

# 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.

## OR, CHOOSE FROM OUR CHEF'S FAVORITES

### \* california dreaming \*

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

### \* protein plus \*

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

### \* southern sun \*

romaine, tomatoes, avocado, cilantro, corn, garbanzo beans, feta cheese, tortilla strips with lime vinaigrette

### \* sunny honey salad \* **NEW!**

grilled all-natural chicken breast, arugula, romaine, roasted sweet potatoes, corn, roasted tomatoes, marinated mushrooms, goat cheese and honey lime vinaigrette

### \* chicken caesar salad \*

grilled all-natural chicken breast, romaine, croutons, shredded parmesan cheese with creamy caesar dressing

### \* mediterranean salad \*

grilled all-natural chicken breast, baby greens, kalamata olives, roasted tomatoes, marinated artichokes, feta cheese, dried cranberries with feta vinaigrette

### \* italian tuna salad \* **NEW!**

courtney's tuna salad, baby greens, corn, grape tomatoes, fresh mozzarella, kalamata olives, fresh basil, and italian herb vinaigrette  
additional 1.99

### \* farmer jay \* **NEW!**

grilled all-natural chicken breast, romaine, bacon, eggs, corn, carrots, scallions, cheddar cheese and country honey dijon mustard dressing

## 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
- bell peppers
- roasted tomatoes
- red onions
- cucumbers
- grape tomatoes
- beets
- marinated mushrooms
- garbanzo beans
- hearts of palm
- kalamata olives
- marinated artichokes
- roasted red peppers
- roasted brussels sprouts
- roasted sweet potatoes
- carrots
- corn
- cabbage
- apples
- black beans
- tofu
- avocado
- scallions
- quinoa
- mango
- giardiniera
- jicama
- pepperoncini
- pickled red onions
- basil

### 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
- crispy onions
- wonton strips

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

- grilled all-natural chicken breast
- courtney's tuna salad
- terry's chicken salad
- black forest salami
- 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
- blue cheese dressing
- fat-free raspberry vinaigrette
- oil & vinegar
- balsamic vinaigrette
- green goddess dressing
- creamy caesar
- avocado ranch
- italian herb vinaigrette
- organic citrus vinaigrette
- feta vinaigrette
- wildfire red wine vinaigrette
- reduced-fat honey lime
- farmhouse ranch
- balsamic fig vinaigrette
- country honey dijon mustard
- chipotle ranch
- poppyseed
- lime vinaigrette

- gluten free

12.99/LB

2 oz additional chicken breast for 2.29  
additional dressing or sauce .50  
2 oz courtney's tuna for 1.99  
4 oz courtney's tuna for 3.99  
salmon for 28.99 lb

## 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