

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.

13.99/LB

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

**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:

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

2. select any number of ingredients:

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

3. select any number of toppings:

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

4. add meats, salads & cheeses:

- bacon
- courtney's tuna salad*
- eggs
- grilled all-natural chicken breast
- roasted turkey breast
- smoked turkey breast
- terry's chicken salad*
- tofu
- 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:

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

* greek cobb salad *

grilled all-natural chicken breast, bacon, eggs, romaine, spinach, grape tomato, cucumber, kalamata olives, roasted red peppers, artichoke hearts, pepperoncini, feta cheese with balsamic vinaigrette

* 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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