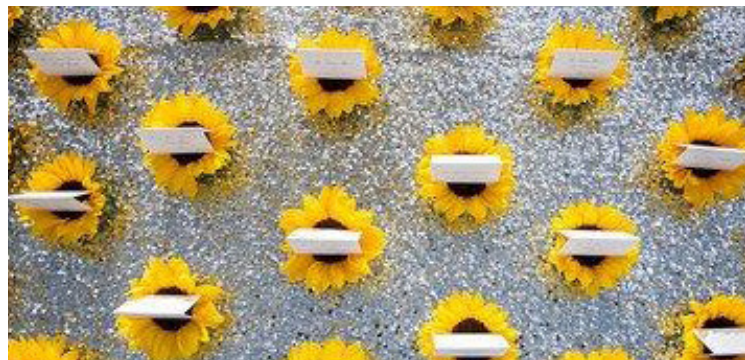


# Your WEDDING DAY



847.982.2608    FFTCHICAGO.COM

FOOD & THOUGHT  
— CATERING GROUP —

## PASSED HORS D'OEUVRES

*Guests will be greeted by waiters passing hors d'oeuvres as they enter the cocktail reception*



### CHILLED HORS D'OEUVRES

Beef Satay, Peanut, Sweet and Spicy Glaze

Marinated Mozzarella, Bruschetta, Sun-Dried Tomato Tapenade

Humboldt Fog Goat Cheese, Caramelized Quince, Savory Cone

Roasted Chicken Crespelle, Gorgonzola, Marconi Peppers, Marjoram

Fingerling Potato, Saffron, Basil Mousseline, Shaved Red Pepper

Spruce Point Smoked Salmon, Dill Boursin, Shaved Red Onion, Sesame Wafer

Tiger Shrimp, Yellow Tomato Pepperade, Chive, Cucumber

Ahi Tuna, Wasabi Crema, Lotus Root Chip

Truffled Pear Mousse, Shaved Grana Padano, Red Endive



### HOT HORS D'OEUVRES

Braised Beef Beignet, Horseradish Cream, Chive

Mini Burger, Bacon, Blue Cheese

Quesadilla, Brie, Pear, Mango Salsa

Roasted Tomato Soup, Grilled Vermont Cheddar, Wild Mushroom Sandwich, Truffle Butter

Chile Rubbed Chicken, Peanut, Sesame Crema, Crispy Wonton

Bacon Wrapped Date, Crushed Almonds, Brown Sugar Glaze

Fingerling Potato Poutine, Bacon, Bourbon

Crispy Spring Roll, Shrimp, Sweet Lemongrass Vinegar

Pan Seared Diver Scallop, Vanilla Roasted Pineapple Relish

Sweet Onion Arancini, Artichoke Tapenade, Arugula

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*Please speak with your consultant for additional options and to create a customized menu.*



## SEATED DINNER

### FIRST COURSE

#### Red, Striped, and Golden Beet Salad

Served with Organic Mesclun Greens, Honey Brittle, Goat Cheese and Tangerine Essence

#### Garden Greens with Granny Smith Apple Chutney

Bourbon Roasted Cranberries, Brie Cheese and Candied Pecans

#### Berry Salad with Passionfruit Dressing

Mesclun Greens, Assorted Fresh Berries, Goat Cheese, and Edible Floral

#### Assorted Bread Basket (included with First Course)

To Include Pumpnickel Onion, Multigrain Twist Pretzel Rolls, Herbed Ciabatta, and Seeded Flatbread with Sweet Butter



### ENTREES - POULTRY

#### Pan Seared Airlined Breast of Chicken

Spring Risotto, Morel Mushrooms, Citrus Glazed Baby Carrots, Wilted Spinach, and Thyme Jus

#### Oven Roasted Airlined Breast of Chicken

Wild Mushrooms, Rosemary Polenta Cake, Baby Vegetables, and Crispy Yukon Potato served with Herbed Chicken Jus

### ENTREES - SEAFOOD

#### Lime Grilled Salmon

Yogurt and Dill Mashed Potatoes, Crispy Plantains, and Cumin Haricots Verts served with Mango Cucumber Vinaigrette

#### Seared Whitefish

Citrus Couscous, Seasonal Vegetable Ragout, and Basil "Beurre Blanc"

### ENTREES - BEEF

#### Braised Short Ribs of Beef

Rosemary Scented Lentils, Celery Root Puree, Roasted Broccolini, Onion and Shitake Mushroom Demi Glace

