signature trays

Minimum (15) guests. All selections include side salad or pasta salad, potato chips, cookies & soda.

SIGNATURE DELI TRAY\$14.50 PPslicedroastturkeybreast,slicedgrilledchickenbreast& tunasalad.Servedwithcheddar,provolone,lettuce,tomato,carrot& celerysticks,chipotlemayo & assortedfreshbakedbreads



boxed lunches

Minimum (15) guests.

BASIC BOX (VGT/VGN AVAILABLE) \$11.75 PP choice of original salad or sandwich, kettle chips, brownie or cookie

SIGNATURE BOX (VGT/VGN AVAILABLE) \$13.75 PP choice of signature salad or sandwich, kettle chips, pasta salad, brownie or cookie

INDIVIDUAL PIZZA (VGT AVAILABLE) \$10.75 PP cheese, pepperoni, sausage, & vegetarian with choice of side original salad, brownie or cookie

side dish platters

Small serves (8), medium serves (16), large serves (32)

VEGETABLE CRUDITES VGT SM \$25.95 MD \$52.00 LG \$104.00 served with caramelized onion dip or roasted garlic hummus

CHIPS, SALSA & GUACAMOLE VGN SM \$30.00 MD \$60.00 LG \$120.00 market fluctuations may vary pricing

MIDWESTERN CHEESE DISPLAY VGT

SM \$40.00 MD \$80.00 LG \$145.00 served with dried fruit, candied walnuts & crackers

CHICKEN SALAD & CRACKERS VGN SM \$24.00 MD \$45.00 LG \$75.00 traditional chicken salad served with crackers

prepared snacks -

Some of your favorite prepared snacks.

HOUSE CHIPS VGT	\$2.00 EACH
plain, bbq spice or parmesan ranch	

DIPPED PRETZELS VGT \$3.25 EACH choice of chocolate or yogurt dipped

VEGGIE + HUMMUS CUPS VGT \$3.25 EACH carrots, celery sticks with side of hummus

beverages —

All items are listed per item, unless noted.

COKE OR BOTTLED WATER \$1.50 coke, diet coke, sprite or bottled water

HOUSE COFFEE SM\$18.00 ^{LG}\$36.00 served with sugar, sweeteners & cream

THE CLASSICS \$12.95 blackberry mojito limeade, sangria iced tea, agave lemonade - serves up to (6) people

INFUSED WATER WITH FRUIT \$10.00 ice water infused with fresh fruit - serves up to (15) people



sweets -

All items are listed per item, unless noted.

 FRESHLY BAKED COOKIES
 \$1.75

 assorted flavors
 \$1.75

CHEF'S DESSERT BARS \$3.50 caramel apple granny, oreo dream, chocolate pecan , lemon blueberry or assorted flavors

DOUBLE FUDGE BROWNIES\$2.50house-madefreshlybakeddoublebrowniesfudge



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breakfast

ITEMS PRICED PER PERSON, UNLESS NOTE

bundles

Bundles served with regular & decaf coffee, hot tea, bottled water & assorted breakfast juices.

BASIC BAR VGT

freshly baked assorted scones, coffee cake & muffins, fresh whole fruit with bananas, oranges & apples

FARMERS SPREAD GF

cheddar scrambled eggs, applewood smoked bacon or sausage, breakfast potatoes & seasonal fruit

WAKE UP CALL VGT

seasonal yogurt parfaits, bagels with cream cheese, fresh fruit & seasonal berry tray



by the dozen

Your breakfast favorites served by the dozen-no substitutes please.

ASSORTED BAKED SCONES VGT	\$21.00
ASSORTED DONUTS VGT	\$24.00
ASSORTED MUFFINS VGT cranberry walnut, blueberry, banana r poppy	\$24.00 nut, lemon
ASSORTED BAGELS VGT	\$36.00

plain & veggie cream cheese schmear

a la carte –

\$6.95

\$9.25

\$10.15

Minimum (15) guests.

