
-DROP-OFF CATERING MENU-



kent drake photography



FOOD FOR THOUGHT
-DELIVERED-

DELIVERED@FFTCHICAGO.COM

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FOODFORTHOUGHTCHICAGO.COM/DELIVERED

— FOOD FOR THOUGHT DELIVERED —

WE ARE...

MOMENT MAKERS

- Food For Thought Delivered is here to create the perfect moment for your entertaining needs.
- Our focus on fresh, tasty, and convenient food — as well as our belief in the essential power of food to bring people together — is the reason FFT Delivered is Chicagoland's preferred choice for drop-off catering services.

VERSATILE

- In need of a more upscale event at a lower price point?
- Introducing... **DUO**, a sleek hybrid of our full service and delivered drop off service.
- Services offered:
 - FFT Delivered Menu and Hors d' Oeuvres Menu*
 - Bar Service/Alcohol**
 - Staffing
 - Linen
 - Rental Equipment

Ask one of our friendly Food For Thought Delivered team members for a quote today!

* We can provide you with items from our full service menu, but a chef will need to be staffed on site.

** We can provide the alcohol and bartender, or you can provide the alcohol and we provide someone to serve.

PROUD

- 2016 NACE ISES N.I.C.E. Best Catered Events
- 2016 NACE ISES N.I.C.E. Best Social & Wedding Events
- 2016 Wedding Wire Couple's Choice Awards
- 2015 FFT is named Top 50 Food Service Management Companies
- 2015 IL Food Scrap Coalition Gold Status Compost Certification
- 2014 NACE ISES N.I.C.E. Best Buffet Presentation, On & Off Premise
- 2014 NACE ISES N.I.C.E. Best Team Event
- 2014 NACE ISES N.I.C.E. Best Catered Event
- 2014 South Asian Weddings Certification, Global Event Resource

DIVERSE

- We are a women and minority owned business; our fearless leader and CEO Nancy Garcia Sharp founded Food For Thought in 1983 and has been making moments ever since.
- Our extensive menu reflects the foodie passion and attention to detail our chefs infuse into every dish.
- The variety and creativity of our menu has grown as our clients' taste buds have become more sophisticated and adventurous.
- We offer a range of options for all tastes and preferences, from hearty and bacon-laden to vegan and gluten free.

VGT = VEGETARIAN GF = GLUTEN FREE VGN = VEGAN

GREEN SEAL CERTIFIED

- We make an effort to source from local vendors and use sustainable, organic products whenever possible.
- Eco-friendly plates, forks, knives, and napkins can be included for \$1.00 pp
- Clear plastic plates, forks, knives and napkins can be included for \$2.00 pp

AVAILABLE

- Contact us directly at [312-572-7233](tel:312-572-7233) or email us at delivered@fftchicago.com to order.
- Place your order before 2:00pm the day before for any box lunches/room temp items. Any changes to orders must be made by 12pm the business day before the event. For hot food, we ask for 72 hours in advance.
- Payments can be made by using Visa, MasterCard, American Express, Discover, cash or check.
- We do ask that 10 guests be the minimum.
- Look for the smiling guys in blue, ready to make your moment!



BREAKFAST

minimum order 10 people

A HEARTY MORNING BUFFET

- "THE CLASSIC" MORNING BUFFET** GF \$9.00 pp
chive studded farm fresh egg scramble, spiced and herbed breakfast potatoes, maple glazed bacon and/or sweet pork sausage
- BUTTERMILK PANCAKES** VGT \$5.00 pp
pancakes, buttermilk maple syrup, whipped butter
- CINNAMON DUSTED FRENCH TOAST** VGT \$6.00 pp
thick sliced french toast, cinnamon, maple syrup, honey butter
- STRAWBERRY FRENCH TOAST BREAD PUDDING** VGT \$7.00 pp
french toast, nutella crème anglaise, apple compote, coco nibs
- SMOKED SALMON PLATTER** \$12.00 pp
sliced smoked salmon, cucumber, tomato, capers, lemon



QUICHE A GO-GO \$26.00 ea

SAVORY BACON QUICHE
bacon, gruyere cheese, caramelized onions

ROASTED VEGETABLE QUICHE VGT
roasted zucchini, tomatoes, bell peppers, baby spinach, parmesan reggiano

MINI QUICHE A GO-GO \$6.00 ea

BACON BRIE MINI QUICHE (3 per portion)
nueske bacon, brie, fresh chives

SPINACH & FETA MINI QUICHE (3 per portion) VGT
spinach, feta, and roasted piquillo peppers

BREAKFAST SANDWICHES \$5.00 ea

SMOKED HICKORY BACON CROISSANT
farm fresh eggs, smoked hickory bacon, sharp cheddar, flaky croissant

