

Food For Thought Catering

COMPANY OVERVIEW & SAMPLE MENUS





When Food Matters.

We aim to give Chicagoland a peek inside the mind of one of this city's most distinguished chefs while serving food that is worthy of gathering. We seek to bring you and your community around a table and have those tables filled with perfectly personalized dishes. We believe, in any service we provide, that a dish isn't finished until it's serving you and yours.

Bianca Garcia

SALES CONSULTANT

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Nancy Sharp
FOUNDER & CEO

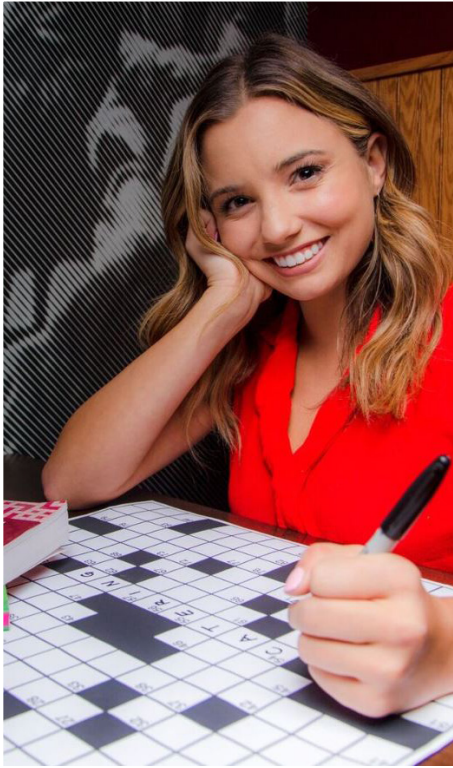
Food For Thought is a women led and founded company – Nancy Garcia-Sharp founded the company in 1983 and has been at the helm since, encouraging and promoting women in leadership and all team members

Kelly Mascari, is Senior Vice President of Sales, Marketing & Operations has joined Food For Thought as a core part of management and a leader for women in the industry.

A Woman-Owned Business



Kelly Mascari
SVP SALES, MARKETING & OPERATIONS



Tina Colletta
MARKETING MANAGER



Arturo Cortes
FIELD MANAGER



Brittney Cargle
FIELD SOUS CHEF



Eugenia Cortes
STAFFING OFFICE MANAGER

Our Team is Your Team

There are days when things seem to fall into place,
where every thought, each plan, all the details for your event seamlessly coincide.
When you get to say your experience was amazing, we get to say it was a job well done.

Inspired Foods for Chicago



As Executive Chef, Jason White leads menu innovation to keep Food For Thought on the forefront of institutional dining concepts and best-in-class meetings and events catering. Prior to joining Food For Thought, Chef Jason served as Executive Chef at the highly anticipated opening of the Soho House in Chicago. This followed back-to-back Michelin Star Awards as Chef de Cuisine at Seasons Restaurant, where he served during an 11 year career at the Four Seasons in Chicago. Chef Jason is graduate of the Cooking & Hospitality Institute of Chicago, and we are honored that he joins us as a veteran of the United States Navy.



A Proven Track Record

Food For Thought prides itself on our operational strength and being the caterer of choice for many of Chicago's premier organizations. Below, we have detailed some events we have catered recently.



Adler Celestial Ball, 1998-present, 600 guests

Chicago Botanic Gardens Summer Dinner Dance, 2018, 425 guests

Morton Arboretum Gala, 2018, 390 guests

Brookfield Zoo Gala, 2018, 530 guests

University of Chicago Graduation, 2010 - Present, 15,000 guests

The Field Museum Temporary Exhibit Openings, 2009-present, 350 guests each

Shakespeare Theater Gala, 2018, 430 guests

Sustainable Practices



**ROOT-TO-STALK SUSTAINABLE.
ROOT-TO-MOUTH TASTY.**

#1

FIRST CHICAGO CATERER
To eliminate single-use
plastic straws

52

TONS OF FOOD
Is composted by Food For
Thought each year

400

POUNDS OF OIL
From Our Kitchen Has Been
Converted into Biodiesel

Food For Thought is a Proud Member of

The Green Chicago Restaurant Coalition, Illinois Food Scrap Coalition & Green Wedding Alliance.