#### Dijon Rubbed Grilled Beef Medallions

Roasted Garlic Dauphinoise Potatoes, Haricots Verts, and Confit of Tomatoes, Served with a Thyme-Infused Bordelaise Sauce

### ENTREES - VEGETARIAN

#### Purple Potato Lasagna with Ricotta Cheese

Served with Sautéed Baby Spinach, Cèpe Mushrooms, Crisp Elephant Garlic, Wilted Sage and a Black Mission Fig Sauce

#### Savory Buckwheat Crepes

Served with Seasonal Wild Mushrooms, Grilled Asparagus, Basil-Chèvre Mousseline, Micro Herb Salad and a Red Beet Reduction



*Please speak with your consultant for additional options and to create a customized menu.*



## UP & MOVING DINNER STATIONS



### LATIN FLAVORS

#### Seafood Ceviche with Roasted Tomato

Presented over Shredded Lettuce  
Served with Root Vegetable Chips

#### Braised Pork Quesadillas

Served with a Tomato Salsa

#### Charred Tilapia Tacos

With Mole Verde, Roasted Corn Salsa, Fresh Tomato, Napa Cabbage, and White Corn or Flour Tortillas

#### Tostadas

Toasted Bread Topped with Stewed Eggplant, Bell Peppers, Red Onion, Squash, Tomato and Olive Oil

#### Salad of Jícama, Mango and Cucumber

#### Guacamole and Salsa

Housemade Authentic Guacamole, Traditional Pico de Gallo, Chipotle Salsa and Black Bean-Ancho Sauce Served with Colorful Tortilla Chips



### SMALL PLATES WITH ACTION CHEFS

#### Mini Steakhouse Plate

Salt Crusted Rib Roast of Angus Beef, Garlic Potato Puree, Roasted Green Beans, Puff Twist and Horseradish Creme Fraiche

#### Braised Free Bird Chicken Thighs

Cornmeal Gnocchi, Charred Leeks, and Crimson Grape Braising Jus

#### All Day Braised Pork Belly

Caramelized Plum Mustard BBQ Sauce, Vegetable Slaw and Radish Chips

#### Roasted Fennel and Pear Strudel

Presented with Candied Yams, Spiced Walnuts and Garnished with Chipotle Marshmallows

#### Lightly Cooked Wild Alaskan Salmon on Cedar Wood

Accompanied by Sweet Kane Candy Corn, Piquillo Pepper and Smoked Garlic Coulis



## UP & MOVING DINNER STATIONS



### A TASTE OF ITALY

#### Stuffed Pasta Station

Spinach Ravioli and Ricotta Tortellini with Traditional Marinara, Mushroom Cream Sauce and Herbed Garlic Oil  
Choice of Diced Grilled Vegetables, Fresh Italian Sausage, Diced Grilled Chicken, Poached Shrimp

#### Fresh Mozzarella and Basil Salad

Fresh Mozzarella Tossed with Petite Tomatoes Seasoned with Fresh Basil, Garlic and Olive Oil

#### Green and Red Romaine with Cured Tomatoes

Picholine Olives, Grana Croutons and Caper Dressing

#### Rustic Italian Bread Display

To Include Fennel Raisin Twist, Olio Ciabatta, Multigrain Sunflower Baguette, Almond Baguette, Sesame Flatbread and Mini Round Tomato Focaccia with Olive Oil



### TRADITIONAL CARVING

#### Pepper Seared Tenderloin of Beef

Served with a Horseradish Cream

#### Roasted Boneless Turkey Breast

Apple Cider and Maple Sugar Roasted Turkey Breast Served with Peach-Ginger Chutney

#### Mashed Potatoes with Mascarpone Cheese & Fresh Thyme

#### Savory Bread Pudding

Caramelized Onion and Fresh Mozzarella

#### Baked Autumn Harvest Vegetables

Rosemary Sweet Butter and Cornbread Croutons

#### Petite Carving Rolls and Bread Display

Moroccan Roll, Pumpernickel Roll, Classic Tuscan Boule and Challah Knot with Sweet Cream Butter



## SOMETHING SWEET

*In addition to a wedding cake, please consider the following sweets to enhance your evening  
Please speak with your consultant for additional options and to create a customized menu.*

### DESSERT, COFFEE & TEA

**Client Provided Customized Wedding Cake**  
Food For Thought will work with you to select a bakery that specializes in wedding cake production.

We will coordinate delivery, garnish and serve cake at no additional fee.

#### **Freshly Brewed Regular & Decaffeinated Coffee and Gourmet Tea Service**

We at Food For Thought are proud to partner with Intelligentsia Coffee. We present a selection of Gourmet Teas. Served tableside.