SIGNATURE YOGURT PARFAITS ^{VGT} \$3.75 low fat vanilla yogurt, seasonal berries, granola

BREAKFAST BOX VGT \$\$\$ \$35.95 LG \$67.00 assortment of freshly baked scones, muffins, bagels & donuts

FRUIT & BERRY TRAY VGN GF SM \$31.95 LG \$58.95 assortment of fresh fruit with seasonal berries

TO GO BREAKFAST SANDWICHES \$5.00

ALL AMERICAN SANDWICH egg, bacon, cheese on a biscuit

CHICKEN SAUSAGE SANDWICH chicken sausage, egg, pico de gallo, cheese on english muffin

SAUSAGE SANDWICH sausage, egg, cheese, pico de gallo, peppers in a honey wheat wrap

EGG WHITE CRUNCH WRAP GF crispy bacon, parmesan cheese crisp, house made guacamole

VISIT OUR WEBSITE FOR CATERING DELIVERED TO ANY EVENT

WWW.FOODFORTHOUGHTCHICAGO.COM



ALL MENU PRICES ARE SUBJECT TO CHANGE ACCORDING TO SEASONALITY AND AVAILABILITY

VGT - VEGETARIAN GF - GLUTEN FREE VGN - VEGAN DF - DAIRY FREE



signature salads

Our signature salads prepared fresh for your event. Small feeds 8, Large feeds 16.

SOUTHWEST SALAD VGT SM \$34.95 LG \$64.95 cherry tomato, roasted corn, black beans, avocado, red onion, julienned peppers, queso fresco & tortilla strips with southwest ranch dressing

CITRUS AVOCADO VGT GF SM\$34.95 LG\$64.95 mixed greens, roasted walnuts, orange segments, avocado, feta cheese with lemon tahini dressing

SUPER FOOD BOWL VGN GF SM \$34.95 LG \$64.95 baby spinach, quinoa, sliced beets, edamame, avocado, sunflower seeds with parsley walnut vinaigrette



original salads -

Our original salads prepared fresh for your event. Small feeds 8, Large feeds 16.

HOUSE SALAD SM \$28.95 ^{LG} \$51.95 field greens, cucumbers, carrots, tomatoes, with an italian vinaigrette

CAESAR SM \$28.95 ^{LG} \$51.95 romaine, parmesan cheese, garlic croutons with caesar dressing

ADD GRILLED CHICKEN \$2.00 PP add chicken to any of our signature or original salads

sandwich platters

Minimum (15) guests. All selections include side salad or pasta salad, potato chips, cookies & soda. Upgrade to a side Signature Salad for only +\$2.00 more per guest.

SIGNATURE PLATTERS

Choose (3) signature sandwiches.

MALIBU\$14.50 PPgrilled chicken, applewood smoked bacon,
white cheddar, avocado, lettuce, tomato,
caramelized onion aioli on a ciabatta

DILLY DIJON HAM & SWISS \$14.50 PP black forest ham, swiss cheese, dilly dijon spread, spinach, roasted red peppers, tarragon pickled carrots on marble rye

SOUTHWEST TURKEY \$14.50 PP turkey, bacon, black bean spread, avocado, pepper jack, chipotle aioli on a telera roll

SPICY CAPRESE VGT \$14.50 PP sliced heirloom tomato, queso fresco, mixed greens, ialapeno pesto on a slice of artisan

sweet potato, three bean mix, avocado, salsa roja, queso fresco, mix greens on a tomato tortilla

\$14.50 PP

ORIGINAL PLATTERS

wheat bread

Choose (3) original sandwiches.