Custom Buffet Props

**GO AHEAD,
PLAY WITH YOUR FOOD.**

We believe buffets shouldn't be boring. That's why we work with clients to design custom-built food presentation pieces that take your event theme to the next level. We'll work with you to identify branding opportunities that work seamlessly with your menu, ensuring your vision and brand don't go unnoticed.



Passed Hors D'Oeuvres

SAMPLE MENU ITEMS



Sample Menu Items

PASSED HORS D'OEUVRES

Charred Eggplant

CAPONATA RELISH, GOAT RICOTTA, BASIL, FLATBREAD CRISP

Soba Noodle Spoon

SHIITAKE, EDAMAME, SCALLION, CILANTRO, BLACK SESAME CITRUS DRESSING

Deviled Potatoes

DILL & ROASTED GARLIC CREAM, CREOLE SPICED CRISPY LEEKS

Grilled Broccolini

SULTANA RAISIN VINAIGRETTE, ROMESCO, CHEESE CURD

King Crab Salad

KEY LIME MAYO, SHISO, PHYLLO CUP

Blackened Ahi Tuna “Tartare”

MANGO RELISH, LIME CREMA, CUCUMBER CUP

“Everything Bagel” Bao

PASTRAMI CURED SALMON, PICKLED ONION, CRÈME FRAICHE, ALFALFA

Mini Muffaletta

OLIVE SALAD, MINI SESAME ROLL

“Loaded” Baked Potato Deviled Egg

SMOKY BACON, AGED CHEDDAR, CHIVE, POTATO CRISP

Grass-Fed Beef Tartare

HORSERADISH CREMA, SMOKED BILLY BLUE CHEESE, QUAIL EGG, BOUCHE

Fried Ravioli

ROASTED SHIITAKE MUSHROOM CHIMICHURRI, TRUFFLE

Red Beans and Rice Slider

BREAD & BUTTER PICKLE, CREOLE MAYO, MINI PRETZEL ROLL

Jambalaya Arancini

SLOW SMOKED TOMATO CHUTNEY

Fried Olives

CHORIZO, LIME CREMA

Grilled Mahi Mahi Sope

PICKLED CORN & CHAYOTE SALSA, QUESO FRESCO

Chicken “Pot Pie” Pakora

SHREDDED VEGETABLES, SPICY CARROT YOGURT

Toasted Pecan Chicken and Waffle Cone

COLLARDS GREENS, MAPLE BOURBON GLAZE

Braised Lamb Rib

ROASTED GARLIC HUMMUS, B'HARAT, GRILLED FLATBREAD

Beef Short Rib Griddled Cheese

AGED WHITE CHEDDAR, CARAMELIZED ONION, BLEU CHEESE BÉCHAMEL

Smoked Brisket Slider

TANGY COLESLAW, SWISS CHEESE, BREAD & BUTTER PICKLE, SRIRACHA MAYO

Spring & Summer Seated Dinner

SAMPLE MENU ITEMS



Sample Menu Items

SPRING & SUMMER SEATED DINNER | SAMPLE MENU I

first course

Red & Gold Watermelon & Sheep's Milk Feta

VALBRESO FETA, WATERMELON RADISH, CIABATTA TOAST, PETITE GREENS, BALSAMIC VINAIGRETTE

Black Truffle & Sea Salt Pull Apart Bread

entree

Pan Roasted Local Barramundi

NEW POTATO CONFIT, WILD MUSHROOM RAGOUT, SPRING VEGETABLE CASSOULET, CHERVIL EMULSION

dessert

Carrot Cake

CREAM CHEESE MOUSSE, CITRUS MÉLANGE, OLIVE GANACHE

Freshly Brewed Regular & Decaffeinated Coffee and Tea

COLECTIVO ORGANIC FAIR TRADE COFFEE AND NSPIRE ORGANIC FAIR TRADE TEAS

Sample Menu Items

SPRING & SUMMER SEATED DINNER | SAMPLE MENU II

first course

Young Mesclun Lettuce Salad

