

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 brussels sprouts
- roasted tomatoes
- hearts of palm
- white beans
- sweet peas
- red quinoa
- pepperoncini
- carrots
- corn
- edamame
- mushrooms

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