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

📞 847-679-6195
✉️ bgarcia@fftchicago.com
🌐 foodforthoughtchicago.com
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
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.
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
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.
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**

<table>
<thead>
<tr>
<th>Charred Eggplant</th>
<th>Fried Ravioli</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAPONATA RELISH, GOAT RICOTTA, BASIL, FLATBREAD CRISP</td>
<td>ROASTED SHIITAKE MUSHROOM CHIMICHURRI, TRUFFLE</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Soba Noodle Spoon</th>
<th>Red Beans and Rice Slider</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHIITAKE, EDAMAME, SCALLION, CILANTRO, BLACK SESAME CITRUS DRESSING</td>
<td>BREAD &amp; BUTTER PICKLE, CREOLE MAYO, MINI PRETZEL ROLL</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Deviled Potatoes</th>
<th>Jambalaya Arancini</th>
</tr>
</thead>
<tbody>
<tr>
<td>DILL &amp; ROASTED GARLIC CREAM, CREOLE SPICED CRISPY LEEKS</td>
<td>SLOW SMOKED TOMATO CHUTNEY</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grilled Broccolini</th>
<th>Fried Olives</th>
</tr>
</thead>
<tbody>
<tr>
<td>SULTANA RAISIN VINAIGRETTE, ROMESCO, CHEESE CURD</td>
<td>CHORIZO, LIME CREMA</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>King Crab Salad</th>
<th>Grilled Mahi Mahi Sope</th>
</tr>
</thead>
<tbody>
<tr>
<td>KEY LIME MAYO, SHISO, PHYLLO CUP</td>
<td>PICKLED CORN &amp; CHAYOTE SALSA, QUESO FRESCO</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fried Olives</th>
<th>Chicken “Pot Pie” Pakora</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHORIZO, LIME CREMA</td>
<td>SHREDDED VEGETABLES, SPICY CARROT YOGURT</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>“Everything Bagel” Bao</th>
<th>Toasted Pecan Chicken and Waffle Cone</th>
</tr>
</thead>
<tbody>
<tr>
<td>PASTRAMI CURED SALMON, PICKLED ONION, CRÈME FRAICHE, ALFALFA</td>
<td>COLLARDS GREENS, MAPLE BOURBON GLAZE</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>“Loaded” Baked Potato Deviled Egg</th>
<th>Braised Lamb Rib</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMOKY BACON, AGED CHEDDAR, CHIVE, POTATO CRISP</td>
<td>ROASTED GARLIC HUMMUS, B’HARAT, GRILLED FLATBREAD</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grass-Fed Beef Tartare</th>
<th>Beef Short Rib Griddled Cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>HORSERADISH CREMA, SMOKED BILLY BLUE CHEESE, QUAIL EGG, BOUCHE</td>
<td>AGED WHITE CHEDDAR, CARAMELIZED ONION, BLEU CHEESE BÉCHAMEL</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Smoked Brisket Slider</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>TANGY COLESLAW, SWISS CHEESE, BREAD &amp; BUTTER PICKLE, SRIRACHA MAYO</td>
<td></td>
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</tbody>
</table>
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
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,
CARAMELIZED 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 Mozarella
OIL-CURED OLIVES, LOCAL MIGHTY VINE TOMATOES, CARAMELIZED 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, JULIENNE 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
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 MARSHMALLOWS 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
Smores Tart
Strawberry Rhubarb Pie
Peach Cranberry Cobbler
Late Night Snacks

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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