LOW IMPACT MENU

“We do not own this planet; we borrow it from our children.”

FOOD for THOUGHT
LOW IMPACT MENU

We have a philosophy that tasty food should be sustainable food. Food For Thought understands its environmental impact and responsibility, and is committed to consciously reducing its effect on global climate change.

We are Chicago’s first caterer to earn Green Seal Certification, a program with strict criteria for human health, reduced environmental impact and community stewardship.

1. OFFER CLIENTS LOWER IMPACT SELECTIONS IN OUR MENUS INCLUDING:
   - Vegetable-Forward Dishes
   - Cage-Free Eggs
   - Ethically-Sourced Ingredients
   - Responsibly-Sourced Seafood

2. UTILIZE LOCAL MIDWEST PRODUCERS AND SEASONAL ITEMS WHENEVER POSSIBLE

3. SUPPLY SUSTAINABLE SERVICEWARE, PLATES, CUPS AND FLATWARE

4. WORK TO REDUCE THE FOOD INDUSTRY’S WASTING OF 1/3 OF ALL FOOD PRODUCTS PRODUCED

5. CONTINUOUSLY EDUCATE OUR STAFF AND CUSTOMERS TO CREATE POSITIVE CHANGE

#1

52

400+

FIRST CHICAGO CATERER
to eliminate single-use plastic straws

TONS OF FOOD
is composted by Food For Thought each year

POUNDS OF OIL
from our kitchen has been converted into biodiesel

SUSTAINABLE PACKAGING
All products in this menu are served in sustainable packaging. Palm plates, eco forks, knives, and napkins can be included for $1.50 pp.
BREAKFAST
10 PERSON MINIMUM

SEASONAL FRUIT CUPS VGN GF.........................$3.75 PP
Seasonal Fruit

“MUESLI” OVERNIGHT OATS VGT..............................$6.75 PP
Dried Fruits, Mixed Berries, Green Apple, Honey, Toasted Nuts, Almond Milk

“ON THE RUN” CROSSFIT KIT VGT GF......................$10.95 PP
Cage-Free Hard Boiled Egg, Banana Chips with Sunflower Butter, Nuts & Seeds Trail Mix

NY BAGELS OR BIALYS VGN ..................$41.00 PER DOZEN
Choice of Cream Cheeses & Jams

MAKE IT A SMOKED SALMON PLATTER......ADD $13.25 PP
with Cucumber, Tomato, Red Onion & Capers

FRESH BAKED PASTRIES VGT.........................$32.00 PER DOZEN
Multigrain Croissant, Pain Au Chocolate, Berry Croissant, Mango Danish, Cheese Danish, Cheddar Chive Scones

“BITES” VGT.............................................$30.00 PER DOZEN
Mini Muffins, Mini Plain Croissants & Mini Pain Au Chocolate, Butter, Jam

SLICED FRUIT PLATTER VGN GF.............SM $50.00 LG $75.00
Seasonal Fruit

HEALTHY START EGG WHITE WRAP VGT.............$6.25 PP
Egg Whites, Garbanzo Salad, Oil-Cured Tomatoes, Feta, Kalamata Tapenade, Nut-Free Basil Pesto

CONTINENTAL BOX
$10.95 PP
MINI MUFFINS VGT
FRUIT VGN GF
HARD BOILED EGG VGT GF
OVERNIGHT OATS VGT

WHY CAGE FREE?
Cage-free hens have the ability to walk, spread their wings, and lay their eggs in nests, all vital natural behaviors that are denied to cage-confined hens.
SNACKS & HORS D’OEUVRES
10 PERSON MINIMUM

SMALL SERVES 10 - 15, LARGE SERVES 15 - 20

MIDWEST CHARCUTERIE & CHEESE
SM $87.50 LG $150.50
Prairie Breeze Cheddar, Marieke Gouda paired with offerings from Chicago Salumi & Smoking Goose
Served with Assorted Flatbreads, Dried Fruits & Brazil Nuts

MIXES

INDIVIDUALLY PACKAGED, $9.00 PP

THE SWEET & SALTY VGT GF
Brazil Nuts, Pepitas, Sunflower Seeds, Cinnamon, Nutmeg,
Sea Salt, Chocolate Chips, Dried Apricots & Craisins

THE PAN-ASIAN VGN
Brazil Nuts, Wasabi Peas, Sesame Sticks, Almonds,
Sunflower Seeds, Pretzels

SEASONAL VEGETABLE CRUDITE
SM $40.00 LG $75.00
Kefir Ranch VGT GF, Roasted Red Pepper Chimichurri VGN GF,
Edamame Hummus VGN GF