SWEET SAUSAGE ENGLISH MUFFIN
oven roasted tomato, egg, ricotta salata, sausage, english muffin

SPINACH & GOAT CHEESE WRAP VGT
roasted red peppers, spinach, goat cheese, seasonal vegetables, tomato tortilla wrap

FEELING LIKE FRITTATA? GF \$26.00 ea
make any breakfast sandwich a frittata
serves 6-8



BREAKFAST

minimum order 10 people

SWEET & BAKED

per dozen (dz)

- PASTRY ASSORTMENT** VGT \$30.00 dz
muffins, sweet & savory scones, danishes
- FRESH MUFFIN ASSORTMENT** VGT \$24.00 dz
carrot cinnamon nut, cranberry citrus, lemon poppy seed, blueberry
- SWEET & SAVORY SCONES** \$24.00 dz
cinnamon pecan, raspberry lemon, blueberry, cheddar chive, herb & bacon
- FLAKY CROISSANTS** VGT \$36.00 dz
croissants, butter, jam
- MINI CHOCOLATE CROISSANTS** VGT \$36.00 dz
chocolate croissants
- BAGEL ASSORTMENT** VGT \$25.00 dz
artisan bagels, plain & chive cream cheeses, jams
- BREAKFAST BREAD ASSORTMENT** VGT \$24.00 dz
banana, lemon poppy seed, cranberry
- DONUT HOLE ASSORTMENT** VGT \$36.00 dz
vanilla, cinnamon sugar, powdered sugar, cocoa powdered donut holes. blueberry sauce & mocha sauce
- THE "MINIS"** VGT \$25.00 dz
mini bagels, mini muffins, mini plain & chocolate croissants



fresh, tasty and convenient

A LA CARTE

per person (pp)

- SAUSAGE** GF \$2.95 pp
sweet sausage
- BACON** GF \$2.95 pp
maple glazed bacon
- SPICED & HERBED**
- BREAKFAST POTATOES** VGT GF VGN \$2.95 pp
sliced potatoes, paprika, herbs, caramelized onions, peppers
- SCRAMBLED EGGS** VGT GF \$2.95 pp
chive studded farm fresh egg scramble
- PEELED HARD BOILED EGGS** VGT GF \$1.50 pp
salt & pepper packets
- GRANOLA BERRY PARFAIT** VGT \$4.95 pp
honey, fresh berries, greek yogurt, house made granola
- FRESH FRUIT CUP** VGT GF VGN \$3.95 pp
seasonal diced fruit & berries



BOXED LUNCHES

minimum order 10 people and minimum 3 of each sandwich/wrap/salad box type per order.

*exceptions will be made for dietary restrictions. **all sandwiches & wraps available on gluten-free wraps upon request.

SANDWICH PLATTERS

choose four selections from either section to create a classic (\$9.95) or gourmet (\$11.95) sandwich platter.
individual bags of chips included

CLASSIC SANDWICHES & WRAPS

\$11.95 pp

TURKEY FRESCO SANDWICH

honey roasted turkey breast, aged white cheddar, leaf lettuce, tomato, basil & tarragon infused aioli, artisan roll

NAN'S HAM SANDWICH

black forest ham, baby swiss cheese, dijon mustard dressing, lettuce, tomato, bavarian pretzel roll

ROAST BEEF SANDWICH

roast beef, caramelized onions, portobello mushrooms, leaf lettuce, grain mustard, 9 grain bread

MUSTARD GRILLED CHICKEN SANDWICH

mustard chicken, tomato tapenade, baby spinach, sliced shallots, dijon aioli, tuscan roll

CHICKEN SALAD SANDWICH

white pepper diced chicken breast, dried cranberries, granny smith apple, caramelized sweetened onion, lemon juice, artisan roll

9 HARBOR TUNA SANDWICH

mayonnaise-free albacore tuna, sweet red & yellow peppers, celery, scallions, cilantro, signature toasted cumin lime vinaigrette, 9 grain bread

GRILLED EGGPLANT SANDWICH VGT

grilled egg plant, roasted potatoes, red peppers, lemon thyme hummus, basil tuscan roll

QUINOA WRAP VGT

roasted eggplant, olive, arugula, garlic hummus, tomato tortilla

HUMMUS & ROASTED VEGETABLE WRAP VGN

spiced hummus, balsamic & herb marinated grilled vegetables, romaine lettuce, spinach tortilla

KICKED UP CHICKEN CAESAR WRAP

grilled chicken breast, romaine lettuce, seasoned golden croutons, chipotle pepper caesar dressing, tomato tortilla



GOURMET SANDWICHES & WRAPS

\$12.95 pp

HONEY GLAZED SALMON SANDWICH

leaf lettuce, tomato, telera bun

CHARCUTERIE SANDWICH

capicola, salami, arugula, provolone, fried green tomato gherkin aioli, herb ciabatta

