



# LOW IMPACT MENU

“We do not own this planet; we borrow it from our children.”



FOOD FOR THOUGHT

# LOW IMPACT MENU

We have a philosophy that tasty food should be sustainable food. Food For Thought understands its environmental impact and responsibility, and is committed to consciously reducing its effect on global climate change.

We are Chicago's first caterer to earn Green Seal Certification, a program with strict criteria for human health, reduced environmental impact and community stewardship.



## 1. OFFER CLIENTS LOWER IMPACT SELECTIONS IN OUR MENUS INCLUDING:

- Vegetable-Forward Dishes
- Cage-Free Eggs
- Ethically-Sourced Ingredients
- Responsibly-Sourced Seafood

## 2. UTILIZE LOCAL MIDWEST PRODUCERS AND SEASONAL ITEMS WHENEVER POSSIBLE

## 3. SUPPLY SUSTAINABLE SERVICEWARE, PLATES, CUPS AND FLATWARE

## 4. WORK TO REDUCE THE FOOD INDUSTRY'S WASTING OF 1/3 OF ALL FOOD PRODUCTS PRODUCED

## 5. CONTINUOUSLY EDUCATE OUR STAFF AND CUSTOMERS TO CREATE POSITIVE CHANGE

#1

**FIRST CHICAGO CATERER**  
to eliminate single-use plastic straws

52

**TONS OF FOOD**  
is composted by Food For Thought each year

400+

**POUNDS OF OIL**  
from our kitchen has been converted into biodiesel



### SUSTAINABLE PACKAGING

All products in this menu are served in sustainable packaging. Palm plates, eco forks, knives, and napkins can be included for \$1.50pp.

# BREAKFAST

**SEASONAL FRUIT CUPS** VGN GF.....\$3.75 PP

Seasonal Fruit

**“MUESLI” OVERNIGHT OATS** VGT.....\$5.75 PP

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

**“ON THE RUN” CROSSFIT KIT** VGT GF.....\$10.95 PP

Cage-Free Hard Boiled Egg, Banana Chips with Sunflower Butter,  
Nuts & Seeds Trail Mix

**NY BAGELS OR BIALYS** VGN .....\$41.00 PER DOZEN

Choice of Cream Cheeses & Jams

MAKE IT A SMOKED SALMON PLATTER.....ADD \$13.25 PP

with Cucumber, Tomato, Red Onion & Capers

**FRESH BAKED PASTRIES** VGT.....\$32.00 PER DOZEN

Multigrain Croissant, Pain Au Chocolate, Berry Croissant,  
Mango Danish, Cheese Danish, Cheddar Chive Scones

**“BITES”** VGT.....\$30.00 PER DOZEN

Mini Muffins, Mini Plain Croissants &  
Mini Pain Au Chocolate, Butter, Jam

**SLICED FRUIT PLATTER** VGN GF.....SM \$50.00 LG \$75.00

Seasonal Fruit

**HEALTHY START EGG WHITE WRAP** VGT.....\$6.25 PP

Egg Whites, Garbanzo Salad, Oil-Cured Tomatoes, Feta,  
Kalamata Tapenade, Nut-Free Basil Pesto

## CONTINENTAL BOX

\$10.95 PP

MINI MUFFINS VGT

FRUIT VGN GF

HARD BOILED EGG VGT GF

OVERNIGHT OATS VGT



## WHY CAGE FREE?

Cage-free hens have the ability to walk, spread their wings, and lay their eggs in nests, all vital natural behaviors that are denied to cage-confined hens.

# SNACKS & HORS D'OEUVRES

SMALL SERVES 10 - 15, LARGE SERVES 15 - 20

## MIDWEST CHARCUTERIE & CHEESE

SM \$87.50 LG \$150.50

Prairie Breeze Cheddar, Marieke Gouda paired with offerings from Chicago Salumi & Smoking Goose  
Served with Assorted Flatbreads, Dried Fruits & Brazil Nuts

## MIXES

INDIVIDUALLY PACKAGED, \$9.00 PP

### THE SWEET & SALTY VGT GF

Brazil Nuts, Pepitas, Sunflower Seeds, Cinnamon, Nutmeg, Sea Salt, Chocolate Chips, Dried Apricots & Craisins

### THE PAN-ASIAN VGN

Brazil Nuts, Wasabi Peas, Sesame Sticks, Almonds, Sunflower Seeds, Pretzels

## SEASONAL VEGETABLE CRUDITE

SM \$40.00 LG \$75.00

Kefir Ranch VGT GF, Roasted Red Pepper Chimichurri VGN GF, Edamame Hummus VGN GF

## HUMMUS STREET STAND

SM \$65.00 LG \$125.00

Served With Fresh Pita, Local Windcrest Dairy Greek Yogurt & Veggie Sticks

### PICK THREE:

- Roasted Carrot VGN GF
- Traditional VGN GF
- Avocado Lime VGN GF
- Caramelized Cauliflower VGN GF
- Heirloom Beet VGN GF
- Pistachio Parsnip VGN GF

