GLUTEN FREE MENU

LET’S GET YOUR ORDER STARTED

(p) 440.946.0383 | (f) 440.946.8801
foodforthought-ohio.com

7574 St. Clair Avenue
Mentor, Ohio 44060

PRICING POLICY

Pricing, as the need arises, may be changed without notice.
Some menu items require a minimum of 5 servings for ordering.
BREAKFAST

BIGGIE OMELET MEALS WITH ROASTED REDSKINS serves 8-10
three cheese • vegetable & cheese  |  62.99
ham & cheese • bacon & cheese • western with home fries | 69.99

FOOD FOR THOUGHT SUNRISE BREAKFAST
scrambled eggs, bacon and redskin potatoes | 59.99 | serves 10

YOGURT
blueberry, strawberry or peach | 2.75 | yoplait  | 3.00 | chobani

MUFFINS
Apple Cranberry, Cherry Almond, Chocolate Chocolate Chip
1.85

BACON STRIPS
2.50 | 2 per person

CANADIAN BACON
2.50 | 2 per person

TURKEY BACON
2.25 | 2 per person

SOUP
served in re-sealable containers | gallon | 12 servings

BLT
48.75

BAKED POTATO
41.25

CREAMY BUTTERNUT SQUASH
52.65

GARDEN VEGETABLE
38.25

NEW ENGLAND CLAM CHOWDER
46.75

PEPPER POT
45.00

POTATO LEEK
40.00

TOMATO BASIL PARMESAN
50.80

VEGETARIAN STEW
45.00

CHILI
served in re-sealable containers | gallon | 12 servings

CON CARNE
64.25

GROUND CHICKEN
51.35

HELL’S KITCHEN
75.75

VEGETARIAN
48.75

THREE BEAN (VEGAN)
44.50

SANDWICHES

6” WRAP
turkey • buffalo chicken • chicken caesar • ham •
tuna salad • chicken salad • vegetable  | 5.25
roast beef • corned beef  | 6.25
ask about our monthly feature wrap!!

GLUTEN FREE HONEY MULTIGRAIN BREAD SANDWICH
turkey • ham • tuna salad • chicken salad • vegetable  | 7.50
COLD APPETIZERS

FRUIT KABOBS (4 PC)
2.50 each

FRUIT DUETS (2 PC)
1.25 each

DEVILED EGGS
classic • blue cheese & walnut • blt • cucumber dill • spinach artichoke • southwest guacamole • butternut squash & bacon
21.99 | dozen

HOT APPETIZERS

RUMAKI
sherry laced water chestnuts wrapped in bacon
18.00 | 3 dozen minimum

SWEET POTATO MAKI
12.00 | 3 dozen minimum

ROSEMARY PORK TENDERLOIN SATAY
9.00 | 3 dozen minimum

SALMON SATAY
27.00 | 3 dozen minimum

HOISIN GINGER BEEF SATAY
21.00 | 3 dozen minimum

APETIZERS BY TRAY

FRESH FRUIT
32.25 | serves 5-10
61.50 | serves 15-20
90.75 | serves 25-30

VEGETABLE CRUDITÉ
WITH BLACK BEAN PEPPADEW DIP
30.99 | serves 8-15
62.99 | serves 15-25
93.99 | serves 30-45

SHRIMP COCKTAIL WITH CREOLE COCKTAIL SAUCE
87.99 | 40 piece
174.99 | 80 piece

DIPS

HUMMUS WITH VEGETABLES
red pepper strips, carrots, celery, cucumber broccoli
24.99 | serves 8-10
48.99 | serves 16-20
72.99 | serves 24-30

NINE LAYER WITH TRI COLOR NACHOS
64.99 | serves 20
ENTRÉE SALADS

single serving salad with flatware

ANTIPASTO STYLE WITH PEPPERONI 8.50
Greens, pepperoni, mozzarella, olives, tomato and cucumbers. Italian dressing on the side