SLOW ROASTED PORK SHOULDER SANDWICH

pork shoulder, apple butter, bacon, romaine lettuce, pretzel bun

CHICKEN "BANH" MI WRAP

chicken, jicama, carrots, jalapeños, cilantro, sweet chili sauce, spinach tortilla

GREEK STEAK WRAP

steak, romaine lettuce, tomato, cucumber, lemon & herb dressing, tomato tortilla

TOMATO & MOZZARELLA CIABATTA VGT

tomato, mozzarella, roasted peppers, watercress, black olive tapenade, ciabatta roll

PULLED BBQ BEEF WRAP

pulled bbq beef, romaine lettuce, onions, chipotle aioli, tomato tortilla

SMOKED ZUCCHINI WRAP VGT

smoked zucchini, queso fresco, poblano salad, tomato tortilla

SEARED AHI TUNA WRAP VGT

seared ahi tuna, soba noodle salad, sesame seeds, soy & hoisin vinaigrette

STANDARD BOX LUNCH SIDES INCLUDE:

kettle chips VGT GF VGN, couscous salad VGT & cookie VGT

SUBSTITUTES:

substitutions can be made for allergies or dietary restrictions, and/or substitute any of the following when it applies to your entire order:

- potato salad VGT GF
- fruit salad GF VGN
- whole fruit GF VGN
- cookie GF



BOXED LUNCHES

minimum order 10 people and minimum 3 of each sandwich/wrap/salad box type per order.

*exceptions will be made for dietary restrictions.

CLASSIC SALADS

\$10.95 pp add chicken \$2.95 pp

TOASTED ALMOND & ROASTED GRAPE SALAD VGT GF VGN

field greens, toasted almonds, roasted grapes, balsamic vinaigrette

APPLE & QUESO FRESCO SALAD VGT GF

crisp leaf lettuce, apples, queso fresco, marcona almonds, champagne vinaigrette

CITRUS & TOASTED WALNUT SALAD VGT GF VGN

spring mixed greens, oranges, grapefruit, pineapple, candied walnuts, raspberry-poppyseed dressing

CHOPPED SALAD GF

lettuce, tomatoes, bacon, scallion, bleu cheese, red wine vinaigrette

GREEK SALAD VGT GF

romaine lettuce, cucumber, red onion, feta, kalamata olives, red wine oregano vinaigrette

CAESAR SALAD VGT

romaine lettuce, cherry tomatoes, parmesan, croutons, caesar dressing

HOUSE SALAD VGT

romaine & iceberg lettuces, tomato, cucumbers, carrot, croutons, italian vinaigrette

SANTA FE SALAD VGT

romaine lettuce, corn, black beans, cheese, tortilla strips, tomatoes, mixed greens, spicy peanut-cilantro vinaigrette

GRILLED PEAR & PISTACHIO SALAD VGT GF VGN

bibb lettuce, radicchio, pistachio vinaigrette

GOURMET SALADS

\$15.95 pp

CRISPY AMISH CHICKEN BREAST SALAD GF

crispy chicken, arugula, napa cabbage, roasted apple, toasted walnuts, sherry vinaigrette

FENNEL PORK TENDERLOIN SALAD GF

pork tenderloin, champagne poached pear, roasted grapes, leaf lettuce, apple cider vinaigrette

FARRO & QUINOA SALAD VGT VGN

farro, quinoa, grilled broccoli steaks, lettuce, tomato conserva, almonds, champagne vinaigrette

MEDITERRANEAN SPICED TOFU & ROASTED VEGETABLES SALAD VGT VGN

tofu, artichoke, portobello mushroom, lettuce, alfalfa sprouts, saffron aioli, dried fruit relish, mint tabbouleh, grilled flatbread

BEEF "NICOISE" SALAD

marinated sirloin, hard poached egg, artichoke, roasted truffle haricot verts, mixed greens, israeli couscous, tomato, baby mozzarella salad

HERB MUSTARD RUBBED SALMON SALAD GF

salmon, lettuce, spicy almonds, goat cheese, green goddess dressing

GRILLED PRAWN SALAD GF

grilled prawns, toasted marcona almonds, ricotta salata, white endives, baby romaine, citrus vinaigrette



STANDARD SALAD BOX LUNCH SIDES INCLUDE:

herb ciabatta roll VGT, couscous salad VGT & cookie VGT

SUBSTITUTES:

substitutions can be made for allergies or dietary restrictions, and/or substitute any of the following when it applies to your entire order:

- potato salad VGT GF
- fruit salad GF VGN
- whole fruit GF VGN
- cookie GF



FOR STARTERS

minimum order 10 people

GROUP TREATS

sm serves 10-15 lg serves 16-20

VEGETABLE CRUDITÉ VGT GF \$40.00 sm \$65.00 lg
seasonal vegetables, caramelized onion & garlic dip

