

**FFT**  
**WORKSPACE**

**DROP-OFF**

**48-Hour Menu**



**Quality Ingredients.  
Made From Scratch.  
For Sustainability.**



**55,000**

**POUNDS OF**

Kitchen Scraps are composted annually

**22+**

**COUNTRIES REPRESENTED**

from our culinary team around the globe

**1,344**

**GALLONS OF COOKING OIL**

are converted into Bio-Diesel fuel annually

**1.5**

**MILLION GUESTS SERVED**

around the chicagoland area annually

**100%**

**OF SINGLE-USE SERVICEWARE**

has been eliminated company-wide

**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<sup>PP</sup>**



## 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](mailto: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

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made with farm fresh,  
cage-free eggs

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& platters

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options for all tastes & preferences

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charcuteries & more

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your next event

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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

## 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

## 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



**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 continuously encourage to share our ideas, to utilize our skills and to grow and develop

”



# 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

## Classic Salads

served with roll & cookies (or alternative sides for VGN, GF, DF boxes)

**\$16.75** <sup>PP</sup>

### SANTA FE SALAD VGT GF

Mixed Greens, Romaine Lettuce, Corn, Black Beans, Chihuahua Cheese, Tortilla Strips, Tomatoes, Cilantro Vinaigrette

### CITRUS & TOASTED WALNUTS VGN GF

Mescun 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

### STANDARD BOX

Sandwich/Wrap, Potato Chips and Chocolate Chip Cookies

**\$18.25** <sup>PP</sup>

### EXECUTIVE BOX

Sandwich/Wrap, Potato Chips, Pesto Pasta Salad, and Chocolate Chip Cookies

**\$20.50** <sup>PP</sup>

### BROWN BAG

Sandwich/Wrap, Potato Chips

**\$16.75** <sup>PP</sup>

### STANDARD PLATTER

Choice of 4 Sandwiches/Wraps, Potato Chips and Chocolate Chip Cookies

**\$18.25** <sup>PP</sup>

### EXECUTIVE PLATTER

Choice of 4 Sandwiches/Wraps, Potato Chips, Pesto Pasta Salad and Chocolate Chip Cookies

