

# 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 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:

- 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
- 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:

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

- 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 \* **NEW!**

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