



Sides & Salads

Grilled Vegetables in an Herbed Olive Oil 3.00
*Fresh veggies including yellow squash, zucchini, red onion,
and green & red peppers*

Maple Glazed Carrots 1.95

Green Beans Amandine 2.25

Roasted Sweet Corn 1.85

Steamed Broccoli with Butter 1.95

Steamed Vegetable Medley with Butter 2.75

Goat Cheese Smashed Potatoes 4.25

Scalloped Potatoes Au Gratin 2.25

Roasted Red Skin Potatoes 2.50

Santa Fe Rice 1.45

Herbed Rice 1.35

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



Sides & Salads

Pasta Salads

Tortellini Fruit Salad 3.20

Tri-colored cheese stuffed tortellini tossed with kiwi, pineapple, strawberries and a sweet dressing.

Tomato Orzo Salad 3.00

Pasta salad with fresh parsley, dill, feta, tomatoes and olives in a lemon and oil dressing.

Mediterranean Pasta Salad 3.85

Cheese filled pasta, artichoke hearts, sun dried tomatoes, walnuts, olives and an oregano balsamic dressing.

Vegetable Rice Salad 2.75

Rice marinated with vinaigrette, peppers, dried currants, red onion and dill.

Summer Pasta Salad 2.50

Penne pasta, boccocini, broccoli, pea pods, cucumbers, tomatoes and roasted peppers with Italian style dressing.

Garden Pasta 1.85

An Italian dressing coats rainbow rotini and garden fresh vegetables.

Vegetable Tri Color Bowtie Pasta 2.50

Bowtie shaped pasta, tossed with fresh vegetables in a balsamic vinaigrette.

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Side Salads

Tossed Mixed Green Salad 2.15

Cucumbers, grape tomatoes and carrots tossed with fresh mixed greens. Italian & Ranch dressings

Broccoli Delight 2.75

Our most popular salad !! Broccoli, bacon, cashews, red onion and raisins tossed with our secret dressing.

Think Spring Salad 2.00

*Chopped romaine, mandarin oranges, craisins, cinnamon almonds and feta cheese.
Served with our balsamic vinaigrette*

Mediterranean Quinoa Salad 2.75

The "super food" grain, tossed with feta cheese, toasted almonds and roasted red peppers.

Renaissance Salad 1.65

Romaine lettuce, toasted sesame seeds, Romano cheese and zesty Italian dressing.

Martha's Vineyard Salad 3.35

Red leaf Lettuce, dried cranberries, goat cheese, red onion, and dried tomatoes, with an apricot vinaigrette.

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Classic Caesar Salad 1.75

Romaine lettuce and croutons highlighted by our own homemade dressing. (No eggs or anchovies)

with Grilled Chicken (entree portion) 5.00

Rainbow Salad 2.50

Tossed greens with strawberries, (in season), kiwi, mandarin oranges, cashews and our own poppy seed dressing.

with Grilled Chicken (entree portion) 5.25

Greek Salad 2.25

Iceberg lettuce, tomatoes, cucumbers, red onions, Feta cheese, kalamata olives and a garlicky dressing.

Red Leaf and Apple Salad 2.20

Roasted peanuts, crunchy apple, raisins and toasted sesame seeds, topped with a zesty curry vinaigrette.

Waldorf Salad 2.25

Red, yellow, green apples, raisins, walnut pieces, and celery. Cinnamon highlights the dressing for this salad.

Mesclun Salad 3.35

Assorted baby field greens with spiced pecans, tomatoes, cucumbers, bleu cheese and roasted garlic vinaigrette.

Health Kick Salad 3.50

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

Add Turkey to make this delicious salad a meal 5.50

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Spinach Mandarin Salad 1.90

Tender spinach, scallions, toasted almonds and mandarin oranges topped with a honey mustard vinaigrette.

Apple Romaine Salad 1.65

Romaine lettuce, red & yellow apples & walnuts with our own poppy seed dressing.

Fresh Fruit Salad 2.95

Featuring fresh cantaloupe, honeydew, pineapple, grapes and strawberries.

(Seasonal price may vary).

Mexican Salad 2.55

Mixed greens, corn sticks, cheddar cheese, tomatoes and olives. With a lime cilantro vinaigrette.

Roasted Corn Salad 1.65

Roasted sweet corn, lime juice, cilantro, colored peppers & garlic.

Marinated Tomato and Cucumber Salad 1.65

Fresh tomatoes and cucumber slices accented by black ground pepper.

Strawberry & Goat Cheese Salad 3.60

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

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Panzanella (Bread Salad) 2.35

Grilled baguette bread highlighted by red onions, tomatoes and Italian parsley.

Creamy Potato Salad 1.65

Macaroni Salad 1.40

Entree Salads

Classic Chicken Caesar Salad 5.00

Romaine lettuce and croutons highlighted by our own homemade dressing. (No eggs or anchovies)

Oriental Cobb Salad 5.25

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

El Paso Steak Salad 6.50

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

Chinese Chicken and Pasta Salad 4.05

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

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Grilled Salmon Caesar Salad 9.75

(No eggs or anchovies)

Traditional Cobb Salad 5.25

Served with bleu cheese dressing

Chef Salad 4.95

Turkey, ham, roast beef, cheese, egg & tomato displayed on a bed of greens. Served with French, Italian & Ranch dressings

Mexican Chicken Salad 5.00

Mixed greens topped with Cheddar cheese, olives, tomatoes and marinated grilled chicken.

Served with an Italian salsa dressing and green onions.

Served with tortilla chips on the side.

California Salad 4.50

Mixed greens, granola, sunflower seeds, mandarin oranges, walnuts, strawberries and feta cheese.

Served with a unique prickly pear vinaigrette

Southwest Salad 6.05

Taco grilled chicken, black beans, tomatoes, cheddar cheese, black olives and tortilla chips.

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

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