TURKEY\$13.50 PPhickory smoked turkey, provolone cheeseon 9 grain bread

CHICKEN \$13.50 PP grilled chicken breast, cheddar on spinach tortilla wrap

ROAST BEEF\$13.50 PPclassic medium rare roast beef, swisscheese on ciabatta

HAM \$13.50 PP black forest ham, white cheddar on pretzel bun

VEGGIE VGT \$13.50 PP cucumbers, avocado, tomato, cream cheese on wheat bread

global feature buffets ITEMS PRICED PER PERSON, UNLESS NOTED. ALL MENU PRICES ARE SUBJECT TO CHANGE ACCORDING TO SEASONALITY AND AVAILABILITY

buffets -

Minimum (15) guests - Orders must be placed 2-days before event.

CHICKEN WING BAR VGT OPTIONS AVAILABLE

\$12.95

choice of chicken wings or vegan chicken nuggets, choice of sauce: caribbean jerk, buffalo, parmesan garlic oil or chipotle BBQ, served with celery and carrot sticks, ranch and blue cheese dressing, parmesan ranch potato chips & fried cauliflower

PUERTO RICAN CHICKEN VGT, VGN, GF OPTIONS AVAILABLE

\$12.95

chicken, caribbean seasoned stewed pinto beans, caribbean seasoned rice, fried sweet plantains



MINI BURGERS VGT, GF OPTIONS AVAILABLE \$13.95

(3) mini burgers included per guest, choice of protein: angus beef burger, garlic & pepper turkey burger, or vegetarian quinoa burger, choice of cheese: white cheddar, swiss or colby jack, served with lettuce tomato, onions, housemade potato chips & potato salad served on slider buns

PASTA PARTY VGT, VGN OPTIONS AVAILABLE \$12.95

choice of two: baked penne bolognese, spinach & artichoke ziti, florentine ravioli with roasted brocoli and pesto cream reduction or red lentil pasta with roasted vegetables & tomato basil sauce ^(VGN, GF), served with house salad or caesar salad & garlic bread.

Add chicken or italian sausage +\$2.00 pp

QSA AMERICAN BBQ

\$13.95

choice of: dry rubbed chicken quarters, slow roasted beef brisket (+\$2.50) or bbq tofu cutlet, choice of sauce: sticky kansas city or carolina mustard, choice of two sides: baked beans with candied bacon, jalapeño corn bread with honey butter, skin on potato salad with charred scallion or baked mac & cheese with lentil pasta ^(GF)

PLEASE ALLOW A TWO-DAY NOTICE WHEN ORDERING GLOBAL BUFFETS VGT - VEGETARIAN GF - GLUTEN FREE VGN - VEGAN DF - DAIRY FREE



KOREAN RICE BOWL

\$12.95

\$13.95

choice of: cauliflower rice or italian farro seasoned halal chicken thigh, seasoned pork shoulder, seasoned tofu gochujang or sweet siracha sauce, served with vegetarian kim chi, pickled carrots, shallots, cucumber, radish, zucchini & yellow squash noodles

PROTEIN BAR

choice of: whole 30 paleo citrus grilled chicken, whole 30 grilled salmon with a mango relish, or grilled marinated tofu, choice of side: brown rice or mixed grains, served with cauliflower, shredded brussel sprouts, red cabbage, pickled red onion, sunflower seeds, avocado & green goddess dressing

CURRY UP INDIAN GRILL

choice of: halal chicken thigh or seasoned ground beef served with naan bread, pickled onion, shaved jalapeño, mixed greens, cilantro, sliced tomato, lime and mango chutney. choice of tikka masala sauce or coconut curry sauce

TACO BAR

\$12.95

\$12.95

seasoned angus beef, chicken tinga, spanish rice, refried beans, traditional toppings, corn & flour tortillas

add guacamole +\$1.50 per person

ZATA MEDITERRANEAN GRILLE

\$13.95

choice of: grilled chicken sharwarma, grilled beef kabob or mediterranean falafel, choice of sauce: cucumber herb yogurt or sunflower seed harissa, choice of two salads: chickpea and cucumber salad, grilled artichoke and olive salad, or tabbouleh salad served with hummus & pita

