

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.

13.99/LB

2 oz additional chicken breast for 2.29
2 oz courtney's tuna for 2.29
4 oz courtney's tuna for 4.49
additional dressing or sauce .50

**FOODSTUFFS CHICKEN & TURKEY ARE
CAGE & HORMONE FREE**

Evanston
2106 Central Street
847.328.7704

Glencoe
338 Park Avenue
847.835.5105

Glenview
Carillon Square
1456 Waukegan Road
847.832.9999

Lake Forest
255 E. Westminster
847.234.6600

BUILD YOUR OWN SALAD

1. choose your greens:

- arugula
- baby spinach
- romaine
- baby greens

2. choose your ingredients:

- artichoke hearts
- avocado
- bell peppers
- black beans
- broccoli
- carrots
- celery
- corn
- cucumbers
- edamame
- garbanzo beans
- giant white beans
- grape tomatoes
- green onions
- kalamata olives
- mushrooms
- peppadew peppers
- pepperoncini
- pickled red onions
- red onions
- red quinoa
- roasted brussels sprouts
- roasted red peppers
- roasted sweet potatoes
- roasted tomatoes
- sweet peas

3. choose your toppings:

- chopped peanuts
- chow mein noodles
- crispy onions
- croutons
- dried cranberries
- dried dates
- sea salt chickpeas
- sesame sticks
- slivered almonds
- stacy's pita chips
- sugared walnuts
- sunflower seeds
- tortilla strips
- wasabi peas

4. add protein & cheeses:

- bacon
- black forest salami
- courtney's tuna salad
- grilled all-natural chicken breast
- eggs
- egg whites
- roasted turkey breast
- terry's chicken salad
- blue cheese
- cheddar
- feta cheese
- fresh mozzarella
- goat cheese
- shredded parmesan

*3.99 for two scoops of either tuna or chicken salad

5. top it off with your favorite dressing:

- avocado ranch
- balsamic fig vinaigrette
- balsamic vinaigrette
- blue cheese dressing
- chipotle honey vinaigrette
- chipotle ranch
- creamy caesar
- fat-free italian
- farmhouse ranch
- feta vinaigrette
- french dressing
- ginger soy vinaigrette
- green goddess
- honey dijon mustard
- italian herb vinaigrette
- lime vinaigrette
- oil & vinegar
- pesto (nut free)
- wildfire red wine vinaigrette

gf - gluten free

OR, CHOOSE FROM OUR CHEF'S FAVORITES

* just dreaming *

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

* genoa chicken pesto salad *

grilled all-natural chicken breast, romaine, bacon, roasted tomatoes, avocado, shredded parmesan, red onions, mozzarella cheese, slivered almonds with nut-free pesto

* chef salad *

roasted turkey breast, bacon, hard boiled eggs, baby greens, romaine, grape tomatoes, cucumber, red onion, cheddar cheese, parmesan cheese with french dressing

* protein plus *

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

* chipotle chicken salad *

grilled all-natural chicken breast, romaine, black beans, red onions, peppadew peppers, tortilla strips, wisconsin cheddar cheese, avocado with chipotle honey vinaigrette

* asian chicken salad *

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

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