## HORS D'OEUVRES

### VEGETABLE

\$34.50 PER DOZEN

#### DEVEILED POTATOES VGT GF

Dill & Roasted Garlic Creme,  
Creole Spiced Crispy Leeks

#### FRUIT SKEWER VGN GF

Seasonal Melon, Pineapple,  
Strawberry

### POULTRY

\$39.50 PER DOZEN

#### ANTIPASTO SKEWER GF

Chicken Sausage, Marinated Artichoke,  
Basil, Fresh Mozzarella, Oven-Dried Tomato

#### TURKEY SHAWARMA MEATBALLS

Shakshuka Sauce

### SEAFOOD

\$47.50 PER DOZEN

#### SHRIMP & SCALLION SHUMAI

Passionfruit Dipping Sauce

#### HOISIN GRILLED SHRIMP

Citrus Marinade



# SANDWICH BOX & PLATTERS

## VEGGIE BANH MI VGT

Lemongrass & Coriander Tofu, Pickled Vegetables, Cilantro, Jalapeno, Sriracha Mayonnaise, Baguette

## TURKEY FRESCO SANDWICH

Honey Roasted Turkey Breast, Aged White Cheddar, Leaf Lettuce, Tomato, Basil-Tarragon Aioli, Artisan Roll

## HONEY MUSTARD GRILLED CHICKEN SANDWICH

Sun-Dried Tomato Tapenade, Baby Spinach, Pickled Shallots, Dijonnaise, Ciabatta Roll

## ROASTED CHICKEN SALAD SANDWICH

Pickled Raisins, Granny Smith Apple, Caramelized Onions, Brazil Nuts, Lemon Aioli, Artisan Roll

## GRILLED EGGPLANT & BELL PEPPER SANDWICH VGT

Herb & Oil Marinade, Olive Salad, Provolone, Cured Tomatoes, Tahini Hummus, Potato Roll

## KICKED UP CHICKEN CAESAR WRAP

Grilled Chicken Breast, Romaine, Golden Croutons, Chipotle Caesar Dressing, Tomato Tortilla, Shaved Grana Padano

## HUMMUS & ROASTED VEGETABLE WRAP VGT

Balsamic & Herb Marinated Vegetables, Baby Arugula, Watercress, Goat Cheese, Spinach Tortilla

## SO. CAL TUNA SALAD SANDWICH

Lemon & Dill Vinaigrette Dressed Albacore Tuna, Roma Tomatoes, Avocado, Alfalfa Sprouts, Caper Aioli, Green Olive Tapenade, Whole Wheat Bread

## VINE TOMATO & FRESH MOZZARELLA SANDWICH VGT

Roasted Bell Peppers, Watercress, Torn Basil, Black Olive Tapenade, Herb Ciabatta Roll

**STANDARD BOX**.....\$14.50 PP  
Sandwich/Wrap, Chips & Cookie

**EXECUTIVE BOX**.....\$15.50 PP  
Sandwich/Wrap, Pesto Pasta Salad, Chips & Cookie



## NEED A PLATTER?

**STANDARD PLATTER**.....\$14.75 PP  
Choice of 4 Sandwiches (one per portion),  
Chef's Choice Side or Chips & Cookies

**EXECUTIVE PLATTER**.....\$16.75 PP  
Choice of 4 Sandwiches (one per portion),  
Chef's Choice Side or Fresh Fruit, Chips & Cookies

## PINWHEELS & MINIS

\$30.00 PER DOZEN

**TURKEY FRESCO**

**HONEY MUSTARD GRILLED CHICKEN**

**HUMMUS & ROASTED VEGETABLE VGT**

**VINE TOMATO & FRESH MOZZARELLA VGT**

**SO. CAL TUNA SALAD**

# SALADS

## CLASSIC SALAD BOXES

Salad, Roll & Cookie.....\$12.75

### APPLE & QUESO FRESCO VGT GF

Green Leaf Lettuce, Apples, Crumbled Queso Fresco, Brazil Nuts, Champagne Vinaigrette

### CITRUS & BRAZIL NUT SALAD VGN

Mesclun Mixed Greens, Oranges, Ruby Grapefruit, Pineapple, Brazil Nuts, Raspberry-Poppy Seed Dressing

### THE CHOPPED VGT

Romaine, Tomatoes, Green Onions, Haricot Vert, Sweet Corn, Petite Green Peas, Bleu Cheese, Red Wine Dijon Vinaigrette

