



Single Serving Entrée Salads

Tossed Mixed Green Salad 5.85

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

Rainbow 5.85

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

Health Kick 6.60

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

Think Spring 6.35

Mandarin oranges, craisins, feta, and cinnamon almonds. Served with our house made balsamic dressing.

Antipasto Style Tossed 8.10

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

Think Spring Grilled Chicken Salad 7.80

Mandarin oranges, craisins, feta, cinnamon almonds, and tender grilled chicken.

Served with our house made balsamic dressing.

Food for Thought Caterers

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



Single Serving Entrée Salads

Classic Caesar Salad with Grilled Chicken 8.60

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

Tossed Mixed Green Salad with Grilled Chicken 8.75

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

Chinese Chicken and Pasta 8.35

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

California 8.35

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

El Paso Chicken Salad 8.60

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

Southwest Salad with Taco Grilled Chicken 9.10

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

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Single Serving Entrée Salads

Strawberry and Goat Cheese 9.10

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

Thai Chicken 9.10

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

Traditional Cobb 9.10

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

Oriental Cobb 9.10

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

Chicken Fajita 9.10

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

Martha's Vineyard 9.10

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

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Single Serving Entrée Salads

Blackened Chicken Caesar Salad with Grilled Flatbread 9.60

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

Nacho Taco 9.60

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 9.60

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 9.60

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

Rainbow Salad with Grilled Chicken 9.60

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

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Single Serving Entrée Salads

Chicken Stir Fry 9.80

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

Mexican Chicken Salad with Tortilla Chips 10.10

*Mixed greens, cheddar cheese, olives, tomatoes, grilled chicken, green onions and tortilla chips.
Served with an Italian and salsa dressing,*

Tropical Spinach Salad 10.10

Strawberries, feta cheese, coconut, and cinnamon almonds with a raspberry vinaigrette dressing.

Mesquite Barbecued Chicken 10.60

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

Chef 10.80

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

Health Kick Salad with Turkey 11.10

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

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Single Serving Entrée Salads

Dry Rubbed Steak Fajita 11.60

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

Gorgonzola Steak Salad 11.80

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

Grilled Steak 11.75

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

Mesclun Greens with Grilled Strips of Chicken 11.80

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

Country Ranch Chicken 12.60

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

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Single Serving Entrée Salads

Summer Flank Salad 12.60

Sliced flank steak on a bed of spring mix with toasted walnuts, sliced cherry tomatoes & white balsamic herb vinaigrette.

Firecracker Chicken and Vegetable Salad 12.80

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 12.80

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

El Paso Steak 12.80

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

Mesquite Barbecued Salmon 13.35

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

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Single Serving Entrée Salads

Buffalo Salmon Caesar 13.85

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

Grilled Salmon Caesar Salad with Croutons 15.35

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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