



Single Serving Entrée Salads

Tossed Mixed Green Salad - \$5.50

Mixed greens, cucumbers, grape tomatoes, and shredded carrot. Served with Italian dressing.

Rainbow - \$5.50

Mixed greens, strawberries, kiwi, mandarin oranges, cashews and poppy seed dressing.

Health Kick - \$6.25

Mixed greens, chick peas, eggs, tomatoes, cheese, cucumbers and pistachios with a balsamic dressing.

Antipasto Style Tossed - \$7.50

Tossed greens, pepperoni, mozzarella, olives, tomato and cucumber. Served with Italian dressing.

Classic Caesar Salad with Grilled Chicken - \$7.95

Our homemade Caesar dressing tops this classic salad of Romaine and croutons.

Tossed Mixed Green Salad with Grilled Chicken - \$8.50

Mixed greens, cucumbers, grape tomatoes, and shredded carrot. Served with Italian dressing.

Food for Thought Caterers

7574 St. Clair Avenue Mentor, OH 44060
Phone: 440-946-0383 Fax: 440-946-8801



Single Serving Entrée Salads

Chinese Chicken and Pasta - \$7.95

Grilled chicken with linguini, water chestnuts, veggies and crunchy chow mein noodles.

California - \$7.95

Mixed greens, granola, sunflower seeds, mandarin oranges, walnuts and strawberries, with a unique prickly pear vinaigrette.

El Paso Chicken Salad - \$7.95

Mixed greens, roasted corn, cheddar cheese, grilled chicken, spicy sesame sticks with a spicy buttermilk dressing.

Southwest Salad with Taco Grilled Chicken - \$8.50

Taco grilled chicken, black beans, tomatoes, cheddar cheese, black olives and tortilla chips. Served with a ranch style dressing.

Strawberry and Goat Cheese - \$8.50

Mixed greens, sliced strawberries, goat cheese, cinnamon almonds, with a balsamic and pepper dressing.

Thai Chicken - \$8.50

Crushed chilies and lime marinated chicken coupled with fresh vegetables and Romaine. Served with spicy Thai peanut dressing.

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Single Serving Entrée Salads

Traditional Cobb - \$8.50

Mixed greens, eggs, tomatoes, bacon, turkey and shredded Monterey jack cheese.

Oriental Cobb - \$8.50

Mixed greens, mandarin oranges, celery, water chestnuts, teriyaki chicken, carrots, chow mein noodles and red peppers.

Chicken Fajita - \$8.50

Grilled chicken, red and green pepper strips, onion, seasoned shredded cheese with crisp tortilla strips and chili ranch dressing.

Martha's Vineyard - \$8.50

Red leaf lettuce, goat cheese, dried cranberries and red onion. Served with apricot vinaigrette.

Blackened Chicken Caesar Salad with Grilled Flatbread - \$8.95

Grilled chicken, blackened and served on a bed of Romaine lettuce. Topped with our own Caesar dressing.

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Single Serving Entrée Salads

Cool Ranch Taco - \$8.95

Seasoned ground beef layered with lettuce, tomato, and shredded cheddar cheese. Served with cool ranch chips and salsa ranch dressing

Buffalo Chicken Salad with Croutons - \$8.95

Grilled chicken tossed in our hot buffalo sauce with celery, olives, croutons and tomatoes. Tossed with fresh greens and served with a blue cheese ranch dressing.

Spiced Pecan Chicken and Pasta Salad \$9.00

Linguini pasta tossed with colorful peppers, cubed chicken, spiced pecans, and blue cheese.

Rainbow Salad with Grilled Chicken - \$9.00

*Mixed greens, grilled chicken, strawberries, kiwi, mandarin oranges and cashews.
Served with poppy seed dressing.*

Chicken Stir Fry - \$9.25

Stir fried vegetables, grilled chicken, greens, chow mein noodles, chopped peanuts, broccoli, carrots, red peppers and Teriyaki dressing.

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Single Serving Entrée Salads

Mexican Chicken Salad with Tortilla Chips- \$9.50

Mixed greens, cheddar cheese, olives, tomatoes, grilled chicken, green onions and tortilla chips.

Served with an Italian and salsa dressing,

Tropical Spinach Salad - \$ 9.50

Mesquite Barbecued Chicken - \$10.00

Brined chicken, black beans, fried onions, sweet corn and greens. Served with a country BBQ ranch dressing.

Chef - \$10.25

Mixed greens, tomatoes, cucumbers, carrots, olives, eggs, roast beef, turkey, ham, cheddar and Swiss cheeses.

Health Kick Salad with Turkey - \$10.50

Mixed greens, chick peas, eggs, tomatoes, cheese, cucumbers and pistachios with balsamic dressing.

Gorgonzola Steak Salad - \$11.25

Marinated mushrooms, gorgonzola, croutons, tomato, and fresh greens. Served with a garlicky vinaigrette.

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Single Serving Entrée Salads

Dry Rubbed Steak Fajita - \$10.95

Savory dry rubbed beef, red and green pepper strips, onion, seasoned shredded cheese with crisp tortilla strips and chili ranch dressing.

Mesclun Greens with Grilled Strips of Chicken - \$11.50

*Mixed greens, spicy pecans, grape tomatoes and crumbled blue cheese tossed with grilled chicken strips.
Served with roasted garlic vinaigrette dressing.*

Grilled Steak - \$11.25

Grilled marinated flank steak, parmesan croutons, green peppers, tomatoes, crumbled blue cheese and a balsamic vinaigrette dressing.

El Paso Steak - \$11.50

Mixed greens, roasted corn, cheddar cheese, grilled steak, spicy sesame sticks with a spicy buttermilk dressing.

Country Ranch Chicken - \$11.95

Fried chicken pieces, blue cheese, egg, bacon, tomato and Catalina dressing.

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Single Serving Entrée Salads

Firecracker Chicken and Vegetable Salad - \$12.25

Tender chicken breast and fresh vegetables are basted with lime, chili and cumin then grilled and tossed with greens and a salsa lime dressing.

Thai Beef - \$12.25

Crushed chilies and lime marinated beef coupled with fresh vegetables and Romaine. Served with spicy Thai peanut dressing.

Mesquite Barbecued Salmon - \$12.75

Brined salmon, black beans, fried onions, sweet corn and greens. Served with a country ranch BBQ dressing.

Buffalo Salmon Caesar - \$13.25

Salmon grilled with buffalo sauce, served on a bed of Romaine, served with our own Caesar dressing.

Grilled Salmon Caesar Salad with Croutons - \$14.65

Grilled salmon served on a bed of Romaine lettuce topped with our own Caesar dressing.

All salads include rolled deluxe plastic ware.

Pricing, as the need arises, may be changed without notice

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