

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

BUILD YOUR OWN SALAD

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
- wildfire red wine vinaigrette
- fat-free raspberry vinaigrette
- country honey dijon mustard
- chipotle ranch
- fat-free italian
- feta vinaigrette
- farmhouse ranch
- balsamic vinaigrette
- blue cheese dressing
- creamy caesar
- balsamic fig vinaigrette
- sweet vidalia onion dressing
- poppyseed
- oil & vinegar
- organic citrus vinaigrette
- green goddess dressing

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 *

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

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