## GOURMET SALAD BOXES

Salad, Roll & Cookie.....\$16.95

### BABY KALE & ARUGULA GREENS VGT

Roasted Sweet Potato, Sweet N Sour Fresno Chillies, Grana Padano, Ancient Grains, Charred Lemon Vinaigrette

### ROASTED ROOTS VGT

Carrot, Beets roasted in Cumin-Honey Vinaigrette, Quinoa & Toasted Farro, Oranges, Hazelnuts, Watercress & Baby Arugula, Toasted Pita, Jalapeño Yogurt Dressing

### TOFU MOLE "COBB" VGT

Grilled Tofu, Cage Free Egg, Vine Ripened Tomato, Soy-Chorizo, Queso Fresco, Grilled Scallion, Avocado, Chopped Greens, Cilantro-Lime Ranch Dressing

### SESAME-GLAZED SALMON

Asian Mixed Greens, Navel Oranges, Edamame, Sugar Snap & Snow Peas, Red Bell Pepper, White Miso Dressing

## COMMUNITY GARDEN

\$9.50

### BUILD YOUR OWN SALAD BAR VGT

Chopped Romaine, Baby Arugula & Spinach, Seasonally Inspired Ingredients, Chickpeas, Sunflower Seeds & Crumbled Aged Cheddar W/ Assorted Vinaigrettes

ADD CHICKEN \$2.95PP, ADD TOFU \$2.95PP,  
ADD SHRIMP \$3.95PP, ADD FLANK STEAK \$4.25PP

ADD PARKER HOUSE DINNER ROLLS VGT  
PARMESAN & BUTTER CRUST \$2.75PP



## WHY BRAZIL NUTS?

There are few pollinators for Brazil nuts, and those pollinators will only act when Brazil nut trees grow in the wild. The industry in turn protects and preserves patches of wild rainforest, making it one of the lowest impact nuts to produce.



# SWEETS & BEVERAGES

## PETITE SWEET ASSORTMENT

\$40.00 PER DOZEN

### EXOTIC FRUIT PETITE CHOUX BUN

Mango and Passion Fruit Custard

### MILLIONAIRE TART

Candied Peanuts, Caramel, Chocolate Ganache  
and Gold Sparkle

### CHOCOLATE COCONUT RUM CUP GF

Chocolate Cup filled with Rum Cream and Bittersweet  
Chocolate Ganache, Topped With Coconut Flakes

### PISTACHIO FRENCH MACARON GF

Crispy Shell - Soft Center Cookies, Pistachio Buttercream

## DESSERT BAR ASSORTMENT

\$31.00 PER DOZEN

Brown Butter Brownie, Pecan Bar, Lemon Bar,  
Coconut Chocolate Macaron Bar

## CHILLED HOUSEMADE BEVERAGES

GALLON SERVES 12 - 15 PEOPLE

### BLACKBERRY CITRUS VIRGIN "SANGRIA"

\$30.00 PER GALLON

### PASSIONFRUIT MANGO ICED TEA

\$30.00 PER GALLON

### THE MATCHA "PALMER"

\$30.00 PER GALLON

## HOT BEVERAGES

SMALL SERVES 8 - 10  
LARGE SERVES 40 - 50

### BIG SHOULDERS FAIR TRADE COFFEE

\$22.50 SMALL \$64.50 LARGE

Sugar, Cream, Milk, Sweeteners

### RISHI ORGANIC LEAF TEAS

\$16.00 SMALL \$40.00 LARGE

Sugar, Cream, Milk, Lemon, Sweeteners



# LOW IMPACT PARTNERS



MICK KLUG FARMS, ST. JOSEPH, MICHIGAN

MINT CREEK FARMS, CABERY, ILLINOIS

NICHOLS FARMS, MARENGO, ILLINOIS

SEEDLING FARMS, SOUTH HAVEN, MICHIGAN

LIVING WATERS, STRAWN, ILLINOIS

NORDIC CREAMERY, WESTBY, WISCONSIN



## VERTERRA ECO-FRIENDLY SERVINGWARE

Our dinnerware is made from fallen palm leaves, steam, heat and pressure. No plants or trees are cut or harmed in the process. VerTerra products are BPI-certified compostable and naturally biodegradable.



## THE JUST EGG

After years of development by Michelin-starred chefs and world-class product developers, the JUST Egg is here. Made entirely from plants, it's packed with clean, sustainable protein, and scrambles and tastes like eggs.



## COLLECTIVE RESOURCE

Women-owned, Evanston-based Collective Resource is a food scrap pickup service that aims to reduce the amount of waste brought to landfills. Through their residential and commercial clients, an average 20 tons per week of food waste is diverted from landfills.