

Foodstuffs

GOURMET FOODS & CATERING



EVANSTON

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 *

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

* mediterranean salad *

grilled all-natural chicken breast, baby greens, kalamata olives, roasted tomatoes, artichoke hearts, feta cheese, dried cranberries with feta vinaigrette

* sunny honey salad *

grilled all-natural chicken breast, arugula, roasted sweet potatoes, corn, roasted tomatoes, marinated mushrooms, goat cheese, with reduced-fat honey lime dressing

* farmer jay *

grilled all-natural chicken breast, bacon, eggs, romaine, corn, carrots, scallions, wisconsin cheddar cheese with country honey dijon mustard dressing

* tuna blt * **NEW!**

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

* omega powerhouse * **NEW!**

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

* chicken caesar salad *

grilled all-natural chicken breast, romaine, croutons, shredded parmesan cheese with creamy caesar dressing (GF)

* mexicali *

romaine, black beans, corn, wisconsin cheddar cheese, cilantro, grape tomatoes, tortilla strips with chipotle ranch dressing (GF)

BUILD YOUR OWN SALAD

1. choose your greens:

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

2. choose your ingredients:

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

3. choose your toppings:

- black sesame seeds
- crispy onions
- croutons
- dried cranberries
- 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
- feta cheese
- fresh mozzarella
- goat cheese
- shredded parmesan
- wisconsin blue cheese
- wisconsin cheddar

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
- farmhouse ranch
- fat-free raspberry vinaigrette
- feta vinaigrette
- ginger soy vinaigrette
- green goddess dressing
- italian herb vinaigrette
- lime vinaigrette
- oil & vinegar
- organic citrus vinaigrette
- poppyseed
- red wine vinegar
- reduced-fat honey lime
- sweet vidalia onion
- wildfire red wine vinaigrette

- gluten free

13.99/LB

additional dressing or sauce .50
2 oz additional chicken breast for 2.29
2 oz courtney's tuna for 1.99
4 oz courtney's tuna for 3.99
salmon for 30.99 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
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FOODSTUFFS.COM

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