

Foodstuffs

GOURMET FOODS & CATERING



EVANSTON

BUILD YOUR OWN SALAD

Foodstuffs salads are tossed to order, using garden fresh, premium ingredients and can be chopped upon request.

10.99/LB

2 oz additional chicken breast for 1.99
additional dressing or sauce .50

2 oz courtney's tuna for 1.99
4 oz courtney's tuna for 3.49

FOODSTUFFS CHICKEN & TURKEY ARE CAGE & HORMONE FREE

Evanston
2106 Central Street
847.328.7704

Glenview
Carillon Square
1456 Waukegan Road
847.832.9999

Glencoe
338 Park Avenue
847.835.5105

Lake Forest
255 E. Westminster
847.234.6600

BUILD YOUR OWN SALAD

1. choose your greens:

- baby greens
- kale
- baby spinach
- arugula
- romaine

2. select any number of ingredients:

- corn
- eggs
- broccoli
- bell peppers
- red onions
- black beans
- tofu
- mushrooms
- cucumbers
- beets
- grape tomatoes
- kalamata olives
- artichoke hearts
- roasted red peppers
- carrots
- hearts of palm
- roasted tomatoes
- roasted brussels sprouts
- roasted sweet potatoes
- red lentil penne pasta
- avocado
- garbanzo beans
- fresh basil
- seasonal fresh fruit
- red quinoa
- giardiniera
- apples
- mandarin oranges
- wheat berries

3. select any number of toppings:

- tortilla strips
- foodstuffs croutons
- wasabi peas
- sugared walnuts
- sunflower seeds
- dried cranberries
- sesame sticks
- slivered almonds

4. add meats, salads & cheeses:

- grilled all-natural chicken breast
- terry's chicken salad
- roasted turkey breast
- bacon
- wisconsin blue cheese
- feta cheese
- shredded parmesan
- wisconsin cheddar
- fresh mozzarella
- goat cheese

5. top it off with your favorite dressing:

- gf fat-free raspberry vinaigrette
- ginger soy vinaigrette
- gf creamy caesar
- gf balsamic vinaigrette
- gf fat-free italian vinaigrette
- gf extra virgin olive oil
- gf balsamic vinegar
- gf red wine vinegar
- gf sweet vidalia onion dressing
- honey mustard
- gf greek feta vinaigrette
- wildfire red wine vinaigrette
- gf farmhouse ranch
- gf fat-free tomato basil vinaigrette
- gf blue cheese dressing
- gf reduced-fat honey lime
- gf buffalo sauce
- gf chipotle ranch
- gf balsamic fig vinaigrette
- gf apple cider vinaigrette
- poppyseed

gf - gluten free

OR, CHOOSE FROM OUR CHEF'S FAVORITES

* california dreaming *

baby spinach with sugared walnuts, dried cranberries, edamame, tofu, wisconsin blue cheese and balsamic vinaigrette

* the big apple *

baby greens, apples, grilled all-natural chicken breast, wisconsin blue cheese, dried cranberries, sugared walnuts and fat free italian vinaigrette

* chop ten salad *

baby greens, broccoli, bell peppers, artichoke hearts, red onions, edamame, carrots, beets, heirloom tomatoes, cucumbers, baby corn and balsamic vinaigrette

* mexicali *

romaine lettuce, black beans, baby corn, wisconsin cheddar cheese, cilantro, heirloom tomatoes, tortilla strips and chipotle ranch

* mandarin chicken *

baby greens, grilled all-natural chicken breast, mandarin oranges, cucumbers, carrots, cranberries, sesame sticks and ginger soy vinaigrette

* protein plus *

romaine, grilled all-natural chicken breast, eggs, broccoli, garbanzo beans, red quinoa, edamame, beets, sunflower seeds and balsamic vinaigrette