

# Foodstuffs

GOURMET FOODS & CATERING



GLENCOE

## 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

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:

- broccoli
- celery
- eggs
- bell peppers
- tofu
- red onions
- mango
- jicama
- cucumbers
- cauliflower
- beets
- heirloom tomatoes
- avocado
- marinated mushrooms
- garbanzo beans
- kalamata olives
- artichoke hearts
- roasted red peppers
- fresh fruit
- black beans
- roasted sweet potatoes
- roasted tomatoes
- roasted brussels sprouts
- red lentil penne pasta
- hearts of palm
- white beans
- sweet peas
- red quinoa
- pepperoncini
- carrots
- corn
- edamame
- mushrooms
- wheat berries

### 3. select any number of toppings:

- tortilla strips
- sugared walnuts
- slivered almonds
- sunflower seeds
- chopped peanuts
- crispy onions
- dried cranberries
- foodstuffs croutons
- wasabi peas
- sesame sticks
- sea salt chickpeas

### 4. add meats, salads & cheeses:

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

\*3.49 for two scoops of either tuna or chicken salad

### 5. top it off with your favorite dressing:

- ginger soy vinaigrette
- gf fat-free raspberry vinaigrette
- gf chipotle ranch
- gf feta vinaigrette
- gf balsamic vinaigrette
- gf creamy caesar
- gf sweet vidalia onion dressing
- oil & vinegar
- gf apple cider vinaigrette
- gf wildfire red wine vinaigrette
- country honey dijon mustard
- gf fat-free creamy italian
- gf citrus organic dressing
- gf farmhouse ranch
- gf blue cheese dressing
- gf balsamic fig 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

### \* asian chicken salad \*

grilled all-natural chicken breast with romaine, broccoli, bell peppers, mushrooms, carrots, chopped peanuts, edamame and ginger soy vinaigrette

### \* diana's salad \*

baby spinach, edamame, red onions, marinated mushrooms, goat cheese, sugared walnuts, dried cranberries and balsamic vinaigrette

### \* omega powerhouse \*

romaine, kale, grilled all-natural chicken breast, garbanzo beans, avocado, sugared walnuts, dried cranberries, sunflower seeds, roasted tomatoes, red quinoa and balsamic vinaigrette