FREE-FORMED "QUICHE" OF LAURA CHENEL'S CHEVRE
GINGERED RHUBARB, PEPPERED MARCONA ALMONDS, CITRUS VINAIGRETTE

Sourdough Boule with Sweet Cream Butter

entree

Red Wine Braised Beef Shank

NEW POTATOES, CONFIT ARTICHOKE PUREE, BABY CARROTS,
ROAST CELERY, SPRING ONION DEMI-GLACE

dessert

Strawberry Rhubarb Verrine

RHUBARB COMPOTE, MARA DES BOIS STRAWBERRY PANNA COTTA,
MASCARPONE CREAM, SHISO-ST.GERMAIN GRANITA

Freshly Brewed Regular & Decaffeinated Coffee and Tea

COLECTIVO ORGANIC FAIR TRADE COFFEE AND NSPIRE ORGANIC FAIR TRADE TEAS

Fall & Winter Seated Dinner

SAMPLE MENU ITEMS



Sample Menu Items

FALL & WINTER SEATED DINNER | SAMPLE MENU I

first course

Rosemary & Pepper Roasted Bosc Pear Salad

MESCLUN MIXED GREENS, BRIE CHEESE, CANDIED WALNUTS, CHAMPAGNE VINAIGRETTE

Cranberry & Thyme Pan Bread

entree

Grilled Frenched Breast of Chicken

ROMESCO ROASTED POTATOES, ROOT VEGETABLE FRICASSE

NATURAL CHICKEN & SAFFRON JUS

dessert

Roasted Pumpkin Cheesecake

CRANBERRY ORANGE COMPOTE, SPICED DULCE DE LECHE, PUMPKIN SEED CRISP,
VANILLA BEAN WHIPPED CREAM

Freshly Brewed Regular & Decaffeinated Coffee and Tea

COLECTIVO ORGANIC FAIR TRADE COFFEE AND NSPIRE ORGANIC FAIR TRADE TEAS

Sample Menu Items

FALL & WINTER SEATED DINNER | SAMPLE MENU II

first course

Roasted Pumpkin Soup

SMOKY BACON, CHANTILLY, TOASTED PEPITAS

Sweet Walnut and Salted Caramel Pull Apart Bread

entree

Roasted Beef Tenderloin

FONDANT POTATOES, VEGETABLES PAYSANNE, ROASTED PARSNIPS

PETITE HERB SALAD, RED WINE DEMI-GLACE

dessert

Milk Chocolate Guava Floating Island

CINNAMON GUAJILLO CUSTARD, TAMARIND CARAMEL

GUAVA GELEE, PETITE VIOLA

Freshly Brewed Regular & Decaffeinated Coffee and Tea

COLECTIVO ORGANIC FAIR TRADE COFFEE AND NSPIRE ORGANIC FAIR TRADE TEAS

Stations

SAMPLE MENU ITEMS



Sample Menu Items

DINNER STATIONS

a walk through chinatown

Mandarin "Greens"

NAPA & RED CABBAGE, ROMAINE, BELL PEPPER, WATER CHESTNUTS,
MANDARIN ORANGE, "POTSTICKER" VINAIGRETTE

Soba Noodles

SHIITAKE, FRESH CORIANDER, CARROT, EDAMAME,
BLACK SESAME & CITRUS DRESSING

Assorted Dim Sum

WENTWORTH STREET EGGROLLS, VEGETABLE POT STICKER,
SHRIMP SHU MAI, BARBECUED PORK STEAM BUN,
SERVED WITH SOY, SWEET CHILI GARLIC, PONZU DIPPING SAUCES

Szechwan Beef Stir-Fry

SZECHWAN PEPPER MARINATED BEEF, BELL PEPPER, BEAN SPROUTS, BABY CORN,
FRESH GINGER & GARLIC, SERVED WITH STEAMED JASMINE RICE

Fortune Cookies

Sample Menu Items

DINNER STATIONS

the garden

BYO Salad Bar

CHOPPED ROMAINE, BABY ARUGULA & SPINACH, SEASONALLY INSPIRED INGREDIENTS CHICKPEAS,
SUNFLOWER SEEDS, CRUMBLED AGED CHEDDAR, ASSORTED VINAIGRETTES

