

WORKSPACE DROP-OFF  
**SPRING & SUMMER SPECIALS**



## BREAKFAST

### TROPICAL FRUIT & NUTS OVERNIGHT OATS

Pineapple, Mango & Kiwi with Cashews & Coconut  
VEGAN | GLUTEN-FREE | DAIRY-FREE

**\$7.95** PP

### FARMER'S MARKET BREAKFAST WRAP

Cage-Free Egg Scramble, Asparagus, Vine Ripened  
Grape Tomatoes, Zucchini & Fire Roasted  
Sweet Bell Peppers with Fresh Goat Cheese & Basil  
VEGETARIAN

**\$7.95** PP

## HOT HORS D'OEUVRES

### SMOKED SALMON ARANCINI

with Lemon, Herb, and Red Onion Jam

### SLOW ROASTED TOMATO BOUCHEE

with Crispy Oregano

VEGETARIAN

**\$42.00** DZ

## SALADS

### SHAVED FARMERS' MARKET VEGETABLES & MIXED BABY FIELD GREENS

Zucchini, Carrot, Radish & Cucumber with Snow Pea Pods,  
Grape Tomatoes, Parmesan, Champagne Vinaigrette

VEGETARIAN | GLUTEN-FREE

### ADD SALAD TO YOUR BUFFET

Served A La Carte Family-Style. Cookies & Rolls Not Included.

**\$5.75** PP

## COLD HORS D'OEUVRES

### FINGERLING POTATO CUPS

with French Onion Mousse & Chives

VEGETARIAN | GLUTEN-FREE

### ASPARAGUS TARTLET

Butter Pastry, Green Garlic Boursin, Green  
and White Asparagus

VEGETARIAN

**\$36.00** DZ

## SANDWICHES

### VEGAN CHICKPEA SALAD SANDWICH

Romaine, Cucumber, Carrots, Radishes, Alfalfa Sprouts,  
Whole Grain Mustard, and Everything Seasoning on Baguette

VEGAN | DAIRY-FREE

### VEGAN PAN BAGNAT

White Bean Spread, Roasted Eggplant, Marinated Tomato,  
Shaved Fennel and Onion, Black Olive Tapenade,  
Red Wine Vinaigrette, French Baguette

VEGAN | DAIRY-FREE

## SANDWICH OPTIONS

### STANDARD BOX

Sandwich/Wrap, Potato Chips &  
Chocolate Chip Cookies

**\$18.25** PP

### EXECUTIVE BOX

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

**\$20.50** PP

### BROWN BAG

Sandwich/Wrap, & Potato Chips

**\$16.75** PP

### STANDARD PLATTER

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

**\$18.25** PP

### EXECUTIVE PLATTER

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

**\$20.50** PP



## A LA CARTE ENTREES

**HERB MARINATED GRILLED CHICKEN THIGHS** \$16.50 PP  
with Ratatouille & Smoked Tomato Jus  
GLUTEN-FREE | DAIRY-FREE

**LIME & CILANTRO MARINATED FLANK STEAK** \$22.00 PP  
with Sauce Criolla  
GLUTEN-FREE | DAIRY-FREE

**OVEN ROASTED ATLANTIC SALMON** \$27.75 PP  
with an Oregano Vinaigrette Dressed  
White Bean & Green Olive Salad  
GLUTEN-FREE | DAIRY-FREE

**GARDEN VEGETABLE LASAGNA** \$16.50 PP  
Carrots, Spinach, Broccoli, Onions, Mozzarella, Ricotta, and Parmesan Cheeses  
VEGETARIAN

## SIDES

**GARBANZO & FETA CHEESE SALAD** \$4.75 PP  
Pickled Red Onion, Cucumber, Tomato, Radish, Torn Parsley & Mint with Sumac Vinaigrette  
VEGETARIAN | GLUTEN-FREE

## INDIVIDUAL MEALS

10 MINIMUM PER BOWL OR BOX TYPE - 4 MIN FOR VEGETARIAN  
SERVED WITH ROLL AND COOKIE

**TOMATO & HERB FOCACCIA FLATBREAD WITH KALE CAESAR SALAD** \$19.95 PP  
"Deep Dish" Sauce, Fresh Mozzarella, Crispy Prosciutto, Shaved Brussels Sprouts, Broccoli, Romaine, Oil-Cured Tomatoes, Seasoned Croutons, Cracked Black Pepper Parmesan Dressing

