

FOOD FOR THOUGHT AT SAIC

LAST MINUTE CATERING MENU

Forgot about that meeting you had ? Need Food In a Hurry ? Not to worry, Food for Thought has created a menu for these types of situations. This menu features items that can be ordered with short notice or day of your event. Simply fill out the below order form and email to Catering Manager Meghan Windt, mwindt@fftchicago.com, and Meghan will confirm your order was received.

Any questions please contact Catering Manager Meghan Windt: 847-626-4801 or mwindt@fftchicago.com

BREAKFAST:

SIGNATURE YOGURT PARFAITS \$3.50

low fat vanilla yogurt with seasonal berries and granola

BYO STEEL CUT OATMEAL \$4.50

vegan steel cut oatmeal & toppings *ve *gf: raisins, dried cranberries, cinnamon & brown sugar

FRESHLY BAKED ASSORTED MUFFINS

one dozen \$39, one half dozen \$19.50

GLUTEN FREE OR VEGAN MUFFINS

\$4.50 each

BEVERAGES: small, serves 10 | large, serves 20

HOUSE ROAST BIG SHOULDERS COFFEE: served with sugar, sweeteners + cream (regular or decaf available) \$18.50, \$37

HOT CHOCOLATE OR APPLE CIDER \$18.50, \$37

ORGANIC NUMI HOT TEA: served with honey \$9, \$18

FRUIT INFUSED WATER price per person \$1.25

SEASONAL CITRUS

CUCUMBER LEMON

HOUSE LEMONADE price per person \$1.50

APPLE JUICE, GRAPEFRUIT JUICE OR ORANGE JUICE \$2.50

COKE, DIET COKE, SPRITE, LA CROIX OR BOTTLED WATER \$1.50

LUNCH OPTIONS:

*GF = Gluten Free

*VE = Vegan

*V = Vegetarian

BASIC BOX: \$10.50

a selection of any three back to basics sandwiches, kettle chips + choice of cookie or apple

BACK TO BASICS SANDWICHES

served with lettuce and tomato on artisan roll

(gluten free bread is available upon request)

TURKEY: hickory smoked turkey + provolone cheese

ROAST BEEF: medium rare roast beef + swiss cheese

HAM: black forest ham + white cheddar cheese

GREEK VEGGIE: tomato, red onion, cucumber, bell peppers, greek oregano & balsamic reduction *ve

SOUP BOX: \$2.50 per person

tomato basil *ve *gf or chicken noodle includes oyster crackers

BUILD YOUR OWN CHILI BAR: \$5.75per person

vegan chili with cornbread muffins & classic toppings: sour cream, shredded cheese & diced onions

THAILAND: \$14.99 thai basil chicken, thai basil tofu *ve *gf, coconut green curry vegetables *ve *gf, steamed jasmine rice *ve *gf

PUERTO RICAN: \$14.99 arroz con pollo (caribbean

seasoned rice w/ chicken), habichuelas guisadas

(caribbean seasoned stewed pinto beans) *ve *gf, arroz

puertoriqueno (caribbean seasoned rice) *ve *gf,

platanos maduros (fried sweet plantains) *ve *gf

CANTONESE: \$14.99 crispy orange chicken with

veggies, crispy vegan chicken with veggies *ve, fried rice

*ve & veggie spring rolls *v

HOUSE MADE PIZZAS

14" traditional (serves 3-4, \$18.50) or 11" gluten free

crust (serves 2, \$14.50)

Choose Your Toppings (\$1.75 each): pepperoni, sausage, mixed vegetables or vegan cheese

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SNACKS:

- AIR POPPED POPCORN *ve *gf \$1.50
- MINI PRETZELS *ve \$1.75
- HOUSE POTATO CHIPS *ve *gf \$1.50
- SIZZLIN SNACK MIX *ve \$3
- SEASONAL FRESH FRUIT CUP *ve *gf \$3
- CHOCOLATE OR VANILLA PUDDING CUP *v *gf \$2
- ANTIOXIDANT CUP *v *gf \$3.75

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*VE = Vegan

*V = Vegetarian

PLATTERS:

small, serves 10 | large, serves 20

HOUSE POTATO CHIPS & CARAMELIZED ONION DIP
*v *gf \$23, \$34.50

FRESH FRUIT + SEASONAL BERRY TRAY: *ve *gf
\$41, \$66

HOUSE GUACAMOLE & CHIPS *ve *gf \$33, \$51

CHIPS & PICO DE GALLO *ve *gf \$33, \$51

SWEET:

FRESHLY BAKED COOKIES \$23/dozen

DOUBLE CHOCOLATE CHUNK BROWNIES \$23/dozen

CHEF'S ASSORTMENT OF DESSERT BARS \$25/dozen

CHEF'S ASSORTMENT OF CHEESECAKE BARS \$28/
dozen

VEGAN CHOCOLATE CHEESECAKES \$30/dozen

CHEF'S ASSORTED DESSERT PLATTER \$37, \$73
assorted dessert bars, mini pies and macaroons

MENU & ORDERING GUIDELINES

All orders are to be placed via email or over the phone with Catering Manager Meghan Windt; mwindt@fftchicago.com or 847-626-4801

All BEVERAGE orders from our Last Minute Catering Menu should be placed no later than *1 hour* prior to your delivery time.

All FOOD orders from our Last Minute Catering Menu should be placed no later than *4 hours* prior to your delivery time.

All orders for day of delivery need to be placed prior to 2pm.

Catering orders outside of delivery hours are subject to staffing charges (M-F 7am-8pm)

This menu is only available Monday—Friday.

Menu can only accommodate minimum of 10 people maximum 30 people.