CHEESE BOARD VGT \$55.00 sm \$75.00 lg
baby swiss, sharp cheddar & pepper jack cheese, artisanal bread, dried fruit, candied walnuts

HOUSE MADE CHIPS VGT GF \$45.00 sm \$90.00 lg
smoked sea salt or garlic truffle parmesan

GUACAMOLE VGT GF \$30.00 sm \$50.00 lg
guacamole, chips & salsa

HUMMUS VGT \$30.00 sm \$50.00 lg
hummus, preserved lemon, fresh pita

FRESH FRUIT PLATTER VGT GF VGN \$45.00 sm \$70.00 lg
seasonal fruit

A TRIO OF HOMEMADE DIPS VGT \$55.00 sm \$110.00 lg
marsala roasted vegetable dip, spinach ricotta dip, slow braised roasted garlic cannellini bean dip, sliced baguette, assorted flatbreads

CHARCUTERIE SPREAD \$75.00 sm \$140.00 lg
cappicola, mortadella, prosciutto di parma, kalamata olives, globe artichoke barigoule, artisanal bread



FAN FAVORITES

BUILD YOUR OWN SLIDER BAR \$45.00 dz
hand formed angus beef burgers or roasted garlic turkey burgers on mini pretzel or slider buns
american cheese, aged white cheddar, caramelized onions, oven-dried roma tomatoes, bibb lettuce, butter pickle slices, hickory bacon, cilantro-chipotle bbq sauce, smoked tomato "ketchup", whole grain mustard aioli

WING "FLIGHT" \$90.00 serves 12
"un-breaded" chicken wings
traditional buttery buffalo sauce, sweet & spicy "seoul" sauce, bourbon honey-dijon bbq sauce
celery sticks, buttermilk ranch dip

NACHO BAR GF \$50.00 serves 12
tri-colored corn tortilla chips, nacho cheese sauce, ground angus beef taco meat, black bean salsa, guacamole, pico de gallo, shredded pepper-jack cheese, sour cream, scallions



FOR STARTERS

minimum order 12 pieces per hors d'oeuvres

- COLD HORS D'OEUVRES -

SHRIMP SHUMAI passion fruit dipping sauce	\$3.00 ea
LIME CHILI RUBBED BEEF GF guacamole	\$3.00 ea
CHILLED ANTIPASTI SKEWER GF chicken sausage, marinated artichoke, basil ovalini, oven-dried tomato	\$3.00 ea
FRIED VEGETABLE SPRING ROLL VGT passion fruit dipping sauce	\$3.00 ea
SRIRACHA CHICKEN SKEWER GF	\$3.00 ea
SWEET CHILI & PINEAPPLE PORK SKEWER GF	\$3.00 ea
TOASTED COCONUT SWEET POTATO SKEWERS VGT GF	\$3.00 ea
CHILLED SALT & SPICY BEEF SKEWER	\$3.00 ea
FRUIT SKEWERS VGT GF VGN pineapple, honeydew, cantaloupe, strawberry	\$3.00 ea
LAMB SHAWARMA pita, feta, cucumber	\$3.00 ea
MASCARPONE TARTLET VGT port poached bartlett pear	\$3.00 ea
HOISIN GRILLED SHRIMP citrus marinade	\$2.50 ea
MUSHROOM QUINOA CRISP GF lime vinaigrette, chives	\$2.50 ea
BUTTERNUT SQUASH SKEWER VGT GF parmesan pistou sauce	\$2.00 ea
CHICKPEA MEATBALL VGT scallion, tahini sauce	\$2.00 ea
TURMERIC POTATO VGT GF potato, basil mousseline, shaved red pepper	\$1.50 ea
CUCUMBER RICE NOODLE SPRING ROLLS VGT GF VGN julienne vegetables, thai herbs, carrot dipping sauce	\$1.50 ea

- HOT HORS D'OEUVRES -

PETITE PAN FRIED MARYLAND CRAB CAKES spicy aioli	\$3.00 ea
GRILLED LEMONGRASS CHICKEN SKEWER GF	\$3.00 ea
BACON WRAPPED DATES GF marcona almonds	\$2.50 ea
BRAISED BEEF SHORT RIB "BEIGNET" horseradish cream, chive	\$2.50 ea
COCONUT BATTERED SHRIMP served with mango sauce	\$2.50 ea
CRISPY CHICKEN TAQUITOS mini tortilla, chicken, salsa verde	\$2.50 ea
VIETNAMESE MEATBALLS pork & beef, serrano chile, kaffir lime aioli, soy, peanuts	\$2.50 ea
RISOTTO & FARRO GRAIN "ARANCINI" VGT wild mushrooms, parmigiano reggiano & basil, served with basil parmesan aioli	\$2.25 ea



