

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 *

grilled all-natural chicken breast, arugula, roasted sweet potatoes, corn, roasted tomatoes, marinated mushrooms, goat cheese with 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

* tuna blt *

courtney's tuna salad, bacon, egg, romaine, avocado, cucumber, grape tomatoes, with ranch dressing
additional 1.99

* 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

BUILD YOUR OWN SALAD

1. choose your greens:

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

2. choose your ingredients:

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

3. choose your toppings:

- crispy onions
- croutons
- dried cranberries
- praline pecans
- sea salt chickpeas
- sesame sticks
- slivered almonds
- sugared walnuts
- sunflower seeds
- tortilla strips
- wasabi peas
- wonton strips

4. add protein & cheeses:

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

5. top it off with your favorite dressing:

- avocado ranch
- balsamic fig vinaigrette
- balsamic vinaigrette
- blue cheese dressing
- chipotle ranch
- country honey dijon mustard
- creamy caesar
- fat-free raspberry vinaigrette
- farmhouse ranch
- feta vinaigrette
- ginger soy vinaigrette
- green goddess dressing
- italian herb vinaigrette
- lime vinaigrette
- oil & vinegar
- organic citrus vinaigrette
- poppyseed
- reduced-fat honey lime
- wildfire red wine vinaigrette

- gluten free

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

salmon for 30.99 lb

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

FOODSTUFFS.COM



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