

Foodstuffs

GOURMET FOODS & CATERING



LAKE FOREST

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:

- cilantro
- edamame
- eggs
- broccoli
- basil
- bell peppers
- roasted tomatoes
- red onions
- radishes
- cucumbers
- heirloom tomatoes
- beets
- marinated mushrooms
- garbanzo beans
- hearts of palm
- kalamata olives
- marinated artichokes
- roasted red peppers
- roasted brussels sprouts
- roasted sweet potatoes
- carrots
- corn
- black beans
- mandarin oranges
- tofu
- fresh basil
- avocado
- scallions
- quinoa
- mango
- giardinera
- jicama

3. select any number of toppings:

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

4. add meats, salads & cheeses:

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

5. top it off with your favorite dressing:

- ginger soy vinaigrette
- gf creamy blue cheese dressing
- gf fat-free raspberry vinaigrette
- oil & vinegar
- gf balsamic vinaigrette
- gf cucumber wasabi
- gf fat-free italian
- honey mustard
- gf creamy caesar
- gf greek feta vinaigrette
- gf wildfire red wine vinaigrette
- reduced-fat honey lime
- gf farmhouse 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

* 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 cheese and creamy caesar dressing

* cobb salad *

grilled all-natural chicken breast, baby spinach, bacon, wisconsin blue cheese, heirloom tomatoes and blue cheese dressing

* greek salad *

grilled all-natural chicken breast, romaine, marinated artichoke hearts, feta cheese, heirloom tomatoes, kalamata olives and greek feta vinaigrette

* caprese salad *

baby greens, fresh mozzarella, heirloom tomatoes, fresh basil, red onions and balsamic vinaigrette

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