

Foodstuffs

GOURMET FOODS & CATERING



GLENVIEW

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
- arugula
- baby spinach
- romaine

2. select any number of ingredients:

- eggs
- egg whites
- roasted tomatoes
- edamame
- red onions
- jicama
- cucumbers
- beets
- garbanzo beans
- kalamata olives
- fresh basil
- broccoli
- artichoke hearts
- carrots
- mushrooms
- roasted red peppers
- roasted brussels sprouts
- roasted sweet potatoes
- red lentil penne pasta
- black beans
- hearts of palm
- heirloom tomatoes
- celery
- corn
- bell peppers
- green onions
- avocado
- peas
- red quinoa
- pepperoncini
- seasonal fruit
- wheatberries

3. select any number of toppings:

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

4. add meats, salads & cheeses:

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

5. top it off with your favorite dressing:

- ginger soy vinaigrette
- blue cheese
- oil & vinegar
- fat-free italian
- balsamic vinaigrette
- honey dijon mustard
- creamy caesar
- greek feta vinaigrette
- wildfire red wine vinaigrette
- citrus organic dressing
- farmhouse ranch
- balsamic fig vinaigrette
- apple cider vinaigrette
- poppyseed

gf - gluten free

OR, CHOOSE FROM OUR CHEF'S FAVORITES

* just dreaming *

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

* bbq chicken & roasted corn salad *

romaine, bbq all-natural chicken breast, black beans, corn, jicama, roasted red peppers, red onions, tortilla strips and farmhouse ranch dressing

* bob's cobb salad *

grilled all-natural chicken breast, romaine, bacon, hardboiled eggs, avocado, heirloom tomatoes and blue cheese dressing

* protein plus *

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

* chicken caesar salad *

grilled all-natural chicken breast, romaine, foodstuffs croutons, shredded parmesan and creamy caesar dressing

* asian chicken salad *

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