### SAMPLE INTERACTIVE DESSERTS

*A Uniform Chef to Prepare the Following to Order:*

#### **Bananas Foster**

Ripe Bananas Sautéed by Uniformed Chef with Dark Rum, Banana Liqueur, and Butter. Served over Vanilla Bean Ice Cream

### SAMPLE PETITE SWEETS

*Presented Buffet Style or Passed to Guests*

Apple Triangle with Cinnamon Caramel

Nutella Tiramisu

Chocolate and Vanilla Crème Brûlée

Chocolate Peanut Butter Dome

Key Lime Tart with Whipped Cream

Chocolate-Strawberry Opera Cake

Cheesecake Lollipops Dipped in Dark Chocolate

Kiwi Cheesecake

Mango -Passion Tarts with Coconut Cream

Cherry Pie Pop

Brown Sugar Cake Bites

Mini Reese's Cupcake

Mini Strawberry Marshmallow Cupcake



# LET'S GET THIS PARTY STARTED!

*For a fun surprise, consider serving a snack to guests late into the evening.  
Please speak with your consultant for additional options and to create a customized menu.*



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## SAMPLE LATE NIGHT SNACKS

*Passed by Waiters*

### **Tator Tots**

With Warm Cheddar Dipping Cheese Sauce

### **Home-Cut Steak Fries**

With Grated Parmesan, Fresh Parsley and Truffle Essence

### **Mini Chicago Famous Steamed Hot Dogs**

Served with Mustard, Onion, Relish, Pickles, Sport Peppers and Celery Salt

### **Duck Confit Nachos**

Shredded Cheddar, Guacamole and Black Bean Salsa  
Served in a Paper Boat

### **Mini Tonkatsu Pork Sandwich**

With Sesame Vegetable Slaw and Umeboshi Sauce

### **Cookies and Milk**

Homemade Chocolate Chip Cookies Served Warm on top of a Shooter of Milk

### **Petite Ice Cream Cones**

Miniature Almond Espresso Cones Filled with Chocolate, Vanilla, or Butter Pecan Ice Cream Passed on Painter's Palettes

### **Mini Milk Shakes**

Choice of Mini Vanilla Bean Milk Shake Garnished with Chocolate Cigarette Straw or Mini Chocolate Milk Shake with White Chocolate Cigarette Straw



## MIXER PACKAGE

*Client to Provide All Alcoholic Beverages for Event*

### EARTH-FRIENDLY MIXER PACKAGE

Includes Tonic Water and Club Soda, Bloody Mary Mix, Sour Mix, Triple Sec, Rose's Lime Juice and Grenadine, Dry Vermouth and Sweet Vermouth, Bitters Orange Juice and Cranberry Juice

Coke, Sprite, and LaCroix Sparkling Pitchers of Water  
Lemons, Limes, Olives, and Maraschino Cherries  
Bar Hardware and Ice for Chilling and Service

### BEVERAGE PACKAGE OPTIONAL

*Price pending length of bar service*

#### STANDARD BAR

Smirnoff Vodka  
Bombay Gin  
Jim Beam Bourbon  
Usher's Scotch  
Seagram's Seven Whiskey  
Bacardi Rum  
Sauza Tequila  
House Red and White Wine Selections  
Budweiser and Bud Light  
Soft Drinks Assorted Juices,  
Mineral Water and Mixers

#### LUXURY BAR

Grey Goose Vodka  
Hendricks Gin  
Woodford Bourbon  
Black Bush Irish Whiskey  
10 Cane Rum  
Glenfiddich 12 Year Single Malt Scotch  
Don Julio Tequila  
House Red and White Wine Selections  
Budweiser and Bud Light  
Goose Island Seasonal, Stella Artois  
Sam Adams Light  
Soft Drinks, Assorted Juices,  
Mineral Water and Mixers

#### PREMIUM BAR

Tito's Vodka  
Bombay Sapphire Gin  
Jack Daniel's  
Dewar's White Label Scotch  
Crown Royal Whiskey  
Appleton Rum  
Sauza Tres Generaciones Tequila  
House Red and White Wine Selections  
Budweiser and Bud Light  
Goose Island Seasonal, Stella Artois  
Soft Drinks, Assorted Juices,  
Mineral Water and Mixers

#### SUSTAINABLE

Barra Organic Chardonnay  
Barra Organic Cabernet Sauvignon  
Koval Rye Organic Vodka  
Few Gin  
Few Bourbon  
Highland Harvest Organic Scotch  
Lion's Pride Dark Oak Organic Whiskey  
Crusoe Organic Rum  
Organic Taquila (TBD)  
Finch's, Metropolitan and  
Half Acre Beer  
Filbert's Soft Drinks and Mixers  
Longbranch Bloody Mary Mix  
FFT Orange and Cranberry Juice





# ESTIMATED CONTRACT

The below pricing is estimated and is intended to give ranges of our service. Food For Thought works with each and every couple to customize their ideal event. Price estimate varies depending on venue selection, menu selection, event timing and upgrades. The range below is based on a six hour event and an estimated guest count of at least 150. We are happy to put together a customized proposal with specialized choices.