Hummus Street Stand

CHOOSE THREE: ROASTED CARROT, AVOCADO LIME,
CAMELIZED CAULIFLOWER, HEIRLOOM BEET, PISTACHIO PARSNIP
SERVED WITH FRESH PITA, LOCAL WINDCREST DAIRY "GREEK" YOGURT, VEGGIE STICKS

Vegan Enchiladas

SWEET POTATO, ROASTED RED PEPPER, BLACK BEANS, BABY SPINACH,
SECRET ENCHILADA SAUCE, CILANTRO-LIME-GARLIC-CASHEW CREMA, SCALLIONS

Toasted Orzo Pasta and Fresh Mozzarella

OIL-CURED OLIVES, LOCAL MIGHTY VINE TOMATOES, CAMELIZED MARKET ONIONS,
FRESHLY SNIPPED OREGANO & BASIL

Sample Menu Items

DINNER STATIONS

bbq carving

Sweet Ancho Chile Rubbed Flank Steak

LIME, PICKLED FRESNO CHILIES, CILANTRO PINEAPPLE BARBEQUE SAUCE
SERVED WITH BUTTER ROLLS

Texas-Style Barbecued Roasted Turkey Breast

JALAPEÑO CORNBREAD & TANGY BARBECUE SAUCE

Dill and Mustard Seed Roasted New Potato Salad

BABY ARUGULA GREENS

Cavatappi Pasta Salad

TANGY VINEGAR DRESSING, CHERRY TOMATOES, JULIENNED VEGETABLES, HERBS

Char-Grilled Vegetables

TOMATO CHIMICHURRI, CARAMELIZED AIOLI, PETITE GREENS

Sample Menu Items

COCKTAIL STATION

south american love affair

Peruvian Style Ceviche

GULF SHRIMP, BAY SCALLOPS, SWEET CORN, SWEET POTATO,
LECHE DE TIGRE, RED ONION, CILANTRO,
PUFFED MOUNTAIN CORN

Baked Empanadas

FIRE ROASTED VEGETABLES, BRAISED BEEF & CHEESE
SALSA ROJA, CHIMICHURRI

Churrasco Skewers

SHRIMP WITH CHORIZO & PIPERADE
SPICY BEEF TENDER WITH CHARRED GREEN ONION
CHILI RUBBED CHICKEN WITH BLISTERED TOMATO
GRILLED SEASONAL SQUASH WITH RED ONION & BELL PEPPER

Arroz con Pollo

CHILI & TOMATO BRAISED CHICKEN THIGHS,
SPICY AJI AMARILLO RICE, PETITE HERB SALAD, FRESH LIME

Desserts

SAMPLE MENU ITEMS



Sample Menu Items

INTERACTIVE DESSERT STATIONS

dip on demand

Guests to Choose Two Ice Cream Flavors:

STRAWBERRY, NY CHEESECAKE, LAVENDER OR LEMON YOGURT

Coatings to Include:

BLUEBERRY, MILK CHOCOLATE AND PASSION FRUIT

Toppings:

WHITE CHOCOLATE SAUCE, RASPBERRY SAUCE, COCOA NIBS, CARAMELIZED PUFFED RICE,
TOASTED COCONUT, DEHYDRATED STRAWBERRY PIECES,
DRY ROASTED PEANUTS, ASSORTED CHOCOLATE PEARLS, YOGURT POPS.

s'mores bar

DISPLAY OF S'MORE TARTS AND S'MORE MINIATURE CUPCAKES, CHOCOLATE BARS
GRAHAM CRACKER SQUARES & ONE (1) CHOICE OF MARSHMALLOW FROM THE FOLLOWING
SEASONAL FLAVORS.

