LOW IMPACT MENU

"We do not own this planet; we borrow it from our children."

FOOD FOR THOUGHT

LOW IMPACT MENU

We have a philosophy that tasty food should be sustainable food. Food For Thought understands its environmental impact and responsibility, and is committed to consiciously reducing its effect on globa climate change.

We are Chicago's first caterer to earn Green Seal Certification, a program with strict criteria for human health, reduced environmental impact and community stewardship.

OUR FIVE CORE PHILOSOPHIES

1. OFFER CLIENTS LOWER IMPACT SELECTIONS IN OUR MENUS INCLUDING:

   - Vegetable-Forward Dishes
   - Cage-Free Eggs
   - Ethically-Sourced Ingredients
   - Responsibly-Sourced Seafood

2. UTILIZE LOCAL MIDWEST PRODUCERS AND SEASONAL ITEMS WHENEVER POSSIBLE
3. SUPPLY SUSTAINABLE SERVICEWARE, PLATES, CUPS AND FLATWARE
4. WORK TO REDUCE THE FOOD INDUSTRY'S WASTING OF 1/3 OF ALL FOOD PRODUCTS PRODUCED
5. CONTINUOUSLY EDUCATE OUR STAFF AND CUSTOMERS TO CREATE POSITIVE CHANGE

#1 **FIRST CHICAGO CATERER** to eliminate single-use plastic straws

52 **TONS OF FOOD** is composted by Food For Thought each year

400+ **POUNDS OF OIL** from our kitchen has been converted into biodiesel

SUSTAINABLE PACKAGING
All products in this menu are served in sustainable packaging.
Palm plates, eco forks, knives, and napkins can be included for $1.50pp.

BREAKFAST

10 PERSON MINIMUM

SEASONAL FRUIT CUPS VGN GF.....$3.75 PP
Seasonal Fruit

"MUESLI" OVERNIGHT OATS VGT.....$5.75 PP
Dried Fruits, Mixed Berries, Green Apple, Honey, Toasted Nuts, Almond Milk

"ON THE RUN" CROSSFIT KIT VGT GF.....$10.95 PP
Cage-Free Hard Boiled Egg, Banana Chips with Sunflower Butter, Nuts & Seeds Trail Mix

NY BAGELS OR BIALYS VGN .....$41.00 PER DOZEN
Choice of Cream Cheeses & Jams

MAKE IT A SMOKED SALMON PLATTER.....ADD $13.25 PP
with Cucumber, Tomato, Red Onion & Capers

FRESH BAKED PASTRIES VGT.....$32.00 PER DOZEN
Multigrain Croissant, Pain Au Chocolate, Berry Croissant, Mango Danish, Cheese Danish, Cheddar Chive Scones

"BITES" VGT.....$30.00 PER DOZEN
Mini Muffins, Mini Plain Croissants & Mini Pain Au Chocolate, Butter, Jam

SLICED FRUIT PLATTER VGN GF.....SM $50.00 LG $75.00
Seasonal Fruit

HEALTHY START EGG WHITE WRAP VGT.....$6.25 PP
Egg Whites, Garbanzo Salad, Oil-Cured Tomatoes, Feta, Kalamata Tapenade, Nut-Free Basil Pesto

CONTINENTAL BOX

$10.95 PP

MINI MUFFINS VGT

FRUIT VGN GF

HARD BOILED EGG VGT GF

OVERNIGHT OATS VGT

WHY CAGE FREE?

Cage-free hens have the ability to walk, spread their wings, and lay their eggs in nests, all vital natural behaviors that are denied to cage-confined hens.

SNACKS & HORS D'OEUVRES

10 PERSON MINIMUM

SMALL SERVES 10 - 15, LARGE SERVES 15 - 20

MIDWEST CHARCUTERIE & CHEESE

SM $87.50 LG $150.50

Prairie Breeze Cheddar, Marieke Gouda paired with
offerings from Chicago Salumi & Smoking Goose
Served with Assorted Flatbreads, Dried Fruits & Brazil Nuts

MIXES

INDIVIDUALLY PACKAGED, $9.00 PP

THE SWEET & SALTY VGT GF
Brazil Nuts, Pepitas, Sunflower Seeds, Cinnamon, Nutmeg,
Sea Salt, Chocolate Chips, Dried Apricots & Craisins

THE PAN-ASIAN VGN
Brazil Nuts, Wasabi Peas, Sesame Sticks, Almonds,
Sunflower Seeds, Pretzels

SEASONAL VEGETABLE CRUDITE

SM $40.00 LG $75.00

Kefir Ranch **VGT GF**, Roasted Red Pepper Chimichurri **VGN GF**,
Edamame Hummus **VGN GF**