## DINNER RECEPTION

### BUDGET SUMMARY *Per Person Cost*

Passed Hors d'oeuvres:	\$10.00 - \$15.00
Two Course Dinner with Coffee Service (Pending on Entree Selection):	\$28.00 - \$55.00
Full Bar:	\$26.00 - \$50.00
Staffing (Pending Guest Count):	\$34.00 - \$43.00
Equipment:	\$22.00 - \$40.00
Linen:	\$6.00 - \$14.00
Trucking:	\$1.00

## TOTAL ESTIMATE RANGE

\$127 - \$218 per person

\*Price estimate is before tax and gratuity.

For planning purposes, please consider 11% tax on the total estimate.

Food For Thought leaves gratuity up to the discretion of the client. Please consider 15% gratuity on the food and beverage total.



# SUSTAINABILITY

## POLICIES & PRACTICES

We believe that sustainability is a journey and not a destination. We strive to operate in a manner that gives back to the planet. We prioritize the quality of the relationships we have with our customers, our employees, our partners and vendors. These beliefs with the combination of respectful relationships and positive actions toward the planet helps us get closer to building sustainability in all aspects of our work. We continue to integrate the broader meaning of the word "sustainability" into every aspect of our business and try to make changes each and every day that will benefit the global community.

The adoption of these beliefs can be seen in our recent certifications by both the Green Chicago Restaurant Coalition and Green Seal. Food For Thought is the first organization of our kind to be certified with the Green Seal in Chicago.

- Our goal each year is to purchase at least 20% of our food from local sources when available. This is defined with other sustainable terms in our Guaranteed Green Employee Handbook.
- All seafood items follow the Central US guidelines offered by the Monterey Bay Aquarium and the Shedd Aquarium Right Bite Program.
- We use grade #1 eco-friendly disposables, Eco-Friendly Stir Sticks, Recycled White Paper Cocktail Napkins
- We composte all food wastes from our commissary kitchen
- We continued to use gas powered vehicles after switching from diesel. As leases expire and vehicles need replacing we continue to look at energy efficient options for our fleet.
- We strive to use organic products where applicable and practical. Our bar packages at other locations offer a local, sustainable bar package that includes local, sustainable and organic offerings across all product lines. The mixers in this package are offered and available for our clients.



# SUSTAINABILITY



## **Green Seal™, Inc. Proudly Presents Certification to Food for Thought Catering Professionals, Inc.**

Green Seal™, Inc. certifies that Food for Thought Catering Professionals, Inc. complies with the Green Seal Pilot Standard for Sustainable Chicago Restaurants and Food Services and is licensed to use the Green Seal Certification Mark.

Certified this 8<sup>th</sup> day of October, 2013.

A handwritten signature in black ink, appearing to read "Arthur B. Weissman".

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Arthur B. Weissman, Ph.D., President & CEO



# WBE & MBE COMPLIANT



## CHICAGO MINORITY SUPPLIER DEVELOPMENT COUNCIL

THIS CERTIFIES THAT

### FOOD FOR THOUGHT CATERING PROFESSIONALS, LTD.

Has met the requirements for certification as a bona fide Minority Business Enterprise as defined by the National Minority Supplier Development Council, Inc. (NMSDC) and as adopted by the Chicago Minority Supplier Development Council.

**\*\*NAICS Codes: 722320**

**\*\*Description of their product/services as defined by the North American Industry Classification System (NAICS)**

**Product/Service Description: CATERING SERVICES**

**4/30/2015**

*Issued Date*

**CH767**

*Certificate Number*

**4/30/2016**

*Expiration Date*

*Julia C. Peel Morgan*

*President, ChicagoMSDC*

By using your assigned (through NMSDC only) password, NMSDC Corporate Members may view the original certificate by logging in at: <http://www.nmsdc.org>

*An affiliate of the National Minority Supplier Development Council, Inc. (NMSDC)*