ASIAN DUCK CROQUE MONSIEUR	\$2.00 ea
NUESKE BACON & BRIE QUICHE	\$2.00 ea
BEEF SHEPHERD'S PIE petite herb pastry crust	\$2.00 ea
SMOKED CHICKEN STRUDEL dijon mustard	\$2.00 ea
BRAISED PORK QUESADILLAS tomato salsa	\$2.00 ea
CHICKEN POTSTICKER ponzu glaze	\$2.00 ea
ANGUS BEEF MEATBALLS Maker's Mark™, brown sugar bbq glaze	\$1.50 ea
MOROCCAN CHICKEN SKEWERS GF ginger coconut creme	\$1.50 ea
MUSHROOM BOUCHEE VGT melted gruyere cheese, chives	\$1.50 ea



COMPOSED BUFFETS

minimum order 10 people. if changes are made, pricing will vary.

all composed buffets will be \$17.95 per person

FAJITA BAR

CHOOSE ONE OF THE FOLLOWING *hot:

chipotle and vegetable tofu, cumin lime chicken, or corona flank steak

ACCOMPANIED BY: sautéed onions & peppers, tomato, chihuahua cheese, pico de gallo, guacamole, mexican crema, shredded lettuce, flour tortillas

MEXICAN RICE *hot VGT GF VGN

rice, chiles, paprika, corn, fresh cilantro

BLACK BEAN SOFRITO *hot VGT GF VGN

black beans slow cooked with onions, green peppers, cumin



LITTLE ITALY

VEGETABLE CAPRESE SALAD VGT

roasted & grilled vegetables, hearts of palm, ciabatta croutons, tomato & fresh mozzarella, italian vinaigrette

CHICKEN ABRUZZI *hot GF

pan seared chicken breast, sun-ripened tomato sauce, garlic, fresh basil, fresh rosemary

RIGATONI CACCIATORE *hot VGT

rigatoni pasta, sweet peppers & mushrooms, oregano & zesty tomato sauce, parmesan cheese

ASIAN WOK

MANDARIN SALAD VGT VGN

shredded napa cabbage & romaine lettuce, red pepper, water chestnuts & orange segments, sesame vinaigrette

SZECHWAN BEEF STIR FRY *hot

szechwan marinated beef, red pepper, bean sprouts, baby corn, fresh ginger & garlic, steamed white rice

ASIAN VEGETABLE AND NOODLE SALAD VGT

glass noodles, crisp julienne vegetables, toasted sesame rice wine vinaigrette

MEDITERRANEAN

GREEK SALAD VGT GF

romaine lettuce, cucumber, red onion, feta, kalamata olives, red wine oregano vinaigrette

GRILLED YOGURT-SESAME

MARINATED CHICKEN *hot GF

chicken, preserved lemon, mediterranean dried apricot & olive relish

WHOLE WHEAT COUSCOUS *hot VGT

couscous, balsamic scented vegetable broth, caramelized yellow squash, cherry tomato, basil, mint

THYME ROASTED CHICKEN

MESCLUN GREEN SALAD VGT

mesclun greens, herbs de provence roasted vegetables, creamy chevre, baguette croutons, dijon mustard dressing

ROASTED CHICKEN BREAST *hot GF

chicken, roasted fingerling potatoes, caramelized shallots, thyme au jus

WHOLE WHEAT CREPES FLORENTINE *hot VGT

crepes, sautéed baby spinach, gruyere cheese crème



*cuisines with a
cultural perspective*



COMPOSED BUFFETS

minimum order 10 people. if changes are made, pricing will vary.

all composed buffets will be \$17.95 per person

ALL AMERICAN BBQ

MOZZARELLA & TOMATO SALAD WITH BASIL VGT GF
grape tomatoes, mozzarella, mixed greens, olive oil, fresh basil

BBQ SMOKED BEEF BRISKET *hot GF
brisket, sweet & spicy bbq sauce

OLD FASHIONED MACARONI & CHEESE *hot VGT
elbow macaroni, rich cheddar cheese sauce, bread crumb topping

CORN MUFFINS *hot VGT
corn muffins, honey butter

BURGER BAR

CHOOSE TWO OF THE FOLLOWING *hot:
1/3 lb. angus ranch burger, herb & caramelized onion turkey, black bean quinoa

TUSCAN TATER TOTS *hot VGT
tater tots, grated parmesan, parsley

HOUSE SALAD VGT
romaine & iceberg lettuces, tomato, cucumbers, carrot, croutons, italian vinaigrette

TOPPINGS BAR: american, aged cheddar, swiss, sliced tomato, sweet onion, lettuce, mayo, ketchup, mustard, pickles, classic sesame bun