HUMMUS STREET STAND

SM $65.00 LG $125.00

Served With Fresh Pita, Local Windcrest Dairy
Greek Yogurt & Veggie Sticks

PICK THREE:

- Roasted Carrot **VGN GF**
- Traditional **VGN GF**
- Avocado Lime **VGN GF**
- Caramelized Cauliflower **VGN GF**
- Heirloom Beet **VGN GF**
- Pistachio Parsnip **VGN GF**

HORS D'OEUVRES

VEGETABLE

$34.50 PER DOZEN

DEVILED POTATOES VGT GF
Dill & Roasted Garlic Creme,
Creole Spiced Crispy Leeks

FRUIT SKEWER VGN GF
Seasonal Melon, Pineapple,
Strawberry

POULTRY

$39.50 PER DOZEN

ANTIPASTO SKEWER GF
Chicken Sausage, Marinated Artichoke,
Basil, Fresh Mozzarella, Oven-Dried Tomato

TURKEY SHAWARMA MEATBALLS
Shakshuka Sauce

SEAFOOD

$47.50 PER DOZEN

SHRIMP & SCALLION SHUMAI
Passionfruit Dipping Sauce

HOISIN GRILLED SHRIMP
Citrus Marinade

312-572-7233 DELIVERED@FFTCHICAGO.COM

SANDWICH BOX & PLATTERS

10 PERSON MINIMUM

VEGGIE BANH MI VGT
Lemongrass & Coriander Tofu, Pickled Vegetables,
Cilantro, Jalapeno, Sriracha Mayonnaise, Baguette

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

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

ROASTED CHICKEN SALAD SANDWICH
Pickled Raisins, Granny Smith Apple, Caramelized Onions,
Brazil Nuts, Lemon Aioli, Artisan Roll

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

KICKED UP CHICKEN CAESAR WRAP
Grilled Chicken Breast, Romaine, Golden Croutons,
Chipotle Caesar Dressing, Tomato Tortilla,
Shaved Grana Padano

HUMMUS & ROASTED VEGETABLE WRAP VGT
Balsamic & Herb Marinated Vegetables, Baby Arugula,
Watercress, Goat Cheese, Spinach Tortilla

SO. CAL TUNA SALAD SANDWICH
Lemon & Dill Vinaigrette Dressed Albacore Tuna,
Roma Tomatoes, Avocado, Alfalfa Sprouts, Caper Aioli,
Green Olive Tapenade, Whole Wheat Bread

VINE TOMATO & FRESH MOZZARELLA SANDWICH VGT
Roasted Bell Peppers, Watercress, Torn Basil,
Black Olive Tapenade, Herb Ciabatta Roll

STANDARD BOX.....$14.50 PP
Sandwich/Wrap, Chips & Cookie

EXECUTIVE BOX.....$15.50 PP
Sandwich/Wrap, Pesto Pasta Salad, Chips & Cookie

NEED A PLATTER?

STANDARD PLATTER.....$14.75 PP
Choice of 4 Sandwiches (one per portion),
Chef's Choice Side or Chips & Cookies

EXECUTIVE PLATTER.....$16.75 PP
Choice of 4 Sandwiches (one per portion),
Chef's Choice Side or Fresh Fruit, Chips & Cookies

PINWHEELS & MINIS

$30.00 PER DOZEN

TURKEY FRESCO

HONEY MUSTARD GRILLED CHICKEN

HUMMUS & ROASTED VEGETABLE VGT

VINE TOMATO & FRESH MOZZARELLA VGT

SO. CAL TUNA SALAD

SALADS

10 PERSON MINIMUM

CLASSIC SALAD BOXES

SALAD, ROLL & COOKIE.....$12.75

APPLE & QUESO FRESCO VGT GF
GREEN LEAF LETTUCE, APPLES, CRUMBLED QUESO FRESCO, BRAZIL NUTS, CHAMPAGNE VINAIGRETTE

CITRUS & TOASTED WALNUTS VGN
MESCLUN MIXED GREENS, ORANGES, RUBY GRAPEFRUIT, PINEAPPLE, BRAZIL NUTS, RASPBERRY-POPPY SEED DRESSING

THE CHOPPED VGT
ROMAINE, TOMATOES, GREEN ONIONS, HARICOT VERT, SWEET CORN, PETITE GREEN PEAS, BLEU CHEESE, RED WINE DIJON VINAIGRETTE

