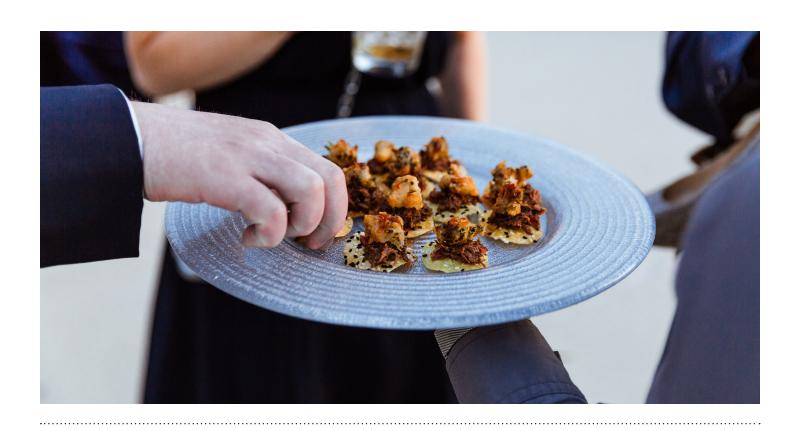
Spicy Remoulade

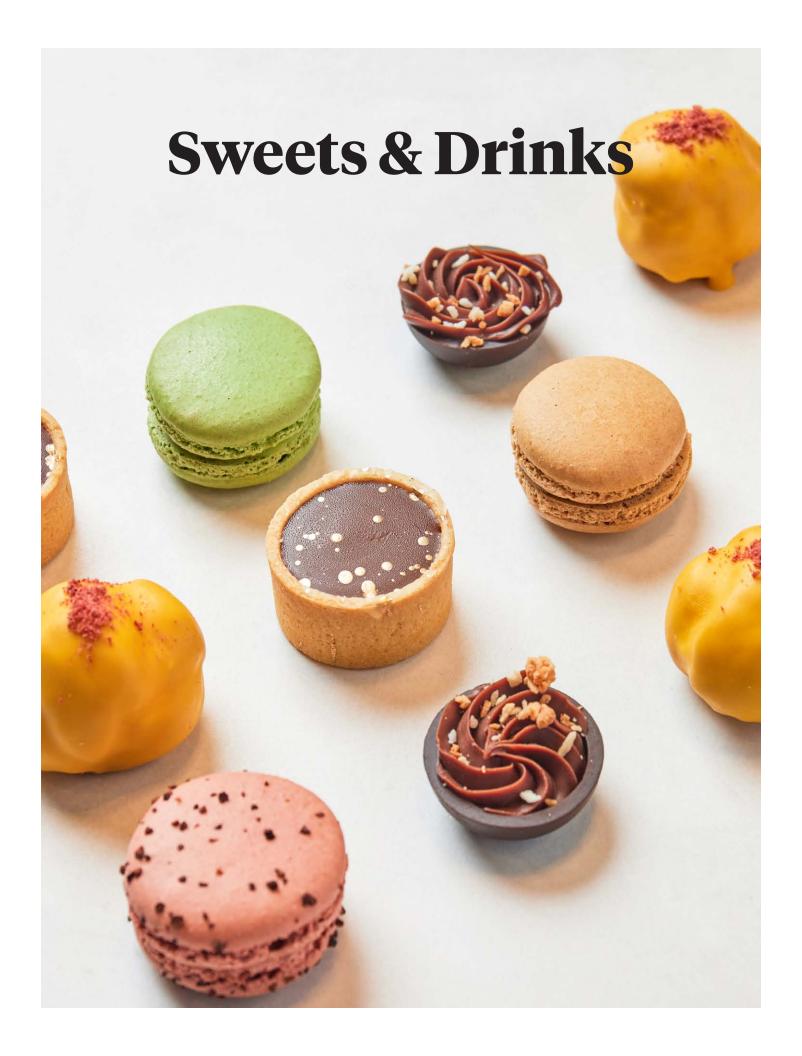
\$52.50 DZ

### **BLACK ANGUS BEEF MEATBALLS**

Bourbon & BBQ Braised

\$42.50 DZ





# **Sweets & Drinks**

**25 PERSON MINIMUM** 

Donut Holes vgt

served with Mocha Sauce & Blueberry Sauce

**POWDERED** 

**VANILLA** 

**CINNAMON SUGAR** 

COCOA

\$37.75 DZ

FRENCH MACAROON ASSORTMENT GF

Chef's Choice of the Following Flavors: Raspberry, Coffee, Chocolate, Creme Brulee, Pistachio, Vanilla. Based on Availability and Seasonality. \$38.00 PZ

**CHILLED HOUSE-MADE** 

Beverages VGN GF

\$39.25 GAL

Gallon Serves 12 - 15 People

**ICED EARL GREY TEA** 

FRESH SQUEEZED LEMON-LIMEADE

Beverages

**SODA POP** 

Coke, Diet Coke, Sprite

\$2.50 PP

**BOTTLED WATER** 

\$2.25 PP

Dessert Bars vot

\$37.75 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

\$38.00 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 \$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





WORKSPACE@FFTCHICAGO.COM CHICAGO 312-572-7233