



FOOD FOR THOUGHT DELIVERED

# 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.....\$3.75 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**.....\$23.75 pp  
Portabello Barbacoa **VGN GF DF**

**PILSEN 2**.....\$23.75 pp  
Cumin Lime Chicken **GF DF**

**PILSEN 3**.....\$24.75 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**.....\$23.50 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**.....\$23.50 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**.....\$22.50 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**.....\$23.50 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**.....\$19.75 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**.....\$19.50 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**.....\$20.50 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: [DELIVERED@FFTCHICAGO.COM](mailto:DELIVERED@FFTCHICAGO.COM)

CALL: 312-572-7233

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\*INGREDIENT SUBSTITUTIONS MAY BE MADE FOR QUALITY CONTROL