COMMUNITY GARDEN

$9.50

BUILD YOUR OWN SALAD BAR VGT
CHOPPED ROMAINE, BABY ARUGULA & SPINACH, SEASONALLY INSPIRED INGREDIENTS, CHICKPEAS, SUNFLOWER SEEDS & CRUMBLED AGED CHEDDAR W/ CHAMPAGNE, BALSAMIC & ITALIAN VINAIGRETTES

ADD CHICKEN $2.95PP, ADD TOFU $2.95,
ADD SHRIMP $3.95, ADD FLANK STEAK $4.25

ADD PARKER HOUSE DINNER ROLLS VGT
PARMESAN & BUTTER CRUST $2.75PP

GOURMET SALAD BOXES

SALAD, ROLL & COOKIE.....$16.95

BABY KALE & ARUGULA GREENS VGT
ROASTED SWEET POTATO, SWEET N SOUR FRESNO CHILIES, GRANA PADANO, ANCIENT GRAINS, HERB VINAIGRETTE

ROASTED ROOTS VGT
CARROT & BEET, QUINOA & TOASTED FARRO, JALAPENO YOGURT, ORANGES, HAZELNUTS, WATERCRESS & BABY ARUGULA, TOASTED PITA, SESAME-GINGER VINAIGRETTE

TOFU "COBB" VGT
GRILLED TOFU, CAGE FREE EGG, VINE TOMATO, SOY-CHORIZO, QUESO FRESCO, GRILLED SCALLION, AVOCADO, CHOPPED GREENS, CILANTRO-LIME RANCH DRESSING

SESAME-GLAZED SALMON
EDAMAME, SUGAR SNAPS & SNOW PEAS, RED BELL PEPPER, SESAME-GINGER VINAIGRETTE

house made dressings

312-572-7233 DELIVERED@FFTCHICAGO.COM

SWEETS & BEVERAGES

10 PERSON MINIMUM

PETITE SWEET ASSORTMENT

$40.00 PER DOZEN

EXOTIC FRUIT PETITE CHOUX BUN
Mango and Passion Fruit Custard

MILLIONAIRE TART
Candied Peanuts, Caramel, Chocolate Ganache
and Gold Sparkle

CHOCOLATE COCONUT RUM CUP GF
Chocolate Cup filled with Rum Cream and Bittersweet
Chocolate Ganache, Topped With Coconut Flakes

PISTACHIO FRENCH MACARON GF
Crispy Shell - Soft Center Cookies, Pistachio Buttercream

DESSERT BAR ASSORTMENT

$31.00 PER DOZEN

Brown Butter Brownie, Pecan Bar, Lemon Bar,
Coconut Chocolate Macaron Bar

CHILLED HOUSEMADE BEVERAGES

GALLON SERVES 12 - 15 PEOPLE

BLACKBERRY CITRUS VIRGIN "SANGRIA"

$30.00 PER GALLON

PASSIONFRUIT MANGO ICED TEA

$30.00 PER GALLON

THE MATCHA "PALMER"

$30.00 PER GALLON

HOT BEVERAGES

SMALL SERVES 8 - 10
LARGE SERVES 40 - 50

BIG SHOULDERS FAIR TRADE COFFEE

$22.50 SMALL $64.50 LARGE
Sugar, Cream, Milk, Sweeteners

RISHI ORGANIC LEAF TEAS

$16.00 SMALL $40.00 LARGE
Sugar, Cream, Milk, Lemon, Sweeteners

LOW IMPACT PARTNERS

MICK KLUG FARMS, **ST. JOSEPH, MICHIGAN**

MINT CREEK FARMS, **CABERY, ILLINOIS**

NICHOLS FARMS, **MARENGO, ILLINOIS**

SEEDLING FARMS, **SOUTH HAVEN, MICHIGAN**

LIVING WATERS, **STRAWN, ILLINOIS**

NORDIC CREAMERY, **WESTBY, WISCONSIN**

verterra™

JUST

COLLECTIVE RESOURCE™

VERTERRA ECO-FRIENDLY SERVINGWARE

Our dinnerware is made from fallen palm leaves, steam, heat and pressure. No plants or trees are cut or harmed in the process. VerTerra products are BPI-certified comopostable and nuturally biodegradable.

THE JUST EGG

After years of development by Michelin-starred chefs and world-class product developers, the JUST Egg is here. Made entirely from plants, it's packed with clean, sustainable protein, and scrambles and tastes like eggs.

COLLECTIVE RESOURCE

Women-owned, Evanston-based Collective Resource is a food scrap pickup service that aims to reduce the amount of waste brought to landfills. Through their residential and commercial clients, an average 20 tons per week of food waste is diverted from landfills.