



FOOD FOR THOUGHT  
DELIVERED

# Spring & Summer

Order directly at **312-572-7233**  
or email us at **DELIVERED@FFTCHICAGO.COM**

10 PERSON MINIMUM

## Drop-Off Catering Menu

### BREAKFAST

**Tropical Fruit Nuts Overnight Oats** **VGN GF DF**  
Pineapple, Mango & Kiwi with Brazil Nuts & Coconut  
**\$6.75 pp**

**Mango Danish** **VGT**  
**\$24.00 / dz**

**Farmer's Market Breakfast Wrap** **VGT**  
Cage Free Egg Scramble, Asparagus, Vine Ripened  
Grape Tomatoes, Zucchini & Fire Roasted Sweet Bell  
Peppers with Fresh Goat Cheese & Basil  
**\$6.50 pp**

### SIDES

**Garbanzo Bean & Feta Cheese Salad** **VGT GF**  
Pickled Red Onion, Cucumber, Tomato, Radish,  
Torn Parsley & Mint with Sumac Vinaigrette  
**\$4.50 pp**

**Ratatouille** **VGN GF DF**  
with Puffed Capers & Pine Nuts  
**\$4.50 pp**

### COLD HORS D'OEUVRES

**Cage Free Deviled Egg** **VGT GF DF**  
with Green Garlic & Char-Grilled Artichokes

**Fingerling Potato Cups** **VGT GF**  
with French Onion Mousse & Chives

**\$36.00 / dz**

### HOT HORS D'OEUVRES

**Smoked Salmon**  
Lemon & Herb Arancini with Red Onion Jam

**Slow Roasted Tomato Bouchee** **VGT**  
with Crispy Oregano

**\$42.00 / dz**

## A LA CARTE ENTREES

**Herb Marinated  
Grilled Chicken Thighs** GF DF  
with Ratatouille & Smoked Tomato Jus  
**\$18.00 pp**

**Lime & Cilantro  
Marinated Flank Steak** GF DF  
with Sauce Criolla  
**\$18.00 pp**

**Oven Roasted Atlantic Salmon** GF DF  
with an Oregano Vinaigrette Dressed  
White Bean & Green Olive Salad  
**\$22.00 pp**

**Farmer's Market Lasagna** VGT  
Sweet Bell Peppers, Vine Tomatoes, Zucchini, Portabella  
Mushrooms & Roasted Garlic with Ricotta Cheese &  
Marinara Sauce  
**\$17.00 pp**

## SALAD

**Shaved Farmer's Market Vegetables  
Mixed Baby Field Greens** VGT GF  
Zucchini, Carrot, Radish & Cucumber with  
Snow Pea Pods, Grape Tomatoes, Parmesan,  
Champagne Vinaigrette

### ADD TO YOUR BUFFET

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

**\$5.00 pp**

## SANDWICHES

**Vegan Chickpea Salad Sandwich** VGN DF  
Romaine, Cucumber, Carrots, Radishes,  
Alfalfa Sprouts, Whole Grain Mustard on  
"Everything" Bagel

**Egg & Asparagus Baguette** VGT DF  
with Cage Free Hard Cooked Egg, Grilled Asparagus,  
Pickled Red Onion, Dijonnaise on a Baguette

### STANDARD BOX

Sandwich/Wrap,  
Chips & Cookie  
**\$13.75 pp**

### EXECUTIVE BOX

Sandwich/Wrap,  
Pesto Pasta Salad,  
Chips & Cookie  
**\$15.95 pp**

### BROWN BAG

Sandwich/Wrap  
& Chips  
**\$12.50 pp**

### STANDARD PLATTER

Choice of 4 Sandwiches/Wraps,  
Chef's Choice Side or Kettle Chips,  
& Cookies  
**\$13.75 pp**

### EXECUTIVE PLATTER

Choice of 4 Sandwiches/Wraps,  
Chef's Choice Side or Fresh Fruit,  
Kettle Chips & Cookies  
**\$15.95 pp**

## CHARCUTERIE BOX

**Spring & Summer Picnic Box**  
Artfully created charcuterie presentation for a small group  
gathering.

Charcuterie selections of meats and cheeses, mini  
sandwiches, salad, chips and dips.

**\$50.00 serves 2**

**\$90.00 serves 4**



# Individually Packaged Meals

## Tomato & Herb Focaccia Flatbread with Kale Caesar Salad

"Deep Dish" Sauce, Fresh Mozzarella, Crispy Prosciutto Shaved Brussels Sprouts, Broccoli, Romaine, Oil Cured Tomatoes, Seasoned Croutons, Cracked Black Pepper Parmesan Dressing

**\$18.95**

## Greek Salad with Oregano & Lemon Marinated Chicken Breast Kabobs

Baby Arugula & Watercress, Macerated Tomatoes, Sweet & Sour Cucumbers, Charred Smoked Eggplant Puree, Pepperoncini, Oregano-Red Wine Vinaigrette & Spiced Olive Herb Cucumber Yogurt

**\$19.95**

## The Wedge Salad with "Nashville Hot" Chicken Breast

Baby Iceberg Lettuce Wedge, Blistered Grape Tomatoes, Caramelized Pork Belly Lardons, White Bread Croutons Bread & Butter Pickle Vinaigrette, Smoky & Spicy Carved Chicken Breast

**\$18.95**

## Roasted Fingerling Potatoes Salad with Char Grilled Beef Flank Steak

Baby Arugula & Kale Mixed Greens, Oil-Cured Tomatoes, Crumbled Bleu Cheese, Micro Cress, Creamy Green Peppercorn & Cognac Dressing

**\$21.95**

## Thai Market Chicken Salad

Roasted Sweet Soy Glazed Chicken Breast Skewer, Broccoli Slaw, Green Papaya, Cucumbers, Baby Bok Choy, Pickled Fresno Chilies, Spicy Peanut Dressing, Coriander & Mint

**\$18.95**

## Confit Of Salmon "Nicoise" Style

Dill & Tarragon Red Potatoes, Pickled Pearl Onions, Haricot Verts, Frisee, Endive & Arugula Greens, Niçoise Olive Gribiche, Red Wine & Dijon Vinaigrette, Olive Oil Poached Salmon

**\$21.95**

## Cauliflower "Chop" Salad with Confit Of Salmon

Roasted Red Pepper & Walnut Hummus, Green Peas, Pickled Red Onions, Scallions, Green Beans, Cherry Tomatoes, Parmesan Cheese, Charred Lemon Dressing, Pita Croutons, Olive Oil Poached Salmon

**\$21.95**

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