

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, 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 *

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

* farmer jay *

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

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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