

signature trays

Minimum (10) guests. All selections include side salad or pasta salad, potato chips, & cookies.

SIGNATURE DELI TRAY **\$16.75 PP**

roasted turkey breast, roasted chicken breast, tuna salad; served with cheddar, provolone, lettuce, tomato, carrot & celery sticks, chipotle mayo & assorted fresh baked breads



boxed lunches

Minimum (10) guests.

BASIC BOX (VGT/VGN AVAILABLE) **\$13.50 PP**

choice of original salad or sandwich, kettle chips, brownie or cookie

SIGNATURE BOX (VGT/VGN AVAILABLE) **\$15.75 PP**

choice of signature salad or sandwich, kettle chips, pasta salad, brownie or cookie

side dish platters

All items are listed per item, unless noted.
Small serves (8), Medium serves (16), Large serves (32).

VEGETABLE CRUDITES VGT

SM **\$32.00** LG **\$66.00**

served with caramelized onion dip or roasted garlic hummus

CHIPS, SALSA & GUACAMOLE VGN GF

SM **\$38.50** MED **\$77.00** LG **\$131.00**

market fluctuations may vary pricing

MIDWESTERN CHEESE DISPLAY VGT

SM **\$72.00** MED **\$121.00** LG **\$220.00**

served with dried fruit, candied walnuts & crackers

CHARCUTERIE BOARD

SM **\$72.00** MED **\$121.00** LG **\$220.00**

served with dried fruit, candied walnuts & crackers

prepared snacks

Some of your favorite prepared snacks.

HOUSE CHIPS VGT **\$2.25 EACH**

plain, bbq spice or parmesan ranch

DIPPED PRETZELS VGT **\$3.75 EACH**

choice of chocolate or yogurt dipped

VEGGIE + HUMMUS CUPS VGT **\$3.75 EACH**

carrots, celery sticks with side of hummus

beverages

All items are listed per item, unless noted.
Small serves (8) - Large serves (16).

COKE OR BOTTLED WATER **\$2.25**

coke, diet coke, sprite or bottled water

HOUSE COFFEE **SM \$25.00 LG \$45.00**

served with sugar, sweeteners & cream

THE CLASSICS **\$14.25**

sangria iced tea or agave lemonade (serves 6)

INFUSED WATER WITH FRUIT **\$11.50**

ice water infused with fresh fruit - serves (15) people



sweets

All items are listed per item, unless noted.

FRESHLY BAKED COOKIES **\$2.25 EACH**

assorted flavors

CHEF'S DESSERT BARS **\$4.25 EACH**

caramel apple granny, oreo dream, chocolate pecan, lemon blueberry or assorted flavors

DOUBLE FUDGE BROWNIES **\$3.00 EACH**

house-made freshly baked double fudge brownies

cakes & cupcakes available

INQUIRE WITH THE CAFE MANAGER
TO GET MORE INFORMATION

catering menu



order online
CLICK. ORDER. PICKUP.

UL.FFTCHICAGO.COM



FOOD FOR THOUGHT

WWW.FOODFORTHOUGHTCHICAGO.COM



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

\$15.25

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

PUERTO RICAN CHICKEN VGT, VGN, GF OPTIONS AVAILABLE

\$15.25

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

PASTA PARTY VGT, VGN OPTIONS AVAILABLE

\$16.50

choice of two: baked penne bolognese, spinach & artichoke ziti, florentine ravioli with roasted broccoli & pesto cream reduction or red lentil pasta with roasted vegetables & tomato basil sauce, served with house or caesar salad & garlic bread

Add chicken or italian sausage +\$2.00 pp

QSA AMERICAN BBQ VGT, VGN OPTIONS AVAILABLE

\$17.50

choice of two: dry rubbed chicken quarters, slow roasted beef brisket or bbq tofu cutlet, choice of sauce: sticky kansas city or carolina mustard, choice of two sides: baked beans with candied bacon, jalapeno corn bread with honey butter, skin on potato salad with charred scallions or baked mac & cheese with lentil pasta



**CUSTOMIZED BUFFETS ARE AVAILABLE WITH (2) WEEKS NOTICE.
PLEASE CONTACT YOUR CAFE MANAGER FOR A QUOTE.**

**PLEASE ALLOW A (2) DAY NOTICE
WHEN ORDERING GLOBAL BUFFETS**

**VGT - VEGETARIAN
VGN - VEGAN**

**GF - GLUTEN FREE
DF - DAIRY FREE**



global feature buffets

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

KOREAN RICE BOWL VGT, VGN OPTIONS AVAILABLE

\$15.25

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 VGT, VGN OPTIONS AVAILABLE

\$18.75

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

\$15.25

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

\$15.25

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

add guacamole +\$1.50 per person

ZATA MEDITERRANEAN GRILLE VGT, VGN OPTIONS AVAILABLE

\$17.50

choice of: grilled chicken shawarma, 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





breakfast

ITEMS PRICED PER PERSON, UNLESS NOTED.

bundles

Minimum (10) guests. Bundles served with regular & decaf coffee, hot tea, bottled water & assorted breakfast juices.