HUMMUS STREET STAND
SM $65.00 LG $125.00
Served With Fresh Pita, Local Windcrest Dairy
Greek Yogurt & Veggie Sticks
PICK THREE:
- Roasted Carrot VGN GF
- Traditional VGN GF
- Avocado Lime VGN GF
- Caramelized Cauliflower VGN GF
- Heirloom Beet VGN GF
- Pistachio Parsnip VGN GF

HORS D’OEUVRES

VEGETABLE
$34.50 PER DOZEN
DEVILED POTATOES VGT GF
Dill & Roasted Garlic Creme,
Creole Spiced Crispy Leeks
FRUIT SKEWER VGN GF
Seasonal Melon, Pineapple,
Strawberry

POULTRY
$39.50 PER DOZEN
ANTIPASTO SKEWER GF
Chicken Sausage, Marinated Artichoke,
Basil, Fresh Mozzarella, Oven-Dried Tomato
TURKEY SHAWARMA MEATBALLS
Shakshuka Sauce

SEAFOOD
$47.50 PER DOZEN
SHRIMP & SCALLION SHUMAI
Passionfruit Dipping Sauce
HOISIN GRILLED SHRIMP
Citrus Marinade
SANDWICH BOX & PLATTERS

VEGGIE BANH MI VGT
Lemongrass & Coriander Tofu, Pickled Vegetables, Cilantro, Jalapeno, Sriracha Mayonnaise, Baguette

TURKEY FRESCO SANDWICH
Honey Roasted Turkey Breast, Aged White Cheddar, Leaf Lettuce, Tomato, Basil-Tarragon Aioli, Artisan Roll

HONEY MUSTARD GRILLED CHICKEN SANDWICH
Sun-Dried Tomato Tapenade, Baby Spinach, Pickled Shallots, Dijonnaise, Ciabatta Roll

ROASTED CHICKEN SALAD SANDWICH
Pickled Raisins, Granny Smith Apple, Caramelized Onions, Brazil Nuts, Lemon Aioli, Artisan Roll

GRILLED EGGPLANT & BELL PEPPER SANDWICH VGT
Herb & Oil Marinade, Olive Salad, Provolone, Cured Tomatoes, Tahini Hummus, Potato Roll

KICKED UP CHICKEN CAESAR WRAP
Grilled Chicken Breast, Romaine, Golden Croutons, Chipotle Caesar Dressing, Tomato Tortilla, Shaved Grana Padano

HUMMUS & ROASTED VEGETABLE WRAP VGT
Balsamic & Herb Marinated Vegetables, Baby Arugula, Watercress, Goat Cheese, Spinach Tortilla

SO. CAL TUNA SALAD SANDWICH
Lemon & Dill Vinaigrette Dressed Albacore Tuna, Roma Tomatoes, Avocado, Alfalfa Sprouts, Caper Aioli, Green Olive Tapenade, Whole Wheat Bread

VINE TOMATO & FRESH MOZZARELLA SANDWICH VGT
Roasted Bell Peppers, Watercress, Torn Basil, Black Olive Tapenade, Herb Ciabatta Roll

STANDARD BOX..........................$14.50 PP
Sandwich/Wrap, Chips & Cookie

EXECUTIVE BOX..........................$15.50 PP
Sandwich/Wrap, Pesto Pasta Salad, Chips & Cookie

NEED A PLATTER?

STANDARD PLATTER..........................$14.75 PP
Choice of 4 Sandwiches (one per portion), Chef’s Choice Side or Chips & Cookies

EXECUTIVE PLATTER..........................$16.75 PP
Choice of 4 Sandwiches (one per portion), Chef’s Choice Side or Fresh Fruit, Chips & Cookies

PINWHEELS & MINIS
$30.00 PER DOZEN

- TURKEY FRESCO
- HONEY MUSTARD GRILLED CHICKEN
- HUMMUS & ROASTED VEGETABLE VGT
- VINE TOMATO & FRESH MOZZARELLA VGT
- SO. CAL TUNA SALAD
SALADS
10 PERSON MINIMUM

CLASSIC SALAD BOXES
SALAD, ROLL & COOKIE ...........................................$12.75

APPLE & QUESO FRESCO  vgt gf
GREEN LEAF LETTUCE, APPLES, CRUMBLED QUESO FRESCO,
BRAZIL NUTS, CHAMPAGNE VINAIGRETTE

CITRUS & TOASTED WALNUTS  vgn
MESCLUN MIXED GREENS, ORANGES, RUBY GRAPEFRUIT,
PINEAPPLE, BRAZIL NUTS, RASPBERRY-POPPY SEED DRESSING

THE CHOPPED  vgt
ROMAINE, TOMATOES, GREEN ONIONS, HARICOT VERT,
SWEET CORN, PETITE GREEN PEAS, BLEU CHEESE,
RED WINE DIJON VINAIGRETTE