CHEF (WITH ROAST BEEF, TURKEY & HAM) 12.75
Greens, tomatoes, cucumbers, carrots, olives, eggs, roast beef, turkey, ham, cheddar and Swiss cheeses
Ranch, Italian or French dressing on the side

EL PASO CHICKEN 9.50
Grilled chicken, mixed greens, roasted corn, cheddar cheese
Spicy buttermilk ranch dressing on the side

EL PASO STEAK 14.00
Grilled steak, greens, roasted corn, cheddar cheese
Spicy buttermilk ranch dressing on the side

FIRECRACKER CHICKEN & VEGETABLE 13.75
Chili-rubbed grilled chicken, grilled pineapple, zucchini, red pepper and red onion
Firecracker dressing on the side

HEALTH KICK WITH TURKEY 12.75
Turkey, crisp greens, chickpeas, eggs, tomatoes, cheese, cucumbers and pistachios
Balsamic dressing on the side

RAINBOW SALAD WITH CHICKEN 11.25
Grilled chicken, mixed greens, strawberries, kiwi, mandarin oranges and cashews.
Poppy seed dressing on the side

RED LEAF & APPLE WITH CHICKEN 9.00
Red leaf lettuce, roasted peanuts, crunchy apples, raisins and toasted sesame seeds
Zesty curry vinaigrette dressing on the side

THINK SPRING WITH CHICKEN 9.50
Mandarin oranges, dried cranberries, feta, cinnamon almonds and tender grilled chicken
Balsamic vinaigrette on the side
SIDE SALADS

APPLE ROMAINE
romaine, apples, nuts, (poppyseed)
2.00

FRESH FRUIT
cantaloupe, honeydew, strawberries, grapes, pineapple
3.25

HEALTH KICK
iceberg, romaine, mozzarella, tomatoes, garbanzo beans pistachios cucumber eggs (balsamic vinaigrette)
4.25

RAINBOW
greens, strawberries, kiwi, mandarin oranges, cashews (poppyseed)
3.00

SPINACH MANDARIN
spinach, scallions, mandarin oranges, almonds (honey mustard vinaigrette)
2.25

THINK SPRING
romaine, mandarin oranges, craisins, cinnamon almonds, feta (balsamic vinaigrette)
2.50

DIRECTOR’S
iceberg, spinach, walnuts, garbanzo beans, roasted red peppers, olives, feta (balsamic vinaigrette)
3.00

GRILLED SWEET POTATO
sweet potatoes, pecans coconut, brown sugar, honey & spices
2.75

TOMATO CUCUMBER
tomatoes, cucumbers (garlicky dressing)
2.00

MARTHA’S VINEYARD
romaine and red leaf lettuce, goat cheese, cranberries, red onion and almonds (roasted red pepper vinaigrette)
3.75

THREE BEAN
kidney, black and great northern beans with peppers, red onion & corn (vinaigrette dressing)
2.00

VEGETABLE RICE
rice, peppers, onion, currants, peas, olives, dill (vinaigrette)
2.75

BROCCOLI DELIGHT
broccoli, raisins, red onion, bacon, cashews (house-made sweet & tangy dressing)
3.50

CREAMY POTATO
2.00

ROASTED CORN
roasted sweet corn, colored peppers, red onion, lime juice, cilantro & spices
2.75

TOSSED MIXED GREENS
mixed greens, cucumber, tomatoes, carrots, (italian & ranch)
2.50

CUCUMBER FETA
cucumber, feta, onion, spices, lemon juice
3.25

BASIL & TOMATO CAPRESE
mozzarella, tomatoes, cucumber, fresh basil, cheese, pesto
4.00

CREAMY COLESLAW
2.25

COLE SLAW WITH VINAIGRETTE DRESSING
2.25

STRAWBERRY & GOAT CHEESE
greens, sliced strawberries, goat cheese, cinnamon almonds, red onion (black pepper vinaigrette)
4.25
ENTRÉES
5 serving minimum

