

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 *

romaine, grilled all-natural chicken breast, 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

* the poppy *

baby greens, avocado, broccoli, apples, goat cheese, sunflower seeds, sugared walnuts, cranberries with poppyseed dressing

* chicken caesar salad *

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

* mediterranean salad *

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

* the gluten free sub salad*

romaine, genoa salami, bacon, pepperoncini, roasted tomatoes, cucumbers, pickled red onions, avocado, shredded parmesan cheese, chopped and tossed with italian herb vinaigrette

BUILD YOUR OWN SALAD

1. choose your greens:

- baby greens
- kale mix
- 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
- quinoa/farro blend
- tofu
- avocado
- scallions
- quinoa
- mango
- giardiniera
- jicama
- pepperoncini
- pickled red onions

3. select any number of toppings:

- foodstuffs croutons
- tortilla strips
- sugared walnuts
- silvered almonds
- dried cranberries
- sunflower seeds
- wasabi peas
- sun-dried tomatoes
- sesame sticks
- sea salt chickpeas
- pepitas
- crispy onions
- banana chips
- wonton strips

4. add meats, salads & cheeses:

- grilled all-natural chicken breast
- courtney's tuna salad
- terry's chicken salad
- genoa 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
- ☞ fat-free italian
- ☞ 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

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