**GREEK SALAD WITH OREGANO & LEMON MARINATED CHICKEN BREAST KABOBS** \$20.95 PP  
Baby Arugula & Watercress, Macerated Tomatoes, Sweet & Sour Cucumbers, Charred Smoked Eggplant Puree, Pepperoncini, Oregano-Red Wine Vinaigrette & Spiced Olive Herb Cucumber Yogurt  
GLUTEN-FREE

**THE WEDGE SALAD WITH "NASHVILLE HOT" CHICKEN BREAST** \$19.95 PP  
Smoky & Spicy Carved Chicken Breast, Baby Iceberg Lettuce Wedge, Blistered Grape Tomatoes, Caramelized Pork Belly Lardons, White Bread Croutons, Bread & Butter Pickle Vinaigrette

**ROASTED FINGERLING POTATOES SALAD WITH GRILLED BEEF FLANK STEAK** \$23.95 PP  
Baby Arugula & Kale Mixed Greens, Oil-Cured Tomatoes, Crumbled Bleu Cheese, Micro Cress, Creamy Green Peppercorn & Cognac Dressing  
GLUTEN-FREE

**THAI MARKET CHICKEN SALAD** \$19.95 PP  
Roasted Sweet Soy Glazed Chicken Breast Skewer, Broccoli Slaw, Green Papaya, Cucumbers, Baby Bok Choy, Pickled Fresno Chilies, Spicy Peanut Dressing, Coriander & Mint  
DAIRY-FREE

**CONFIT OF SALMON "NICOISE" STYLE** \$27.95 PP  
Olive Oil Poached Salmon, Dill & Tarragon Red Potatoes, Pickled Pearl Onions, Haricots Verts, Frisee, Endive & Arugula Greens, Niçoise Olive Gribiche, Red Wine & Dijon Vinaigrette  
GLUTEN-FREE | DAIRY-FREE

**CAULIFLOWER "CHOP" SALAD WITH CONFIT OF SALMON** \$27.95 PP  
Olive Oil Poached Salmon, Roasted Red Pepper & Walnut Hummus, Green Peas, Pickled Red Onions, Scallions, Green Beans, Cherry Tomatoes, Parmesan Cheese, Charred Lemon Dressing, Pita Croutons

**RATATOUILLE** \$4.75 PP  
with Puffed Capers & Pine Nuts  
VEGAN | GLUTEN-FREE | DAIRY-FREE

# BUFFETS

## GRILLED DIJON CHICKEN

Served with Orange Blossom Honey Glaze  
GLUTEN-FREE | DAIRY-FREE

\$22.50 PP

### INCLUDES:

#### CITRUS & TOASTED WALNUTS

Mesclun Mixed Greens, Oranges, Ruby Grapefruit, Pineapple,  
Toasted Walnuts, Raspberry-Poppy Seed Dressing  
VEGAN | GLUTEN-FREE

#### ORZO SALAD

with Roasted Pepper, Currants, and Parsley  
VEGAN

#### SEASONAL HERBED VEGETABLES

Extra Virgin Olive Oil, Sea Salt, Fresh Cracked Pepper  
VEGAN | GLUTEN-FREE

## ESPRESSO-PEPPERCORN MOLE GLAZED CHICKEN THIGHS

Roasted Wild Mushrooms, Sweet Potato Succotash,  
Crispy Tortilla Strips Served on the Side

\$22.50 PP

### INCLUDES:

#### APPLE & QUESO FRESCO

Green Leaf Lettuce, Apples, Crumbled Queso Fresco, Toasted  
Marcona Almonds, Champagne Vinaigrette  
VEGETARIAN | GLUTEN-FREE

#### BROCCOLINI

Poached Garlic and Lemon Butter  
VEGETARIAN | GLUTEN-FREE

#### CIABATTA ROLLS

VEGETARIAN

## PAPRIKA & SAFFRON CHICKEN PILAF

Paprika & Saffron Infused Rice, Roasted Chicken Thigh,  
Chorizo, Piquillo Peppers, Pickled Red Onions, Herbs  
GLUTEN-FREE

\$21.50 PP

### INCLUDES:

#### SPANISH AIOLI

Served on the Side

#### MIXED GREEN & HERB SALAD

Toasted Rye Crumble, Grilled Lemon Dressing  
VEGETARIAN

#### TOMATO AND PARMESAN PULL APART BREAD

VEGETARIAN



## PLACE AN ORDER

PLEASE PLACE YOUR ORDER  
(72) HOURS IN ADVANCE

312-572-7233

WORKSPACE@FFTCHICAGO.COM



FFT  
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