Marshmallow Flavors:

GRASSHOPPER, BERRY LEMONADE, CINNAMON ROLL, PUMPKIN, HOT CHOCOLATE,
POMEGRANATE, CANDY CANE OR VANILLA

Toppings:

COFFEE, CARAMEL & CHOCOLATE SAUCES, TOASTED SALTED ALMONDS STRAWBERRIES, CHOCOLATE PEARLS

Sample Menu Items

TO BE PASSED OR PRESENTED BUFFET STYLE

petite sweets

Nutella Roulade

Chocolate Peanut Butter Cups

Pink Rose Milkshake

White Chocolate Pudding Pop

Pineapple Upside Down Cake

Almond and Citrus Cake

Cashew Caramel Turtle

Mini Almond Blueberry Cupcake

Smoes Tart

Strawberry Rhubarb Pie

Peach Cranberry Cobbler

Late Night Snacks

SAMPLE MENU ITEMS



Sample Menu Items

LATE NIGHT SNACKS

"Loaded" Tater Tots

SMOKY VEGAN BACON, GREEN ONIONS, AGED CHEDDAR, SOUR CREAM

Shrimp Mofongo

PICKLED CORN & CHAYOTE SALSA, QUESO FRESCO

Fried Chicken Slider

"DUELING" AVOCADO & SRIRACHA MAYOS, PICKLED FRESNO CHILIES,
BREAD & BUTTER PICKLES, BIBB LETTUCE, BUTTER BUN

Cubano Wrap

ROAST PORK, HAM, SWISS, DILL PICKLE, YELLOW MUSTARD

Argentine Choripan

CHIMICHURRI, CRUSTY BAGUETTE ROLL

Beef Short Rib Pretzel Flat

AGED WHITE CHEDDAR, CARAMELIZED ONION, BLEU CHEESE BÉCHAMEL

Mini Milkshakes

VANILLA BEAN, MILK CHOCOLATE CIGARETTE STRAW
DARK CHOCOLATE, WHITE CHOCOLATE CIGARETTE STRAW

Bar Service

SAMPLE MENU ITEMS



Sample Menu Items

BAR PACKAGES

Standard Bar

SMIRNOFF VODKA
BOMBAY GIN
JIM BEAM BOURBON
USHER'S SCOTCH
SEAGRAM'S SEVEN WHISKEY
BACARDI RUM
MILAGRO TEQUILA
RED AND WHITE WINE SELECTIONS
BUDWEISER AND BUD LIGHT
SOFT DRINKS, ASSORTED JUICES, MINERAL WATER AND MIXERS

Premium Bar

TITO'S VODKA
BOMBAY SAPPHIRE GIN
BUFFALO TRACE
DEWAR'S WHITE LABEL SCOTCH
CROWN ROYAL WHISKEY
BRUGAL RUM SAUZA
TRES GENERACIONES
SPECIALTY COCKTAILS
RED AND WHITE WINE SELECTIONS
BUDWEISER AND BUD LIGHT
TIER 1 BEER SELECTION
STELLA ARTOIS
SOFT DRINKS
ASSORTED JUICES
MINERAL WATER AND MIXERS

Luxury Bar

GREY GOOSE VODKA
HENDRICKS GIN
BASIL HAYDEN BOURBON
BLACK BUSH IRISH WHISKEY
RON ATLANTICO PLATINO RUM GLENFIDDICH
12 YEAR SINGLE MALT SCOTCH
MILAGRO SINGLE BARREL TEQUILA
SEASONAL SPECIALTY COCKTAILS
RED AND WHITE WINE SELECTIONS
BUDWEISER AND BUD LIGHT
2 BEER LIST SELECTIONS
STELLA ARTOIS
SOFT DRINKS
ASSORTED JUICES
MINERAL WATER AND MIXERS

Estimated Price Ranges

**\$135 - \$ 250
PER PERSON**

INCLUDES:
PASSED HORS D'OEUVRES
TWO COURSE DINNER
COFFEE SERVICE
FULL STANDARD BAR
STAFFING
EQUIPMENT
LINEN
TRUCKING

*ESTIMATES BASED ON 150+ GUESTS
**RANGE PRICING VARIES BASED ON MENU
SELECTIONS, GUEST COUNT
& EVENT DURATION



Let's Talk

WE'RE HAPPY TO CREATE A CUSTOMIZE PROPOSAL
BASED ON YOUR EVENT BUDGET & NEEDS

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