

Foodstuffs

GOURMET FOODS & CATERING



GLENVIEW

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
- baby spinach
- arugula

2. select any number of ingredients:

- eggs
- roasted tomatoes
- edamame
- cucumbers
- garbanzo beans
- kalamata olives
- water chestnuts
- pepperoncini
- broccoli
- artichoke hearts
- carrots
- mushrooms
- roasted red peppers
- roasted sweet potatoes
- black beans
- peppadew peppers
- pickled red onions
- grape tomatoes
- corn
- bell peppers
- green onions
- avocado
- peas
- red quinoa
- celery
- red onions
- giant white beans
- cauliflower

3. select any number of toppings:

- tortilla strips
- foodstuffs croutons
- sunflower seeds
- chow mein noodles
- sea salt chickpeas
- crispy onions
- chopped peanuts
- sugared walnuts
- dried cranberries
- slivered almonds
- chopped dates
- wasabi peas
- sesame sticks
- stacy's pita chips

4. add meats, salads & cheeses:

- grilled all-natural chicken breast
- courtney's tuna salad*
- terry's chicken salad*
- bacon
- roasted turkey breast
- genoa salami
- wisconsin blue cheese
- wisconsin cheddar
- feta cheese
- fresh mozzarella
- shredded parmesan
- goat cheese

*3.99 for two scoops of either tuna or chicken salad

5. top it off with your favorite dressing:

- ginger soy vinaigrette
- blue cheese dressing
- oil & vinegar
- lime vinaigrette
- balsamic vinaigrette
- honey dijon mustard
- creamy caesar
- italian herb vinaigrette
- green goddess
- french dressing
- avocado ranch
- feta vinaigrette
- wildfire red wine vinaigrette
- balsamic fig vinaigrette
- farmhouse ranch
- fat-free italian
- chipotle ranch
- pesto (nut free)
- chipotle honey vinaigrette

gf - gluten free

OR, CHOOSE FROM OUR CHEF'S FAVORITES

* just dreaming *

baby spinach, sugared walnuts, dried cranberries, edamame, wisconsin blue cheese with balsamic vinaigrette

*genoa chicken pesto salad * **NEW!**

grilled all-natural chicken breast, romaine, bacon, roasted tomatoes, avocado, shredded parmesan, red onions, mozzarella cheese, slivered almonds and nut free pesto

* bob's cobb salad *

grilled all-natural chicken breast, romaine, bacon, hardboiled eggs, avocado, heirloom tomatoes with blue cheese dressing

* protein plus *

grilled all-natural chicken breast, hardboiled eggs, broccoli, romaine, garbanzo beans, red quinoa, edamame, beets, sunflower seeds with balsamic vinaigrette

* chipotle chicken salad *

grilled all-natural chicken breast, romaine, black beans, red onions, peppadew peppers, tortilla strips, wisconsin cheddar cheese, avocado with chipotle honey vinaigrette

* asian chicken salad *

grilled all-natural chicken breast, romaine, broccoli, bell peppers, mushrooms, carrots, chopped peanuts, edamame with ginger soy vinaigrette

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