HOT DOGS BAR

HOUSE SALAD VGT
romaine & iceberg lettuces, tomato, cucumbers, carrot, croutons, italian vinaigrette

CHICAGO'S FAMOUS STEAMED HOT DOG *hot
mustard, onion, relish, pickles, sport peppers, celery salt, ketchup

HOME-FRIED POTATO CHIPS VGT GF VGN
garlic black truffle seasoned chips



FRIED CHICKEN BAR

SOUTHERN STYLE BUTTERMILK TWICE DIPPED FRIED CHICKEN *hot

THREE CHEESE BACON MAC *hot
macaroni, gruyere, parmesan, white cheddar

ROASTED JALAPEÑO CORN BREAD MUFFINS VGT
corn muffins, spicy jalapeño, aged cheddar



ITALIAN BEEF

CHOPPED SALAD GF
tomatoes, bacon, scallion, bleu cheese, red wine vinaigrette

BUILD YOUR OWN ITALIAN BEEF *hot
beef, soft hoagie roll, sweet peppers, hot giardiniera, ketchup

STEAK CUT FRIES *hot VGT GF VGN
sea salt, pepper

BAKED ZITI BAR

BAKED ZITI *hot VGT
ziti, zesty marinara sauce, mozzarella cheese, ricotta cheese

ITALIAN SAUSAGE *hot add \$2.95 pp
upon request

CAESAR SALAD VGT
crisp romaine, cherry tomatoes, parmesan, crunchy croutons
classic caesar dressing

GARLIC BREAD



CREATE YOUR OWN BUFFET

minimum order 10 people

choose one salad or soup, one side and one entree for \$17.95 pp

CRISP & REFRESHING SALADS

\$3.95 pp add chicken \$2.95 pp

GRILLED PEAR & PISTACHIO SALAD VGT GF VGN
locally farmed bibb lettuce, radicchio, pistachio vinaigrette

**TOASTED ALMOND &
ROASTED GRAPE SALAD** VGT GF VGN
field greens, toasted almonds, roasted grapes, balsamic
vinaigrette

APPLE & QUESO FRESCO SALAD VGT GF
crisp leaf lettuce, apples, queso fresco, marcona almonds,
champagne vinaigrette

CITRUS & TOASTED WALNUT SALAD VGT GF VGN
spring mixed greens, oranges, grapefruit, pineapple, candied
walnuts, raspberry-poppyseed dressing

CHOPPED SALAD GF
lettuce, tomatoes, bacon, scallion, bleu cheese,
red wine vinaigrette

SANTA FE SALAD VGT
romaine lettuce, corn, black beans, cheese, tortilla strips,
tomatoes, mixed greens, spicy peanut-cilantro vinaigrette

GREEK SALAD VGT GF
romaine lettuce, cucumber, red onion, feta, kalamata olives,
red wine oregano vinaigrette

GRILLED VEGETABLE SALAD VGT
lettuce, seasonal squashes, mushrooms, red peppers, romaine
lettuce hearts, fried onions, basil vinaigrette

CAESAR SALAD VGT
romaine lettuce, cherry tomatoes, parmesan, croutons,
caesar dressing

HOUSE SALAD VGT
romaine & iceberg lettuces, tomato, cucumbers, carrot,
croutons, italian vinaigrette

BABY SPINACH SALAD VGT
spinach, granny smith apple chutney, bourbon roasted
cranberries, brie, candied pecans, champagne vinaigrette

SOUPS UP!

\$3.95 pp

CREAMY TOMATO BISQUE VGT GF

CLASSIC CHICKEN NOODLE SOUP
chicken breast, egg noodles, carrots, celery, onion

SMOKED BRISKET CHILI
black beans, chipotle, hint of coffee



*sophisticated with
a side of adventure*



CREATE YOUR OWN BUFFET

minimum order 10 people

choose one salad or soup, one side and one entree for \$17.95 pp

à la carte entrées \$10.95 pp

add bread for \$2.75 pp

BEEF ENTREES

CHIMICHURRI RUBBED FLANK STEAK GF

medium rare steak, thinly sliced steak, chimichurri rub, mesclun greens

BASIL DRESSED FLANK STEAK GF

medium rare steak, raspberry onions, horseradish sauce, mesclun greens

BRAISED BONELESS SHORT RIBS *hot GF

short ribs, orange marmalade glaze

POULTRY ENTREES

APPLE CIDER BRINED TURKEY BREAST *hot GF

turkey, cranberry jus

GRILLED LIME CHICKEN BREAST *hot GF

grilled chicken

BRAISED CHICKEN BREAST *hot GF

chicken, poblano peppers, pickled onions, diced tomatoes

LEMON & GARLIC

GRILLED CHICKEN WITH ARTICHOKE *hot GF

chicken, olive oil roasted artichoke hearts, sliced garlic, sliced italian tomatoes, torn oregano

