

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.

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

**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

1. choose your greens:

- baby greens
- romaine
- arugula
- kale
- baby spinach

2. select any number of ingredients:

- broccoli
- marinated mushrooms
- sweet peas
- celery
- garbanzo beans
- red quinoa
- eggs
- kalamata olives
- pepperoncini
- bell peppers
- artichoke hearts
- carrots
- tofu
- roasted red peppers
- corn
- red onions
- peppadew peppers
- edamame
- mango
- roasted sweet potatoes
- mushrooms
- cucumbers
- black beans
- hearts of palm
- cauliflower
- roasted tomatoes
- fresh fruit
- beets
- roasted brussels sprouts
- cilantro
- grape tomatoes
- pickled red onions
- pickled jalapeños
- avocado
- white beans

3. select any number of toppings:

- tortilla strips
- chopped peanuts
- wonton strips
- sugared walnuts
- crispy onions
- wasabi peas
- slivered almonds
- crispy jalapeños
- sesame sticks
- sunflower seeds
- dried cranberries
- sea salt chickpeas
- dried dates
- foodstuffs croutons

4. add meats, salads & cheeses:

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

*3.99 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 green goddess dressing
- gf wildfire red wine vinaigrette
- country honey dijon mustard
- gf fat-free italian
- gf farmhouse ranch
- gf blue cheese dressing
- gf balsamic fig vinaigrette
- gf poppyseed
- gf organic citrus vinaigrette

gf - gluten free

OR, CHOOSE FROM OUR CHEF'S FAVORITES

* california dreaming *

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

* asian chicken salad *

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

* foodstuffs fiesta salad * **NEW!**

grilled all-natural chicken breast, romaine, black beans, corn, cheddar cheese, cilantro, grape tomatoes, tortilla strips, pickled jalapeños, topped with chipotle ranch

* omega powerhouse *

grilled all-natural chicken breast, romaine, kale, garbanzo beans, avocado, sugared walnuts, dried cranberries, sunflower seeds, roasted tomatoes, red quinoa with balsamic vinaigrette