



SWEET TREATS

ENERGY BARS VGT / CN
individually wrapped peanut butter, cranberry & oat energy bars
\$24.00 DZN

FRESHLY BAKED COOKIES VGT
assorted chocolate chip, sugar, oatmeal raisin & peanut butter
\$20.00 DZN

CHEF’S DESSERT BARS VGT
assorted caramel apple, oreo dream, chocolate pecan, lemon blueberry
\$45.00 DZN

CHOCOLATE BROWNIES VGT
chocolate chunk fudge brownies
\$36.00 DZN

SNACKS & SWEETS

SNACKS & SHAREABLES small serves 8 - medium serves 16 - large serves 32

HOUSE CHIPS VGN / GF
plain, bbq, cajun, or ranch VGT
\$2.25 EACH

MEZZE PLATTER VGT
assorted seasonal vegetables, feta, olives, pitas, tzatziki & hummus
SML \$35.00 MED \$70.00 LRG \$140.00

CHARCUTERIE BOARD CN
served with cured meats, assorted cheeses, olives, preserves, dried fruit, candied walnuts & crackers
SML \$72.00 MED \$121.00 LRG \$220.00



VEGGIE & HUMMUS CUPS VGN / GF
carrot & celery sticks served with house made hummus
\$3.75 EACH

CHIPS, SALSA & GUAC VGN / GF
crispy corn tortilla chips with house made salsa & guacamole
SML \$38.50 MED \$77.00 LRG \$131.00

VEGETABLE CRUDITE VGT / GF
served with house ranch, tzatziki, or roasted garlic hummus
SML \$30.00 LRG \$60.00

CUSTOMIZED CELEBRATION CAKES & CUPCAKES
Make it memorable - Celebrate milestones, achievements, and special occasions with customized cakes and cupcakes. Choose from a variety of flavors and styles to make every celebration sweeter. Ask your Café Manager for available options and ordering information.

GLOBAL BUFFETS

VEGETARIAN / VEGAN / GLUTEN-FREE OPTIONS AVAILABLE

GLOBAL BUFFETS
15 person minimum
HOMETOWN CLASSICS
choice of: all-beef hot dog bar or italian beef bar served with traditional toppings, house chips, and chopped salad
\$15.25 PP

FFT EXPRESS
choice of: orange chicken, teriyaki beef, or sweet chili tofu, *choice of:* egg fried rice or steamed jasmine rice, and side of sesame broccoli & vegetable spring rolls
\$16.50 PP

ZATA MEDITERRANEAN GRILL
choice of: grilled chicken shawarma, grilled beef kabob or mediterranean falafel, *choice of* sauce: cucumber herb yogurt or sunflower seed harissa, *choice of* two salads: chickpea & cucumber salad, grilled artichoke & olive salad or tabbouleh salad, served with hummus & pitas
\$17.50 PP

SLIDER BAR
choice of: all-beef, bbq pulled pork, or plant-based chicken sliders, served with house chips, traditional toppings, and creamy coleslaw
\$15.25 PP

HOUSE OF ZA
includes up to 3 types of pizza: classic cheese, pepperoni, sausage supreme, margherita, or buffalo chicken, *choice of* house or caesar salad and freshly baked cookies
\$15.25 PP

PROTEIN BAR
choice of: whole 30 paleo grilled chicken, whole 30 grilled salmon with a mango relish or grilled marinated tofu, *choice of* side: brown rice or cauliflower rice, served with shredded carrots, shredded brussels sprouts, red cabbage, pickled red onions, sunflower seeds, avocado & green goddess dressing
\$18.75 PP

TACO BAR
seasoned angus beef, chicken tinga, spanish rice, refried beans, traditional toppings, corn & flour tortillas
add chips & guac +\$2.50 PP
\$15.25 PP

CURRY UP
choice of: butter chicken or chana masala served with jasmine rice, naan bread, shaved jalapeno, cilantro, lime wedges & *choice of* cucumber raita or garlic yogurt
\$15.25 PP

PASTA PARTY
choice of two: baked penne bolognese, spinach & artichoke ziti, florentine ravioli with roasted broccoli & pesto cream reduction or red lentil pasta with roasted vegetables & tomato basil sauce, served with house or caesar salad & garlic bread
add chicken / italian sausage +\$2.00 PP
\$16.50 PP



ROSALIND FRANKLIN
UNIVERSITY
of MEDICINE AND SCIENCE

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CLICK. ORDER. ENJOY!



Catering Menu
RFU.FFTCHICAGO.COM



FFT
FOOD FOR THOUGHT



WWW.FOODFORTHOUGHTCHICAGO.COM



BREAKFAST BUNDLES

10 person minimum
each bundle includes coffee, water & juices

BASIC BAR

VG

assorted scones, danishes, & muffins, & whole fruit *(bananas, oranges & apples)*

\$11.00

PP

FARMERS SPREAD

GF

cheddar scrambled eggs, applewood smoked bacon or sausage, breakfast potatoes & seasonal fruit

\$14.25

PP

WAKE UP CALL

VG

seasonal yogurt parfaits, bagels with cream cheese, fresh fruit & seasonal berry tray

\$13.75

PP

SUN

BREAKFAST

TO-GO BREAKFAST SANDWICHES

ALL AMERICAN

cage free scrambled egg, smoked bacon, american cheese, biscuit

\$6.25

EACH

STEAK BREAKFAST BURRITO

chopped steak, cage free eggs, jack cheese, sauteed peppers & onions, seasoned potatoes, wheat tortilla, green salsa

