

# 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.

**9.99/LB**

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

2 oz courtney's tuna for 1.79  
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

**Catering**  
2104 Central Street 847.328.8504

WWW.FOODSTUFFS.COM

## 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
- avocado
- garbanzo beans
- fresh basil
- seasonal fresh fruit
- red quinoa
- giardiniera
- apples
- mandarin oranges

### 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 - 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