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 Red Skins**  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

- **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

- **Hell's Kitchen**
  - 75.75

- **Vegetarian**
  - 48.75

- **Three Bean (Vegan)**
  - 44.50

- **Healthy BBQ Chicken**
  - 43.35

## 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
**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

**COLD APPETIZERS**

**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

**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

**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

ANTI PASTO 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

FI R E C R A C K E R  C H I C K E N  &  V E G E T A B L E  13.75
Chili-rubbed grilled chicken, grilled pineapple, zucchini, red pepper and red onion
Firecracker dressing on the side

HE A L T H  K I C K  W I T H  T U R K E Y  12.75
Turkey, crisp greens, chickpeas, eggs, tomatoes, cheese, cucumbers and pistachios
Balsamic dressing on the side

R A I N B O W  S A L A D  W I T H  C H I C K E N  11.25
Grilled chicken, mixed greens, strawberries, kiwi, mandarin oranges and cashews
Poppy seed dressing on the side

R E D  L E A F  &  A P P L E  W I T H  C H I C K E N  9.00
Red leaf lettuce, roasted peanuts, crunchy apples, raisins and toasted sesame seeds
Zesty curry vinaigrette dressing on the side

Mandarin oranges, dried cranberries, feta, cinnamon almonds and tender grilled chicken
Balsamic vinaigrette on the side
## Side Salads

<table>
<thead>
<tr>
<th>Name</th>
<th>Ingredients</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Apple Romaine</strong></td>
<td>romaine, apples, nuts, (poppyseed)</td>
<td>2.00</td>
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<tr>
<td><strong>Fresh Fruit</strong></td>
<td>cantaloupe, honeydew, strawberries, grapes, pineapple</td>
<td>3.25</td>
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<tr>
<td><strong>Health Kick</strong></td>
<td>iceberg, romaine, mozzarella, tomatoes, garbanzo beans, pistachios, cucumber, eggs (balsamic vinaigrette)</td>
<td>4.50</td>
</tr>
<tr>
<td><strong>Rainbow</strong></td>
<td>greens, strawberries, kiwi, mandarin oranges, cashews (poppyseed)</td>
<td>3.00</td>
</tr>
<tr>
<td><strong>Spinach Mandarin</strong></td>
<td>spinach, scallions, mandarin oranges, almonds (honey mustard vinaigrette)</td>
<td>2.25</td>
</tr>
<tr>
<td><strong>Think Spring</strong></td>
<td>romaine, mandarin oranges, craisins, cinnamon almonds, feta (balsamic vinaigrette)</td>
<td>2.50</td>
</tr>
<tr>
<td><strong>Director’s</strong></td>
<td>iceberg, spinach, walnuts, garbanzo beans, roasted red peppers, olives, feta (balsamic vinaigrette)</td>
<td>3.00</td>
</tr>
<tr>
<td><strong>Grilled Sweet Potato</strong></td>
<td>sweet potatoes, pecans, coconut, brown sugar, honey &amp; spices</td>
<td>2.75</td>
</tr>
<tr>
<td><strong>Tomato Cucumber</strong></td>
<td>tomatoes, cucumbers (garlicky dressing)</td>
<td>2.00</td>
</tr>
<tr>
<td><strong>Martha’s Vineyard</strong></td>
<td>romaine and red leaf lettuce, goat cheese, cranberries, red onion and almonds (roasted red pepper vinaigrette)</td>
<td>3.75</td>
</tr>
<tr>
<td><strong>Three Bean</strong></td>
<td>kidney, black and great northern beans with peppers, red onion &amp; corn (vinaigrette dressing)</td>
<td>2.00</td>
</tr>
<tr>
<td><strong>Vegetable Rice</strong></td>
<td>rice, peppers, onion, currants, peas, olives, dill (vinaigrette)</td>
<td>2.75</td>
</tr>
<tr>
<td><strong>Broccoli Delight</strong></td>
<td>broccoli, raisins, red onion, bacon, cashews (house-made sweet &amp; tangy dressing)</td>
<td>3.50</td>
</tr>
<tr>
<td><strong>Creamy Potato</strong></td>
<td></td>
<td>2.00</td>
</tr>
<tr>
<td><strong>Roasted Corn</strong></td>
<td>roasted sweet corn, colored peppers, red onion, lime juice, cilantro &amp; spices</td>
<td>2.75</td>
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<tr>
<td><strong>Tossed Mixed Greens</strong></td>
<td>mixed greens, cucumber, tomatoes, carrots, (italian &amp; ranch)</td>
<td>2.50</td>
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<tr>
<td><strong>Cucumber Feta</strong></td>
<td>cucumber, feta, onion, spices, lemon juice</td>
<td>3.25</td>
</tr>
<tr>
<td><strong>Basil &amp; Tomato Caprese</strong></td>
<td>mozzarella, tomatoes, cucumber, fresh basil, cheese, pesto</td>
<td>4.00</td>
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<tr>
<td><strong>Creamy Coleslaw</strong></td>
<td></td>
<td>2.25</td>
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<tr>
<td><strong>Cole Slaw with Vinaigrette Dressing</strong></td>
<td></td>
<td>2.25</td>
</tr>
<tr>
<td><strong>Strawberry &amp; Goat Cheese</strong></td>
<td>greens, sliced strawberries, goat cheese, cinnamon almonds, red onion (black pepper vinaigrette)</td>
<td>4.25</td>
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</tbody>
</table>
**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