\$7.50

EACH

BY THE DOZEN

SCONES

VG

assorted scones

\$34.50

DZN

DANISHES

VG

assorted cheese danishes

\$34.50

DZN

ASSORTED BAGELS

VG

served with cream cheese

\$36.00

DZN

ASSORTED MUFFINS

VG

assorted chocolate chip, blueberry, banana nut & lemon poppy muffins

\$38.00

DZN

ASSORTED DONUTS

VG

assorted donuts

\$34.50

DZN

SAUSAGE TECATE

sausage, egg, cheddar cheese, pico de gallo, bell peppers, wheat tortilla

\$6.25

EACH

TURKEY SAUSAGE

turkey sausage, egg, pico de gallo, cheese, english muffin

\$6.25

EACH

A LA CARTE

BREAKFAST BOX

VG

assorted danishes, muffins, bagels, & donuts

serves 15 people

\$34.50

EACH

YOGURT PARFAIT

VG

vanilla yogurt, seasonal mixed berries, granola

\$4.50

EACH

FRUIT & BERRY TRAY

VGN / GF

assortment of seasonal fresh fruit and berries

small serves 8, large serves 16

\$41.50

LRG

\$74.75

CUSTOMIZE ANY CATERING ORDER

Need something beyond the menu? Partner with your Café Manager to create a customized catering solution for your meeting or event.

Prices and menu offerings are subject to seasonal availability. Your Café Manager will advise you of any pricing changes or product substitutions.

MENU PRICING AND AVAILABILITY

SUN

ASK ABOUT OUR SUSTAINABILITY

fully focused on food, health, people & the environmental impact of our trade

1,250

GALLONS OF COOKING OIL

converted into bio-diesel annually

65

TONS OF FOOD SCRAPS

composted and recycled annually

22+

COUNTRIES REPRESENTED

from our culinary team worldwide

60%

WOMAN WORKFORCE

woman founded & led company

APPLE

LUNCH

SIGNATURE SALADS

small serves 8 - large serves 16

HOUSE

VG / GF

mixed greens, cucumbers, tomatoes, shredded carrots, italian vinaigrette

SML \$34.50

LRG \$69.00

BEET & GOAT

VG / GF

mixed greens, roasted beets, avocado, walnuts, goat cheese, balsamic vinaigrette

SML \$41.50

LRG \$82.50

CAESAR

VG

romaine, parmesan cheese, house croutons, caesar dressing

SML \$34.50

LRG \$69.00

ADD GRILLED CHICKEN

GF

+\$2.25

PP

SANDWICHES & PLATTERS

10 person minimum, pricing per person

SANDWICH PLATTERS

Choose up to 3 sandwiches includes side house salad, potato chips & cookies

ORIGINAL \$15.50

SIGNATURE \$16.75

BASIC BOX

choice of original salad or sandwich, kettle chips, brownie or cookie

\$13.50

PP

SIGNATURE BOX

choice of signature salad or sandwich, kettle chips, fruit cup, brownie or cookie

\$15.75

PP

SIGNATURE SALAD UPGRADE

+\$2.00

PP

THAI CRUNCH

roasted chicken, super blend slaw, carrots, crispy wontons, cilantro, scallions, thai peanut dressing

SML \$41.50

LRG \$82.50

COBB

GF

romaine, bacon, egg, bleu cheese, tomato, cucumber, avocado, red wine vinaigrette

SML \$41.50

LRG \$82.50

SOUTHWEST

VG / GF

mixed greens, cherry tomatoes, roasted corn, black beans, avocado, red onion, julienned peppers, queso fresco, tortilla strips, southwest ranch dressing

SML \$41.50

LRG \$82.50

ORIGINAL

TURKEY

hickory smoked turkey, provolone cheese, lettuce, tomato, 9 grain bread

CHICKEN

roasted chicken breast, cheddar cheese, lettuce, tomato, spinach tortilla

SIGNATURE

TURKEY JACK

roasted turkey, pepper jack cheese, leaf lettuce, pico de gallo, chipotle aioli, wheat tortilla

CAPRESE

VG

fresh mozzarella, spinach, tomato, pesto, ciabatta

TBA

turkey, bacon, avocado, white cheddar, lettuce, tomato, garlic aioli, french roll

HOUSE SPECIAL

CHEF'S SALAD

chef curated rotating salad, ask cafe manager for current features

SML \$41.50

LRG \$82.50

HAM

black forest ham, white cheddar cheese, lettuce, tomato, pretzel roll

VEGGIE HUMMUS

VGN

house made hummus, lettuce, tomato, cucumber, red onion, spinach tortilla

MALIBU

thinly sliced roasted chicken, applewood smoked bacon, white cheddar, avocado, lettuce, tomato, caramelized onion aioli, ciabatta

ITALIAN GRINDER

ham, salami, pepperoni, provolone, lettuce, tomato, red onions, giardiniera, red wine vinaigrette, french roll

WINE

BEVERAGES

DRINKS & BEVERAGES

SOFT DRINKS

coke, diet coke, sprite or bottled water

\$2.25

EACH

HOUSE COFFEE

served with sugar, sweeteners & cream

SML \$25.00

LRG \$45.00

INFUSED WATER

ice water infused with fresh fruit

serves 16 people

\$11.50

EACH

THE CLASSICS

iced tea or lemonade

\$14.25

EACH