



WORKSPACE SOLUTIONS DROP-OFF

GRAB & GO MENU

Individually Boxed & Packaged Selections

PLEASE PLACE ORDERS 96 HOURS IN ADVANCE

FIVE PERSON ORDER MINIMUM

Individually Packaged BREAKFAST ITEMS

HOUSE GRANOLA

ALMOND & BERRY PARFAIT VGT.....\$5.75 pp

Local Windcrest Dairy Vanilla Yogurt

“MUESLI” OVERNIGHT OATS VGT GF.....\$6.75 pp

Dried Fruits, Mixed Berries, Green Apple,
Honey, Yogurt, Toasted Nuts, Almond Milk

SEASONAL FRUIT CUPS VGN GF DF.....\$5.00 pp

Seasonal Melons, Pineapple & Grapes

Individually Wrapped BREAKFAST SANDWICHES

SMOKED HICKORY BACON CROISSANT

Egg, Hickory Bacon, Sharp Cheddar, Flaky Croissant

SWEET SAUSAGE ENGLISH MUFFIN

Oven Roasted Tomato, Egg, Ricotta Salata,
Sausage, English Muffin

HEALTHY START EGG WHITE WRAP VGT

Garbanzo Salad, Oil-Cured Tomatoes, Feta,
Kalamata Tapenade, Nut-Free Basil Pesto

SOUTHWESTERN WRAP

Eggs, Chili Marinated Chicken, Three Beans,
Charred Corn, Salsa Verde, Cilantro, Chihuahua Cheese

\$6.50 PP

Individually Packaged MIXES

THE RAW

VGT GF

Walnuts, Pepitas, Sunflower Seeds,
Cinnamon, Nutmeg, Sea Salt,
Chocolate Chips, Granola

THE EQUATOR

VGT GF

Dried Pineapple, Mango, Banana &
Kiwi, Coconut Flakes, Dark Chocolate,
Macadamia, Sunflower Seeds, Cashews,
Brazil Nuts

EAST MEETS WEST

VGN DF

Wasabi Peas, Sesame Sticks, Almonds,
Sunflower Seeds, Pretzels

\$8.00 PP

Individually Packaged POWER BOXES

CROSSFIT KIT

VGT GF DF

Cage Free Egg, Banana Chips with
Sunflower Butter, Nuts & Seeds Trail Mix

NORDIC

DF

Smoked Salmon, Cage Free Egg, Rye
Crisps, Cucumber, Grape Tomatoes

WEST COAST

VGN DF

Kale Chips, Raw Almonds, Clementine,
Red Grapes, Roasted Chickpeas

\$9.95 PP



HOT BUFFETS

PILSEN 1.....\$24.50 pp
Portabello Barbacoa **VGN GF DF**

PILSEN 2.....\$24.50 pp
Cumin Lime Chicken **GF DF**

PILSEN 3.....\$26.50 pp
Lagunitas Carne Asada **DF**

ALL SERVED WITH:

Three Bean & Bell Pepper Sofrito **VGN GF DF**

Green Chile & Tomatillo Rice Pilaf **VGN GF DF**

Three 4" Flour Tortillas

Sour Cream (served on the side)

The House Salad **VGN GF**

Romaine, Iceberg & Watercress Greens, Vine Tomatoes, Cucumbers, Carrot, Herb Sourdough Croutons (not **VGN** or **GF**, served on the side), Herb Vinaigrette

LITTLE ITALY 1.....\$25.50 pp

Chicken Marsala Florentine

Cremini Mushrooms, Spinach, Sun-Dried Tomatoes

Rigatoni alla Vodka **VGT**

Organic Vodka, Tomatoes, Calabrian Chilies

Antipasto Salad **VGT**

Roasted & Grilled Vegetables, Blistered Tomatoes, Ciabatta Croutons, Fresh Mozzarella, Herb Vinaigrette

LITTLE ITALY 2.....\$25.50 pp

Lemon-Garlic Grilled Chicken with Artichokes **DF GF**

with Roasted Garlic & Roma Tomato Jus, Fresh Oregano

Toasted Orzo Pasta **VGT**

Oil-cured Olives & Tomatoes, Caramelized Onion, Fresh Oregano & Basil

Antipasto Salad **VGT**

Roasted & Grilled Vegetables, Blistered Tomatoes, Ciabatta Croutons, Fresh Mozzarella, Herb Vinaigrette

LITTLE ITALY 3.....\$25.50 pp

Spinach & Ricotta Ravioli **VGT**

with Vine Tomato & Basil Marinara, Grana Padano Cheese

Lemon & Chili Roasted Broccoli **VGT GF**

with Garlic Butter

Caesar Salad **VGT**

Romaine Lettuce, Grape Tomatoes, Parmesan Cheese, Croutons, Caesar Dressing

CHINATOWN 1.....\$25.50 pp

Szechwan Beef Stir-Fry **DF**

with Bell Pepper, Bean Sprouts, Baby Corn, Fresh Ginger & Garlic

CHINATOWN 2.....\$27.50 pp

Grilled Norwegian Salmon with Soy Glaze **DF**

with Pineapple & Fresno Chutney

Stir-Fry Vegetables **VGN DF**

CHINATOWN 3.....\$22.50 pp

Sesame Fried Tofu **VGT DF**

Stir-Fry Vegetables **VGN DF**

ALL SERVED WITH:

Steamed Jasmine Rice **VGN GF DF**

Mandarin "Greens" **VGN GF DF**

Napa & Red Cabbage, Romaine, Bell Pepper, Water Chestnuts, Mandarin Orange, Sesame-Ginger Vinaigrette

COUNTRYSIDE 1.....\$21.50 pp

Roasted Chicken Breast **GF DF**

with Fingerling Potatoes, Caramelized Shallots, Thyme Jus

Blue Lake Green Beans **VGT GF**

with Lemon-Herb Butter, Toasted Almonds

COUNTRYSIDE 2.....\$21.50 pp

Buttermilk Fried Chicken

Sriracha Honey

Buttermilk Smashed Potatoes **VGT GF**

Seasonal Herbed Vegetables **VGN GF DF**

COUNTRYSIDE 3.....\$27.50 pp

Red Wine Braised Beef Short Rib **GF DF**

with "Burnt" Orange Gastrique

Buttermilk Smashed Potatoes **VGT GF**

Lemon & Chili Roasted Broccoli **VGT GF**

with Garlic Butter

COUNTRYSIDE 4.....\$22.50 pp

Whole Wheat Crepe Florentine **VGT**

Baby Spinach, Gruyere Cheese Crème, Chopped Chives

Roasted Baby Carrots **VGT GF**

Char Grilled Asparagus **VGN GF DF**

ALL SERVED WITH:

Mesclun Green Salad **VGT**

Herb De Provence Roasted Vegetables, Fresh Chevre, Baguette Croutons, Red Wine Dijon Vinaigrette

Individually Boxed
SALAD BOXES

SERVED WITH ROLL & COOKIE

CITRUS TOASTED WALNUT SALAD VGT GF DF.....\$13.95 pp
Mesclun Mixed Greens, Oranges, Ruby Grapefruit, Pineapple, Toasted Walnuts, Raspberry-Poppy Seed Dressing

CHICKEN KITCHEN SINK SALAD GF.....\$15.95 pp
Chicken, Shaved Carrots, Red Radishes, Green Peas, Haricot Vert, Marinated Artichokes, Grape Tomatoes, Cucumbers, Pickled Red Onions, Arugula & Frisee Greens, Crumbled Feta Cheese, Green Goddess Dressing

BEEF NICOISE GF.....\$20.95 pp
Herb Roasted Flank Steak, Cage Free Egg, Marinated Artichoke, Haricot Vert, Mesclun Mixed Greens, Roasted Fingerling Potatoes, Grape Tomatoes, Mozzarella, Red Wine Dijon Vinaigrette

SESAME GLAZED SALMON SALAD GF DF.....\$20.95 pp
Salmon, Asian Mixed Greens, Navel Orange, Edamame, Sugar Snaps & Snow Peas, Red Bell Pepper, Sesame-Ginger Vinaigrette

Individually Packaged
SANDWICH BOXES

SERVED WITH PESTO PASTA SALAD, CHIPS & COOKIE

TURKEY FRESCO SANDWICH
Honey Roasted Turkey Breast, Aged White Cheddar, Leaf Lettuce, Tomato, Basil-Tarragon Aioli, Artisan Roll

A.HAM SANDWICH
Black Forest Ham, Baby Swiss, Lettuce, Tomato, Dijonnaise, Pretzel Roll

HONEY MUSTARD GRILLED CHICKEN SANDWICH
Sun-Dried Tomato Tapenade, Baby Spinach, Pickled Shallots, Dijonnaise, Ciabatta Roll

GRILLED EGGPLANT & BELL PEPPER SANDWICH VGT
Herb & Oil Marinade, Olive Salad, Provolone, Cured Tomatoes, Tahini Hummus, Potato Roll

\$15.95 PP

Individually Packaged
DESSERTS

CHEF'S CHOICE COOKIE.....\$2.50 pp

CHEF'S CHOICE DESSERT BAR.....\$3.00 pp

FLAPJACK TO GO.....\$3.50 pp

FRENCH MACARON ASSORTMENT GF.....\$10.50 pp
3 pieces per portion
*contains almonds

BANANA WALNUT ENERGY BITES.....\$8.50 pp
3 pieces per portion

CINNAMON SUGAR DONUT HOLES.....\$3.00 pp
3 pieces per portion

RICE KRISPIE TREATS GF.....\$2.75 pp
Regular, Cocoa Pebbles or Fruity Pebbles.

LEMON BAR.....\$3.00 pp

BROWNIE.....\$3.00 pp

How To
PLACE YOUR ORDER



EMAIL: WORKSPACE@FFTCHICAGO.COM

CALL: 312-572-7233

PLEASE PLACE ORDERS 96 HOURS IN ADVANCE

FIVE PERSON ORDER MINIMUM

*INGREDIENT SUBSTITUTIONS MAY BE MADE FOR QUALITY CONTROL