GOURMET SALAD BOXES
SALAD, ROLL & COOKIE ...........................................$16.95

BABY KALE & ARUGULA GREENS  vgt
ROASTED SWEET POTATO, SWEET N SOUR FRESNO CHILIES,
GRANA PADANO, ANCIENT GRAINS, HERB VINAIGRETTE

ROASTED ROOTS  vgt
CARROT & BEET, QUINOA & TOASTED FARRO, JALAPENO
YOGURT, ORANGES, HAZELNUTS, WATERCRESS & BABY
ARUGULA, TOASTED PITA, SESAME-GINGER VINAIGRETTE

TOFU “COBB”  vgt
GRILLED TOFU, CAGE FREE EGG, VINE TOMATO,
SOY-CHORIZO, QUESO FRESCO, GRILLED SCALLION,
AVOCADO, CHOPPED GREENS, CILANTRO-LIME
RANCH DRESSING

SESAME-GLAZED SALMON
EDAMAME, SUGAR SNAPS & SNOW PEAS,
RED BELL PEPPER, SESAME-GINGER VINAIGRETTE

COMMUNITY GARDEN
$9.50

BUILD YOUR OWN SALAD BAR  vgt
CHOPPED ROMAINE, BABY ARUGULA & SPINACH,
SEASONALLY INSPIRED INGREDIENTS, CHICKPEAS,
SUNFLOWER SEEDS & CRUMBLED AGED ChEDDAR W/ CHAMPAGNE, BALSAMIC &
ITALIAN VINAIGRETTES

ADD CHICKEN $2.95PP, ADD TOFU $2.95,
ADD SHRIMP $3.95, ADD FLANK STEAK $4.25

ADD PARKER HOUSE DINNER ROLLS  vgt
PARMESAN & BUTTER CRUST $2.75PP

house made dressings

312-572-7233  DELIVERED@FFTCHICAGO.COM
SWEETS & BEVERAGES
10 PERSON MINIMUM

PETITE SWEET ASSORTMENT
$40.00 PER DOZEN

EXOTIC FRUIT PETITE CHOUX BUN
Mango and Passion Fruit Custard

MILLIONAIRE TART
Candied Peanuts, Caramel, Chocolate Ganache and Gold Sparkle

CHOCOLATE COCONUT RUM CUP GF
Chocolate Cup filled with Rum Cream and Bittersweet Chocolate Ganache, Topped With Coconut Flakes

PISTACHIO FRENCH MACARON GF
Crispy Shell - Soft Center Cookies, Pistachio Buttercream

DESSERT BAR ASSORTMENT
$31.00 PER DOZEN

Brown Butter Brownie, Pecan Bar, Lemon Bar, Coconut Chocolate Macaron Bar

CHILLED HOUSEMADE BEVERAGES
GALLON SERVES 12 - 15 PEOPLE

BLACKBERRY CITRUS VIRGIN “SANGRIA”
$30.00 PER GALLON

PASSIONFRUIT MANGO ICED TEA
$30.00 PER GALLON

THE MATCHA “PALMER”
$30.00 PER GALLON

HOT BEVERAGES
SMALL SERVES 8 - 10
LARGE SERVES 40 - 50

BIG SHOULDERS FAIR TRADE COFFEE
$22.50 SMALL $64.50 LARGE
Sugar, Cream, Milk, Sweeteners

RISHI ORGANIC LEAF TEAS
$16.00 SMALL $40.00 LARGE
Sugar, Cream, Milk, Lemon, Sweeteners
LOW IMPACT PARTNERS

MICK KLUG FARMS, ST. JOSEPH, MICHIGAN
MINT CREEK FARMS, CABERY, ILLINOIS
NICHOLS FARMS, MARENGO, ILLINOIS
SEEDLING FARMS, SOUTH HAVEN, MICHIGAN
LIVING WATERS, STRAWN, ILLINOIS
NORDIC CREAMERY, WESTBY, WISCONSIN

VERTERRA ECO-FRIENDLY SERVINGWARE
Our dinnerware is made from fallen palm leaves, steam, heat and pressure. No plants or trees are cut or harmed in the process. VerTerra products are BPI-certified compostable and naturally biodegradable.

THE JUST EGG
After years of development by Michelin-starred chefs and world-class product developers, the JUST Egg is here. Made entirely from plants, it’s packed with clean, sustainable protein, and scrambles and tastes like eggs.

COLLECTIVE RESOURCE
Women-owned, Evanston-based Collective Resource is a food scrap pickup service that aims to reduce the amount of waste brought to landfills. Through their residential and commercial clients, an average 20 tons per week of food waste is diverted from landfills.