BALSAMIC GLAZED CHICKEN ROULADE *hot GF

chicken breast, herbs, ricotta cheese

ROASTED CHICKEN WITH

HERB-VEGETABLE FRICASSEE *hot GF

chicken, citrus scented chicken jus

FISH ENTREES

GRILLED LOCAL SALMON

salmon, spicy soy glaze, pineapple chutney

THYME MARINATED SALMON

salmon, roasted red peppers, citrus vinaigrette

LIME GRILLED SALMON GF

salmon, mango cucumber vinaigrette

GRILLED SUSTAINABLE COD GF

cod, macadamia nuts, pineapple



FRESHLY BAKED BREADS

served with packets of butter

RUSTIC ITALIAN BREAD DISPLAY VGT

fennel raisin twist, olio ciabatta, multigrain sunflower baguette, sesame flatbread, mini round tomato focaccia

PARKER HOUSE DINNER ROLLS VGT

SALTED TRUFFLE PAN BREAD VGT

CORNMEAL DUSTED CIABATTA VGT

VEGETARIAN ENTREES

BASIL DRESSED TOFU VGT GF

tofu, raspberry onions, horseradish sauce

EGGPLANT PARMESAN *hot VGT

eggplant parmesan, fresh herbs, tomato sauce

SPINACH & RICOTTA RAVIOLI *hot VGT

ravioli, tomato basil marinara, grated grana padano cheese

GLUTEN FREE PENNE PRIMAVERA *hot VGT GF

penne, extra virgin olive oil, tomatoes, peas, broccoli, red onions, yellow & red peppers

QUATTRO FORMAGGI GNOCCHI *hot VGT

italian potato dumplings, four cheese sauce (parmesan, romano, gorgonzola, asiago)

CHAR-GRILLED TOFU VGT GF VGN

tofu, extra virgin olive oil vinaigrette



CREATE YOUR OWN BUFFET

minimum order 10 people

choose one salad or soup, one side and one entree for \$17.95 pp

à la carte sides \$3.95 pp

TAKING SIDES {COLD}

ISRAELI COUSCOUS VGT

couscous, sundried tomatoes, baby mozzarella cheese

TOASTED BARLEY VGT VGN

barley, asparagus, roasted pepper, cider vinaigrette

SWEET POTATO SALAD VGT GF

sweet potatoes, toasted pecans, scallions, honey mustard vinaigrette

POTATO SALAD VGT GF

potato, pommery mustard, lemon scented shallots, scallions

CAPRESE SALAD VGT GF

fresh mozzarella, basil, tomato

COLORFUL QUINOA SALAD VGT GF

quinoa, citrus-mint vinaigrette, blueberries, dried apricots, strawberry slivers, edamame, garnished mint leaves

PASTA SALAD VGT

rotini pasta, red pepper, red onion, celery, parsley, cherry tomatoes, cucumbers, italian vinaigrette

