

New Featured Items

25 PERSON MINIMUM - ORDER 72 BUSINESS HOURS AHEAD MINIMUM

Breakfast

CHIA - CASHEW PROTEIN CUP VGN GF

Oat and Coconut Milk, Beet Powder, Agave, Toasted Coconut, Fresh Seasonal Fruit

\$8.00 PP

BREAKFAST SCRAMBLE GF

Smoked Ham, Bell Peppers, Onions & Mature Cheddar **\$6.75 PP**

BREAKFAST FRITTATA SANDWICH VGT

Caramelized Onion, Mushroom & Cage-Free Egg Frittata with Mature Cheddar, Arugula & Herb Aioli on a Croissant

\$6.95 PP

CANADIAN BACON BREAKFAST SANDWICH

Fire-Roasted Tomatoes, Baby Spinach & Cage-Free Egg with Havarti & "Bearnaise" Aioli on an English Muffin

\$6.95 PP

HEALTHY START BREAKFAST SANDWICH VGT

Cage-Free Egg Whites, Baby Spinach & Fire-Roasted Tomatoes with Cheddar Cheese & Nut-Free Basil Pesto on an English Muffin

\$6.95 PP

VEGAN SOUTHWESTERN BURRITO VGN

Creamy Vegan Southwest Sauce, Potatoes, Charred Corn, Salsa Verde & Cilantro

\$6.95 PP

BACON EGG BITES GF

Smoky Bacon & Mature Cheddar

\$2.95 EACH

SAUSAGE EGG BITES GF

Breakfast Sausage & Mozzarella

\$2.95 EACH

VEGETARIAN EGG BITES VGT GF

Bell Pepper, Tomato & Swiss

\$2.95 EACH

TURKEY POWER BOX GF

Smoked Turkey, Cheddar, Red Flame Grapes & Gluten - Free Cracklebred \$8.95 PP

EGG POWER BOX GF

Cage-Free Hard Cooked Egg, Salami, Dried Fruits, Nuts, & Gluten-Free Crackers

\$7.95 PP

PEANUT BUTTER POWER BOX VGN

Peanut Butter, Red Flame Grapes, Apple Chutney & Pretzel Chips \$5.95 PP

40.50 . .



Sandwiches & Wraps

ALL AVAILABLE AS GLUTEN-FREE WRAP

CHICKEN WRAP

Chili & Cumin Marinated Chicken Thighs, Romaine, Black Beans, Vine Ripened Tomatoes, Chihuahua Cheese, Tomato Tortilla, and Cilantro-Lime Caesar Dressing

ITALIAN SANDWICH

Hot Capicola, Genoa Salami, Ham & Provolone with Shredded Lettuce, Shaved Red Onion, Vine Ripened Tomato, Pepperoncini & Oregano-Parmesan Aioli on an Artisan Roll

BANH MI SANDWICH VGN

Marinated & Seared Tofu, Roasted Shiitake Mushrooms, Pickled Carrots, Daikon, Jalapeno, Cucumber, Cilantro & Sriracha Veganaise on Baguette

STANDARD BOX

Sandwich/Wrap, Chips & Cookie **\$16.95 PP**

EXECUTIVE BOX

Sandwich/Wrap, Pesto Pasta Salad, Chips & Cookie \$18.95 PP

BROWN BAG

Sandwich/Wrap & Chips \$15.50 PP

Featured Platter Sandwiches

ONLY AVAILABLE AS A PLATTER SELECTION
SENT HOT - INDIVIDUALLY WRAPPED - DISPOSABLE PAN

GRILLED CAPRESE VGT

Tomato, Fresh Mozzarella, & Balsamic Reduction on Crunchy Ciabatta

GRILLED CHICKEN SANDWICH

Zucchini, Tomatoes, Red Onions, Avocado-Ranch & Cheddar on Baguette

GRILLED SMOKED HAM SANDWICH

Apple Chutney, Whole Grain Mustard Aioli & Swiss on Pretzel Bun

Salad

THE STEAK CHOP BOXED LUNCH GF

Marinated Flank Steak, Romaine, Vine Ripened Tomato, Green Onion, Garbanzo, Green Peas, Pickled Sweet Corn & Queso Fresco with a Cracked Black Pepper & Parmesan Dressing with Fruit Salad & Chef's Choice of Dessert

\$21.45 PP

Bowls

\$12.75 PP INDIVIDUAL | \$15.00 PP BUILD YOUR OWN

POWER GREENS & GRAINS BOWL GF DF

Chicken, Kale, Baby Spinach, Brown Rice, Garbanzo Beans, Tomato, Hard-Boiled Egg, Balsamic Vinaigrette

RICE BOWL WITH CHICKEN GF DF

Chicken Breast, Jasmine Rice, Grilled Broccoli, Pickled Ginger, Roasted Mushrooms, Yellow Pepper, Cilantro, Sesame Sauce on the side

BUDDHA HARMONY BOWL GF DF

Chicken, Brown Rice with Red Peppers, Carrots, Spinach, Caramelized Onions, and Roasted Mushrooms with Spicy Peanut Sauce

Make it a Platter

STANDARD PLATTER

Choice of 4 Sandwiches/Wraps, Chef's Choice Side or Chips, and Cookies

\$16.95 PP

EXECUTIVE PLATTER

Choice of 4 Sandwiches/Wraps, Chef's Choice Side or Fresh Fruit, Chips and Cookies

\$18.95 PP



Dinner

STUFFED BELL PEPPERS VGN GF

Plant Based "Meat", Long Grain Rice, Cremini Mushrooms, Roasted Bell Pepper Coulis

\$14.50 PP

HAND ROLLED RICOTTA GNOCCHI VGT

Roasted Vegetable Ragoût, Light Béchamel, Nut-Free Basil Pesto **\$14.50 PP**

VEGAN MEATBALLS & POLENTA VGN

Fire-Roasted Tomato & Olive Relish

\$14.50 PP

FINGERLING POTATOES VGN GF

Roasted with Sea Salt & Cracked Black Pepper, Hard Herbs **\$3.75 PP**

How to Order

25 PERSON MINIMUM
ORDER (72) BUSINESS HOURS AHEAD MINIMUM

ORDER DIRECTLY AT:

312-572-7233

OR EMAIL US AT:

WORKSPACE@FFTCHICAGO.COM

Featured Hors D'oeuvre

BUTTERNUT SQUASH SKEWER VGT GF

Wisconsin Cheese Curd, Candied Pecan & Ancho Chili Aioli \$36.50 DZ

SPICY KOREAN CHICKEN GF DF

Korean Sambal, Peanuts, Scallions

\$42.50 DZ

GARLIC ROASTED SHRIMP SKEWER DF

Navel Orange, Cilantro & Pickled Ginger Skewer with Ponzu Aioli **\$52.50 DZ**

ANTIPASTO SKEWER VGT GF

Roasted Bell Pepper, Marinated Fresh Mozzarella & Artichoke Skewer with Basil Pesto

\$36.50 DZ

SWEET CHILI BBQ FLANK STEAK SKEWER DF

Charred Broccoli with Kimchi Aioli & Scallion

culinary experts.

\$46.50 DZ

STAY TUNED

The Story Behind the Food: Volume 2

Get to know Food For Thought's market-leading Chef Leadership Team in the next issue of our Workspace Drop-Off Menu, where we'll be featuring bios of our talented and tenured



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