**\$20.50** <sup>PP</sup>

### ADD TO YOUR OWN

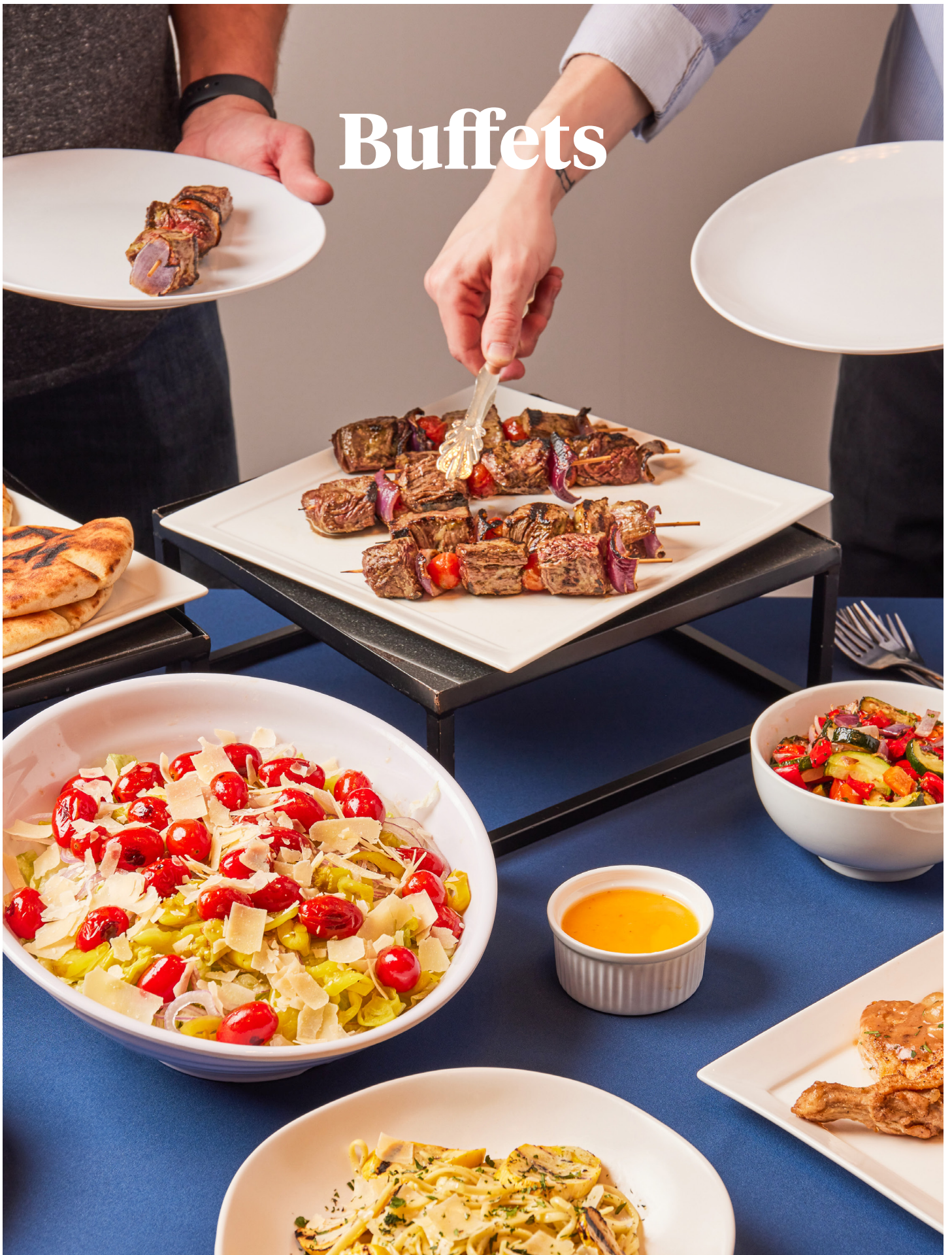
## Buffet

Served a la carte family-style Cookies and rolls not included.

### CLASSIC

**\$5.75** <sup>PP</sup>

# 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

\$26.75 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

## 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**

## Popcorn

### FFT'S OWN GOURMET POPCORN

 VGT

Individually Packaged Cheese, Caramel or Chicago Mix

**\$5.75** PP

## HUMMUS

### Street Stand

served with Fresh Pita Bread <sup>VGT</sup> and Veggie Sticks <sup>VGN, GF</sup>

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**

## 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

# Hors D'Ouevres



# 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** <sup>DZ</sup>

### **MINI PORK BAO** 🍴 DF

Hoisin Glazed Pork Belly, Pickled Carrot, Steamed Bun

**\$46.50** <sup>DZ</sup>

### **MINI CHEESE AREPA** 🍴 GF

Shredded Beef, Avocado Mayo, Pickled Red Onion

**\$46.50** <sup>DZ</sup>

### **FRUIT SKEWER** 🍴 VGN GF

Seasonal Melon, Pineapple, Strawberry

**\$39.50** <sup>DZ</sup>

### **HOISIN GRILLED SHRIMP** 🍴 DF

Citrus Marinade

**\$52.50** <sup>DZ</sup>

## *Hot Hors D'oeuvre*

### **BRAISED BEEF BEIGNET**

Horseradish Crème, Chives

**\$47.50** <sup>DZ</sup>

### **JAMBALAYA ARANCINI** VGT

Slow Smoked Tomato Chutney

**\$39.50** <sup>DZ</sup>

### **PERI PERI CHICKEN SKEWER** GF DF

Roasted Sweet Onion "Petals"

**\$42.50** <sup>DZ</sup>

### **N'DUJA STUFFED DATES** GF DF

Smoky Bacon, Toasted Almonds

**\$46.50** <sup>DZ</sup>

### **MARYLAND CRAB CAKES**

Spicy Remoulade

**\$52.50** <sup>DZ</sup>

### **BLACK ANGUS BEEF MEATBALLS**

Bourbon & BBQ Braised

**\$42.50** <sup>DZ</sup>



# Sweets & Drinks



# Sweets & Drinks

25 PERSON MINIMUM

## *Donut Holes* VGT

served with Mocha Sauce & Blueberry Sauce

### POWDERED

### VANILLA

### CINNAMON SUGAR

### COCOA

\$37.75 <sup>DZ</sup>

### FRENCH MACARON ASSORTMENT GF

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

\$38.00 <sup>DZ</sup>

## *Dessert Bars* VGT

\$37.75 <sup>DZ</sup>

### BROWN BUTTER BROWNIE

### PECAN BAR

### LEMON BAR

### COCONUT CHOCOLATE MACARON 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 <sup>DZ</sup>

### CHILLED HOUSE-MADE

## *Beverages* VGN GF

\$39.25 <sup>GAL</sup>

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 <sup>PP</sup>

### BOTTLED WATER

\$2.25 <sup>PP</sup>





WORKSPACE@FFTCHICAGO.COM  
CHICAGO  
312-572-7233