

# WORKSPACE DROP-OFF SPRING & SUMMER SPECIALS



## BREAKFAST

### TROPICAL FRUIT & NUTS OVERNIGHT OATS

\$7.95 PP

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

### FARMER'S MARKET BREAKFAST WRAP

\$7.95 PP

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

## 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

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| <b>HERB MARINATED GRILLED CHICKEN THIGHS</b><br>with Ratatouille & Smoked Tomato Jus<br>GLUTEN-FREE   DAIRY-FREE                         | <b>\$16.50 PP</b> |
| <b>LIME &amp; CILANTRO MARINATED FLANK STEAK</b><br>with Sauce Criolla<br>GLUTEN-FREE   DAIRY-FREE                                       | <b>\$22.00 PP</b> |
| <b>OVEN ROASTED ATLANTIC SALMON</b><br>with an Oregano Vinaigrette Dressed<br>White Bean & Green Olive Salad<br>GLUTEN-FREE   DAIRY-FREE | <b>\$27.75 PP</b> |
| <b>GARDEN VEGETABLE LASAGNA</b><br>Carrots, Spinach, Broccoli, Onions, Mozzarella, Ricotta, and Parmesan Cheeses<br>VEGETARIAN           | <b>\$16.50 PP</b> |

## SIDES

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| <b>GARBANZO &amp; FETA CHEESE SALAD</b><br>Pickled Red Onion, Cucumber, Tomato, Radish, Torn Parsley & Mint with Sumac Vinaigrette<br>VEGETARIAN   GLUTEN-FREE | <b>\$4.75 PP</b> |
| <b>RATATOUILLE</b><br>with Puffed Capers & Pine Nuts<br>VEGAN   GLUTEN-FREE   DAIRY-FREE   | <b>\$4.75 PP</b> |

## INDIVIDUAL MEALS

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

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

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

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

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

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

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

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| <b>CAULIFLOWER "CHOP" SALAD WITH CONFIT OF SALMON</b>   | <b>\$27.95 PP</b> |
| 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 |                   |

## PLACE AN ORDER

PLEASE PLACE YOUR ORDER  
(96) HOURS IN ADVANCE

312-572-7233

WORKSPACE@FFTCHICAGO.COM



**FFT**  
**WORKSPACE**  
DROP-OFF