

48-Hour Menu

**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 eliminated 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, 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

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



FOLLOW
Food For Thought

Breakfast



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

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

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



**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

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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

Buffets



Neighborhood Buffets

25 PERSON MINIMUM

West Loop

\$21.50 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

\$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

Countryside

\$22.50 PP

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



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 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

\$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



ALL SIDES
a la carte
\$3.95 PP

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 **\$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

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

SM **\$61.00** LG **\$95.00**

Bites

PRETZEL BITES VGT

SM **\$37.00** LG **\$79.00**

pick (1) option:

SOFT PRETZEL BITES DF

Soft Pretzel Bites served with Cheese & Honey Mustard
Dipping Sauces

CINNAMON-SUGAR PRETZEL BITES

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

Popcorn

FFT'S OWN GOURMET POPCORN VGT

Individually Packaged Cheese, Caramel or Chicago Mix

\$5.75 PP

Hors D'Oeuvres



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 DZ

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



Sweets & Drinks

25 PERSON MINIMUM

Donut Holes VGT

served with Mocha Sauce & Blueberry Sauce

POWDERED

VANILLA

CINNAMON SUGAR

COCOA

\$37.75 ^{DZ}

FRENCH MACAROOON ASSORTMENT GF

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

\$38.00 ^{DZ}

Dessert Bars VGT

\$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}

CHILLED HOUSE-MADE

Beverages VGN GF

\$39.25 ^{GAL}

Gallon Serves 12 - 15 People

ICED EARL GREY TEA

FRESH SQUEEZED LEMON-LIMEADE

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

CHILLED BOTTLED

Beverages

SODA POP

Coke, Diet Coke, Sprite

\$2.50 ^{PP}

BOTTLED WATER

\$2.25 ^{PP}





WORKSPACE@FFTCHICAGO.COM
CHICAGO
312-572-7233