BREAKFAST

SERVES 10

EGG SANDWICH $6 PER
roasted red pepper spread, sauteed kale, quick pickled cucumbers, sprouted English muffin
+ chicken chorizo $2/sandwich

FARM FRESH FRITTATAS $70
butternut squash, kale, chicken chorizo, goat cheese
fingerling potatoes, roasted red pepper, chives, feta cheese

RAW OATMEAL CUPS $65
chia seeds, flax seeds, sunflower seeds, housemade almond milk, spiced strawberries, lemon scented granola

COCONUT YOGURT $60
honeyed blueberries, lemon scented granola

SEASONAL FRESH FRUIT $55
raw salted caramel dip

HOUSE MADE MINI BREAKFAST BREADS - PICK 2 $35
banana, walnut, spelt lemon, yogurt, oats (GF) zucchini, dark chocolate, whole wheat carrot, ginger, millet (GF)

TOASTS

SERVES 10
served on floriole sourdough

AVOCADO $70
radish, microgreens, lemon olive oil

LABNEH $55
shaved zucchini, lemon olive oil, nigella seeds

SMOKED BEET HUMMUS $55
pickled beets, ricotta salata, arugula sprouts, pistachios, lemon olive oil

BEVERAGES

BOXED WATER $3
SPINDRIFT SPARKLING $3
HELLION COLD BREW $5
METRIC COFFEE $30
serves 10

BONE BROTH $50
serves 10
grass fed beef bone broth
free range chicken bone broth

INFO@FOODBYFARE.COM
205 W. LAKE ST.
CHICAGO, IL 60606
DIY BOWLS

SERVES 10, CREATE YOUR OWN

pick 2 bases

HEARTY GREENS
curly kale, brussel sprouts

TENDER GREENS
spinach, baby romaine, arugula

GRAINS
quinoa, brown rice, parsley, olive oil

pick 4 sides

MISO SWEET POTATOES
HARISSA ROASTED CARROTS
PICKLED BEETS + RED ONION
LENTILS, HAZELNUTS + CHIVES
SLOW ROASTED TOMATOES + MOZZARELLA
DELICATA SQUASH WITH AGRODOLCE
ROASTED POTATOES, LEMON + ROSEMARY
ROASTED WILD MUSHROOMS + FENNEL
CAULIFLOWER + CHICKPEAS, MUSTARD VINAIGRETTE

pick 2 proteins

SUSTAINABLE SALMON  + $2/person
CHARRED CHICKEN THIGHS
TENDER TURKEY MEATBALL
1/2 AVOCADO

includes 3 sauces

HERBY PESTO
SPICY RED PEPPER SAUCE
ROASTED GARLIC TAHINI

CRUDITE

SERVES 10  
seeded crackers + seasonal veggies

PESTO YOGURT DIP
SEASONAL HUMMUS
ROASTED RED PEPPER LEBNAH

SWEETS

SERVES 10

SUPERFOOD CHOCOLATE BARK
maca, chia seeds, dried apricots, toasted coconut, almonds + sea salt

CHOCOLATE CHUNK COOKIE

REQUIRES 48 HR. NOTICE

+ 10% service charge + delivery

@foodbyfare