BASIC BAR VGT **\$11.00 PP**
freshly baked assorted scones, coffee cake & muffins, fresh whole fruit with bananas, oranges & apples

FARMERS SPREAD GF **\$14.25 PP**
cheddar scrambled eggs, applewood smoked bacon or sausage, breakfast potatoes & seasonal fruit

WAKE UP CALL VGT **\$13.75 PP**
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 **\$34.50 DZ**

ASSORTED DONUTS VGT **\$34.50 DZ**

ASSORTED MUFFINS VGT **\$38.00 DZ**
cranberry walnut, blueberry, banana nut & lemon poppy

ASSORTED BAGELS VGT **\$38.00 DZ**
plain & veggie cream cheese

VISIT OUR WEBSITE FOR CATERING
DELIVERED TO ANY EVENT

WWW.FOODFORTHOUGHTCHICAGO.COM



F F T

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

a la carte

SIGNATURE YOGURT PARFAITS VGT **\$4.50**
low fat vanilla yogurt, seasonal berries, granola

BREAKFAST BOX VGT **\$34.50**
assortment of freshly baked scones, muffins, bagels & donuts (serves 15)

FRUIT & BERRY TRAY VGN GF **\$41.50 SM** **\$74.75 LG**
assortment of fresh fruit with seasonal berries (small serves 8 - large serves 16)



TO GO BREAKFAST SANDWICHES

ALL AMERICAN SANDWICH **\$6.25 EACH**
egg, bacon, cheese on a sourdough

TURKEY SAUSAGE SANDWICH **\$6.25 EACH**
turkey sausage, egg, pico de gallo, cheese, english muffin

SAUSAGE TECATE WRAP **\$6.25 EACH**
sausage, egg, cheddar cheese, pico de gallo, bell peppers, honey wheat wrap

STEAK BREAKFAST BURRITO **\$7.50 EACH**
chopped steak, cage free eggs, jack cheese, sauteed peppers & onions, seasoned potatoes, wheat tortilla, green salsa



VGT - VEGETARIAN
VGN - VEGAN

GF - GLUTEN FREE
DF - DAIRY FREE



lunch

ITEMS PRICED PER PERSON, UNLESS NOTED.

signature salads

Our signature salads prepared fresh for your event.
Small serves (8) - Large serves (16).

CHOPPED SALAD GF **\$41.50 SM** **\$82.50 LG**
romaine, chicken, bacon, avocado, tomato, blue cheese, green onions, corn, tortilla strips, citrus vinaigrette

SOUTHWEST SALAD VGT GF **\$41.50 SM** **\$82.50 LG**
cherry tomato, roasted corn, black beans, avocado, red onion, julienned peppers, queso fresco & tortilla strips with southwest ranch dressing

THAI CRUNCH **\$41.50 SM** **\$82.50 LG**
roasted chicken, super blend slaw, carrots, crispy wontons, cilantro, scallions & thai peanut dressing

FALAFEL VGN **\$41.50 SM** **\$82.50 LG**
mixed greens, falafel crumbles, roasted cauliflower, avocado, grape tomatoes, cucumbers, green onions, lemon tahini dressing



yum.

original salads

Our original salads prepared fresh for your event.
Small serves (8) - Large serves (16).

HOUSE SALAD VGT GF **\$34.50 SM** **\$69.00 LG**
field greens, cucumbers, carrots, tomatoes, with an italian vinaigrette

CAESAR VGT **\$34.50 SM** **\$69.00 LG**
romaine, parmesan cheese, garlic croutons with caesar dressing

ADD GRILLED CHICKEN GF **+\$2.50 PP**
add chicken to any of our signature or original salads

sandwich platters

Minimum (10) guests. All selections include side salad or pasta salad, potato chips, & cookies.
Upgrade to a side Signature Salad for only +\$2.00 PP

SIGNATURE PLATTERS

Choose (3) signature sandwiches.

MALIBU **\$16.75 PP**

grilled chicken, applewood smoked bacon, white cheddar, avocado, lettuce, tomato, caramelized onion aioli on a ciabatta

ITALIAN GRINDER **\$16.75 PP**

black forest ham, pepperoni, salami, provolone, tomato, red onion, lettuce, banana peppers & red wine vinaigrette on french bread

TURKEY JACK **\$16.75 PP**

roasted turkey, pepper jack cheese, leaf lettuce, pico de gallo, chipotle aioli, wheat tortilla

HARVEST VEGGIE VGN **\$16.75 PP**

roasted red pepper hummus, baby spinach, tomato, avocado, pickled red onion, spinach tortilla

SHRIMP BRUSCHETTA **\$16.75 PP**

roasted shrimp, garlic herb ricotta, red pepper, red onion, tomato, lettuce, basil, balsamic vinaigrette, spinach tortilla

ORIGINAL PLATTERS

Choose (3) original sandwiches.

TURKEY **\$15.50 PP**

hickory smoked turkey, provolone cheese, 9 grain bread

CHICKEN **\$15.50 PP**

grilled chicken breast, cheddar, spinach tortilla wrap

ROAST BEEF **\$15.50 PP**

classic medium rare roast beef, swiss cheese, ciabatta

HAM **\$15.50 PP**

black forest ham, white cheddar, pretzel roll

VEGGIE VGT **\$15.50 PP**

cucumbers, avocado, tomato, cream cheese, wheat bread

CUSTOMIZE ANY CATERING ORDER

CREATE YOUR OWN CUSTOMIZED ORDER, EVEN IF YOU DON'T SEE IT ON OUR MENUS. INQUIRE WITH YOUR CAFE MANAGER FOR MORE INFO.