

SPRING & SUMMER SPECIALS

SEASONAL CATERING MENU



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[RFU.FFTCHICAGO.COM](https://rfu.fftchicago.com)

breakfast selections

RISE & SWINE \$6.25 PP

cage free egg whites, smoked bacon, avocado, griddled tomatoes, english muffin

BREAKFAST TACO \$6.25 PP

cage free eggs, bacon, jack cheese, pico de gallo, flour tortilla

PINA COLADA FRENCH TOAST \$6.50 PP

coconut milk dredged brioche bread topped with a pineapple juice glaze

BLUEBERRY PANCAKE BITES ^{VGT} \$3.50 PP

classic blueberry pancakes infused with maple syrup

SPINACH EGG BITES ^{VGT GF} \$3.75 PP

cage free eggs, spinach, bell peppers, parmesan cheese

LUNCH SELECTIONS

THAI CHICKEN WRAP

spicy thai style roasted chicken, mixed greens, cucumber, cilantro, flour tortilla

PEPITA PESTO TURKEY

roasted turkey, pepita pesto, provolone cheese, baby spinach, roasted red peppers, french baguette

PICKLED CHICK

pickle brined chicken breast, crispy bacon, avocado, slaw, jack cheese, ciabatta roll

BLAT SALAD

romaine lettuce, grape tomatoes, crispy bacon bits, herb croutons, avocado, creamy ranch

BBQ CHICKEN SALAD

chopped romaine, grape tomatoes, roasted corn, black beans, bbq chicken, green onion, bbq ranch dressing

SUMMER CRISP SALAD

romaine lettuce, mint, feta, quinoa, peas, almonds, sliced peaches, radish, crispy onions, sundried tomatoes, balsamic vinaigrette

lunch snacks

GARDEN SLAW \$4.50 PP

julienne cut zucchini, julienne cut yellow squash, julienne red pepper, corn, red onions, parsley, basil, citrus vinaigrette

GRILLED CORN SHAKER ^{VGN GF} \$4.50 PP

greens, tomatoes, chili spiced zucchini & corn, tortilla strips, lime jalapeno dressing



OFF TO THE RIGHT START

ACAI YOGURT PARFAIT ^{VGT} \$6.25 PP

vanilla yogurt, acai puree, granola, fresh berries, agave, chia seeds

MAPLE BACON EGG STACK ^{GF} \$6.00 PP

maple bacon, fried egg, tomato jam, arugula, swiss cheese, lemon chili aioli

STRAWBERRY CHEESECAKE OATS ^{VGT} \$4.25 PP

greek yogurt, rolled oats, milk, chia seeds, vanilla, honey, strawberries, cream cheese, lemon juice

ENERGY SNACK BARS ^{VGT} \$2.00 PP

peanut butter, quick oats, honey, dried cherries



OFF TO THE RIGHT START

FIRECRACKER SHRIMP BAHN MI

sweet & spicy shrimp, shredded cabbage, sliced cucumber, shredded carrots, cilantro, french baguette

COOL BEANS ^{VGN}

black bean spread, red cabbage, corn, red peppers, green onions, pepita goddess sauce, pita

CITRUS KALE SALAD ^{VGT GF}

chopped kale, slivered almonds, parmesan cheese, citrus vinaigrette

STRAWBERRY WALNUT SALAD ^{VGN GF}

baby spinach, strawberries, basil, radish, walnuts, balsamic vinaigrette

BASIC BOX \$13.50 PP

salad or sandwich, chips, brownie or cookie

SIGNATURE BOX \$15.75 PP

salad or sandwich, pasta salad, chips, brownie or cookie

PLATTER \$16.75 PP

includes pasta salad, chips, and cookie

SHRIMP CEVICHE BENTO \$6.50 PP

shrimp ceviche served with tortilla chips and lime

BERRY CHEESECAKE PARFAIT ^{VGT} \$3.75 PP

greek yogurt cream, mixed berry compote, graham cracker crumble

12 PERSON MINIMUM FOR ALL ORDERS