**CHICKEN STUFFED BELL PEPPERS**
ITALIAN STYLE / LOW FAT
9.50/serving 2 pp

### 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

### SEAFOOD

**FILET OF SALMON ENCRUSTED WITH PARMESAN BLACK PEPPER**
14.50/serving

**SAUTÉED SHRIMP AND KALE IN WHITE WINE AND LEMON**
grape tomatoes, red onion and lemon zest tossed with gluten free rice pasta.
9.50/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
<table>
<thead>
<tr>
<th>Sides</th>
<th>Price/Unit</th>
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<tbody>
<tr>
<td>Boiled Parsley Redskin Potatoes</td>
<td>2.25/serving</td>
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<tr>
<td>Roasted Redskin Potatoes</td>
<td>2.50/serving</td>
</tr>
<tr>
<td>Goat Cheese Smashed Potatoes</td>
<td>4.25/serving</td>
</tr>
<tr>
<td>Homememade Mashed Potatoes</td>
<td>2.00/serving</td>
</tr>
<tr>
<td>Grilled Vegetables in Herbed Olive Oil</td>
<td>3.25/serving</td>
</tr>
<tr>
<td>Green Beans, Baby Carrots &amp; Roasted Tomatoes</td>
<td>2.95/serving</td>
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<tr>
<td>Green Beans Amandine</td>
<td>2.50/serving</td>
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<tr>
<td>Maple Glazed Carrots</td>
<td>2.00/serving</td>
</tr>
<tr>
<td>Grilled Asparagus</td>
<td>3.50/serving</td>
</tr>
<tr>
<td>Roasted Sweet Corn</td>
<td>2.00/serving</td>
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<tr>
<td>Steamed Broccoli with Butter</td>
<td>2.75/serving</td>
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<tr>
<td>Steamed Vegetable Medley with Butter</td>
<td>2.75/serving</td>
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<tr>
<td><strong>Gluten Free Desserts</strong></td>
<td></td>
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<tr>
<td><strong>Buckeyes</strong></td>
<td>9.99</td>
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<tr>
<td><strong>Chocolate Chip or Peanut Butter Cookies</strong></td>
<td>1.50 each</td>
</tr>
<tr>
<td><strong>Brownies</strong></td>
<td>17.99</td>
</tr>
<tr>
<td><strong>Dessert Tray</strong></td>
<td>24.99</td>
</tr>
</tbody>
</table>

Chocolate chip cookies, brownies, buckeyes and strawberries dipped in dark chocolate