BASIL GNOCCHI SALAD VGT

gnocchi, pine nuts, oven roasted grape tomatoes, fresh herbs



TAKING SIDES {HOT}

ROASTED CARROTS VGT GF

carrots, sea salt, butter

LEMON BASTED BROCCOLI VGT

broccoli, garlic, lemon butter

SEASONAL SQUASH VGT GF

squash, roasted onions, granny smith apples, spiced hazelnuts

GRILLED ASPARAGUS VGT GF

asparagus, olive oil, kosher salt, pepper

GREEN BEANS VGT GF VGN

SWEET CORN VGT GF

corn, butter

CAULIFLOWER VGT GF

cauliflower, turmeric

SEASONAL HERB VEGETABLES VGT GF VGN

MASHED POTATOES VGT

potatoes, mascarpone cheese, thyme

CREAMY SCALLOPED POTATOES VGT GF

potatoes, aged white cheddar

OVEN ROASTED POTATOES VGT GF VGN

red roasted potato wedges, garlic, herbs

IDAHO POTATOES VGT GF VGN

potatoes, braised leeks, whole grain mustard, flat leaf parsley

SPICED SWEET POTATO WEDGES VGT GF

oven roasted sweet potatoes, cilantro garlic aioli

VESUVIUS FUSILLI VGT

fusilli, tomatoes, brown butter

STEAMED JASMINE RICE VGT GF VGN

WILD RICE PILAF VGT GF VGN

wild rice pilaf, succotash of squash, tomatoes

BASMATI RICE VGT GF VGN

basmati rice, poblano peppers, pickled onions, diced tomatoes

SAGE BREAD STUFFING VGT



SNACK ATTACK

minimum order 10 people

WARM SOFT PRETZEL BITES \$35.00 serves 10
tossed in cinnamon sugar

WARM SOFT PRETZEL BITES \$35.00 serves 10
cheese sauce & honey dipping sauce

**BOWL OF GOURMET
FLAVORED POPCORN** VGT \$5.00 ea
caramel corn, cheese or chocolate drizzled

RICE KRISPIE TREATS VGT \$2.00 ea

"THE FLAPJACK" VGT \$3.00 ea
house made trail mix bar

RAW ENERGY TRAIL MIX VGT GF VGN \$5.00 ea
walnuts, pumpkin seeds, sunflower seeds, cinnamon, nutmeg,
sea salt, dried apricots, dried cranberries, chocolate chips

SPICY & SAVORY TRAIL MIX VGT \$5.00 ea
almonds, sunflower seeds, wasabi peas, sesame sticks, pretzels

SWEET SENSATION TRAIL MIX VGT \$5.00 ea
m&m's, peanuts, pretzels, chocolate chips, raisins

ASSORTED MIXED NUTS VGT GF VGN \$6.00 ea

ASSORTED WHOLE FRUIT VGT GF VGN \$1.50 ea

ASSORTED DIPPED PRETZELS VGT \$1.50 ea

MINI SANDWICHES *see choices below* \$40.00 dz

PINWHEELS *see choices below* \$25.00 dz

turkey fresco

mustard grilled chicken

chicken banh mi

honey glazed salmon

slow roasted pork shoulder

roast beef

charcuterie

grilled eggplant VGT

smoked zucchini VGT

MINI SANDWICHES

served on your choice of ciabatta or pretzel roll

PINWHEELS

served on your choice of tomato, spinach or
gluten free tortilla



SWEETS & DRINKS

minimum order 10 people

SWEET TOOTH

sm serves 10-15 lg serves 20-25

ALL SWEET TOOTH DESSERTS ARE VGT

- COOKIE ASSORTMENT** \$30.00 sm \$45.00 lg
chocolate chip, oatmeal raisin, sugar, white chocolate macadamia nut
- DESSERT BAR ASSORTMENT** \$30.00 sm \$45.00 lg
brownie, pecan bar, lemon bar, coconut chocolate macaroon bar
- CUPCAKE ASSORTMENT** \$30.00 sm \$55.00 lg
red velvet, double chocolate, peanut butter, white chocolate pistachio
- PETITE SWEET TRAY** \$40.00 sm \$65.00 lg
exotic fruit petit choux bun
millionaire tartlets
chocolate coconut rum cups GF
pistachio french macarons GF
- MINI COOKIE ASSORTMENT** \$40.00 sm \$55.00 lg
chocolate chip, oatmeal raisin, sugar, white chocolate macadamia nut
- MINI CUPCAKE ASSORTMENT** \$40.00 sm \$65.00 lg
red velvet, double chocolate, peanut butter, white chocolate pistachio



CHILLIN' BEVVIES

gallon serves 12-15

- BLACKBERRY CITRUS "SANGRIA"** VGT GF VGN \$30.00 gal
- PASSIONFRUIT MANGO ICED TEA** VGT GF VGN \$30.00 gal
- STRAWBERRY POMEGRANATE LEMONADE** VGT GF VGN \$30.00 gal
- ICED TEA** VGT GF VGN \$22.00 gal
- LEMONADE** VGT GF VGN \$22.00 gal
- SODA** \$1.95 ea
coke, diet coke, sprite, diet sprite
- JUICE** \$1.75 ea
apple juice, orange juice, cranberry juice
- BOTTLED WATER** \$1.75 ea
- SEASONAL "JUICE" BAR** \$6.00 pp
strawberry pomegranate lemonade, passionfruit mango iced tea, blackberry citrus "sangria".
garnishes: cherries, lemons, butter cookies



HOT STUFF

- COFFEE** VGT \$18.00 sm \$45.00 lg
serves 10 serves 40
Organic Fair Trade Colectivo & decaf coffee, sugar, cream, milk, sweeteners. served in an insulated box
- TEA** VGT \$16.00 sm \$40.00 lg
serves 10 serves 40
mighty leaf tea, sugar, cream, milk, lemon, sweeteners. served in an insulated box.
- HOT CHOCOLATE** VGT GF \$30.00 sm \$60.00 lg
seasonal serves 10 serves 20
- HOT CIDER** VGT GF VGN \$30.00 sm \$60.00 lg
serves 10 serves 20
- SEASONAL HOT CHOCOLATE BAR** VGT \$6.00 pp
original hot chocolate, mexican hot chocolate, red velvet, buttermilk hot chocolate
toppings: whipped cream, chocolate shavings, colored sprinkles, crushed peppermint, marshmallow

