

# 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.

**12.99/LB**

2 oz additional chicken breast for 2.29  
additional dressing or sauce .50

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

FOODSTUFFS.COM

## BUILD YOUR OWN SALAD

### 1. choose your greens:

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

### 2. select any number of ingredients:

- corn
- eggs
- broccoli
- bell peppers
- red onions
- black beans
- carrots
- marinated mushrooms
- cucumbers
- pickled red onions
- cilantro
- beets
- grape tomatoes
- kalamata olives
- artichoke hearts
- roasted red peppers
- roasted sweet potatoes
- roasted tomatoes
- roasted brussels sprouts
- peppadew peppers
- scallions
- avocado
- garbanzo beans
- giant white beans
- red quinoa
- giardiniera
- apples
- mandarin oranges
- tofu
- jicama

### 3. select any number of toppings:

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

### 4. add meats, salads & cheeses:

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

### 5. top it off with your favorite dressing:

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

☞ - 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

#### \* mediterranean salad \*

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

#### \* chop ten salad \*

baby greens, broccoli, bell peppers, artichoke hearts, red onions, edamame, carrots, beets, tomatoes, cucumbers, corn with balsamic vinaigrette

#### \* mexicali \*

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

#### \* green goddess \*

romaine, grilled all-natural chicken breast, edamame, sun-dried tomatoes, avocado, corn, scallions with green goddess dressing

#### \* quinoa cobb \*

baby greens, red quinoa, red onions, tomatoes, olives, bacon, eggs, cheddar cheese with wildfire red wine vinaigrette