CHICKEN

CANTONESE CHICKEN, STRAWBERRY AND GRAPE SKEWERS
cantonese marinated chicken, fresh strawberries and grapes, skewered and finished with a balsamic reduction. Served over confetti brown rice 7.75/serving

CHICKEN BRUSCHETTA
grilled chicken breast, pesto, grilled tomato basil salsa & parmesan cheese 5.00/serving

CHICKEN PAD THAI
chicken, snow peas, garlic, fresh chives, egg, peanuts and gluten free rice noodles. Lime wedges on the side 5.75/serving

GRILLED CHICKEN BREAST (WHOLE OR SLICED) WITH VEGETABLES & RICE
7.50/serving

KUNG PAO CHICKEN
stir fried chicken, water chestnuts, green onions and peanuts finished with a spicy chili sauce. Served with white rice 5.00/serving

SWEET & SPICY CHICKEN WITH BASMATI RICE
marinated chicken, grilled and topped with a tamari-ginger based sauce. Served with basmati rice 4.75/serving

SEAFOOD

FILET OF SALMON ENCRUSTED WITH PARMESAN BLACK PEPPER
14.50/serving

SAUTEED SHRIMP AND KALE IN WHITE WINE AND LEMON
grape tomatoes, red onion and lemon zest tossed with gluten free rice pasta 9.50/serving

PORK & BEEF

GRILLED BROWN SUGAR PORK LOIN
marinated pork loin grilled, then sliced and finished with a sweet sauce. Served with roasted sweet potato sticks 7.00/serving

ROSEMARY GRILLED PORK TENDERLOIN (6 OZ)
8.25/serving

ROASTED PORK LOIN WITH ARTICHOKE MUSTARD SAUCE (6 OZ)
8.25/serving

SLICED ROAST BEEF AU JUS
8.50/serving

GRILLED STEAK & VEGETABLES WITH WHITE OR BROWN RICE
11.50/serving

VEGETARIAN

CREMINI MUSHROOM & KALE LASAGNA
49.50/serves 8-10

LENTIL BOLOGNESE WITH GLUTEN FREE PENNE
5.50/serving

BASIL RATATOUILLE WITH GLUTEN FREE PENNE
6.00/serving

THAI RICE NOODLES WITH MUSHROOM BROCCOLI AND ASPARAGUS
6.75/serving

VEGETARIAN STUFFED PEPPERS (2 PP)
8.50/serving

STIR FRY

CHICKEN 6.00/serving
SHRIMP 7.75/serving
VEGETABLE 5.50/serving | VEG
BEEF 9.25/serving
served with your choice of white or brown rice
SIDES
5 serving minimum

BOILED PARSLEY REDSKIN POTATOES
2.25/serving

ROASTED REDSKIN POTATOES
2.50/serving

GOAT CHEESE SMASHED POTATOES 4.25/serving

HOMEMADE MASHED POTATOES
2.00/serving

GRILLED VEGETABLES IN HERBED OLIVE OIL
3.25/serving

GREEN BEANS, BABY CARROTS & ROASTED TOMATOES 2.95/serving

GREEN BEANS AMANDINE 2.50/serving

MAPLE GLAZED CARROTS 2.00/serving

GRILLED ASPARAGUS 3.50/serving

ROASTED SWEET CORN 2.00/serving

STEAMED BROCCOLI WITH BUTTER 2.75/serving

STEAMED VEGETABLE MEDLEY WITH BUTTER 2.75/serving

GLUTEN FREE DESSERTS

BUCKEYES
9.99 | one dozen

CHOCOLATE CHIP OR PEANUT BUTTER COOKIES
1.50 each

BROWNIES
17.99 | one dozen

DESSERT TRAY
chocolate chip cookies, brownies, buckeyes and strawberries dipped in dark chocolate
24.99 | 20 pieces