



**Food for
Thought**

The Intelligent Food Choice

GLUTEN FREE MENU

LET'S GET YOUR ORDER STARTED

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foodforthought-ohio.com

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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

BREAKFAST SCRAMBLES WITH HOME FRIED POTATOES serves 10 **65.00/pan**
egg substitute available upon request at an additional cost
Choices include:
three cheese
vegetable & cheese
ham & cheese
western
bacon & cheese

FOOD FOR THOUGHT SUNRISE BREAKFAST

scrambled eggs, bacon and redskin potatoes
75.00 | serves 10

VEGETABLE BREAKFAST FRITTATA | 33.00

YOGURT

blueberry, strawberry or peach
3.00 | Yoplait 3.50 | Chobani

MUFFINS

Bakers' Choice

1.95

BACON STRIPS

2.75 | 2 per person

CANADIAN BACON

2.75 | 2 per person

TURKEY BACON

2.25 | 2 per person

SAUSAGE LINKS

3.25 | 2 per person

SOUP

served in re-sealable gallon containers
12 servings

****available in individual servings
minimum of 6**

****CREAMY BUTTERNUT SQUASH**

63.75

****GARDEN VEGETABLE**

43.25

NEW ENGLAND CLAM CHOWDER

63.90

POTATO LEEK

51.50

****TOMATO BASIL PARMESAN 63.70**

CHILI

served in re-sealable gallon containers |
12 servings

****available in individual servings
minimum of 6**

****CON CARNE**

94.70

****VEGETARIAN**

63.50

SANDWICHES

6" GLUTEN FREE WRAP

buffalo chicken • chicken caesar • tuna salad • summer vegetable • healthy grilled chicken | **6.00**

PREMIUM roast beef • reuben • turkey • ham • Italian • chicken salad | **6.75**
ask about our monthly feature wrap !!

GLUTEN FREE BREAD SANDWICH

tuna salad • chicken salad • vegetable | **9.25**

turkey • ham • roast beef | **10.25**



COLD APPETIZERS

FRUIT KABOBS (4 PC)

2.50 each

FRUIT DUETS (2 PC)

1.25 each

DEVEILED EGGS

classic • blt • cucumber dill • spinach
artichoke • buffalo

22.25 | dozen

HOT APPETIZERS

RUMAKI

sherry laced water chestnuts wrapped in
bacon

18.25 | 3 dozen minimum

SWEET POTATO MAKI

12.25 | 3 dozen minimum

ROSEMARY PORK TENDERLOIN SATAY

18.25 | 3 dozen minimum

SALMON SATAY

27.25 | 3 dozen minimum

HOISIN GINGER BEEF SATAY

30.25 | 3 dozen minimum

APPETIZERS BY TRAY

FRESH FRUIT

36.75 | serves 5-10

68.00 | serves 15-20

97.75 | serves 25-30

VEGETABLE CRUDITÉ WITH BLACK BEAN PEPPADEW DIP

31.00 | serves 8-15

63.00 | serves 15-25

94.00 | serves 30-45

SHRIMP COCKTAIL WITH CREOLE COCKTAIL SAUCE

88.95 | 40 piece

175.40 | 80 piece

DIPS

HUMMUS WITH VEGETABLES

red pepper strips, carrots, celery,
cucumber broccoli

28.25 | serves 8-10

56.25 | serves 16-20

84.25 | serves 24-30

SEVEN LAYER WITH WHITE CORN TORTILLA CHIPS

97.95 | serves 20



SIDE SALADS

APPLE ROMAINE

romaine, apples, nuts, (poppyseed)
2.75

FRESH FRUIT

cantaloupe, honeydew, strawberries,
grapes, pineapple 3.25

HEALTH KICK

iceberg, romaine, mozzarella,
tomatoes, garbanzo beans pistachios
cucumber eggs (balsamic vinaigrette)
5.50

RAINBOW

greens, strawberries, kiwi, mandarin
oranges, cashews (poppyseed) 4.00

SPINACH MANDARIN

spinach, scallions, mandarin oranges,
almonds (honey mustard vinaigrette)
2.75

THINK SPRING

romaine, mandarin oranges, raisins,
cinnamon almonds, feta (balsamic
vinaigrette) 3.75

DIRECTOR'S

iceberg, spinach, walnuts, garbanzo
beans, roasted red peppers, olives,
feta (balsamic vinaigrette) 4.00

TOMATO CUCUMBER

tomatoes, cucumbers (garlicky
dressing) 2.75

CREAMY POTATO

3.00

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)
3.95

ROASTED CORN (MIN 5)

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

TOSSED MIXED GREENS

mixed greens, cucumber, tomatoes,
carrots, (italian & ranch) 3.25

CUCUMBER FETA TOSS

cucumber, feta, onion, spices, lemon
juice 3.50

FRESH BASIL & TOMATO CAPRESE

mozzarella, tomatoes, cucumber, fresh
basil, cheese, pesto 4.25

COLESLAW WITH CREAMY OR VINAIGRETTE DRESSING 2.25

BERRY & GOAT CHEESE

greens, seasonal berries, goat cheese,
cinnamon almonds, red onion
(balsamic/pepper) 4.50



ENTRÉES

5 serving minimum

CHICKEN

CHICKEN BRUSCHETTA (4 OZ)

grilled chicken breast, pesto, grilled tomato basil salsa & parmesan cheese
7.20/serving

CHICKEN PAD THAI

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

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

11.75/serving

SWEET & SPICY CHICKEN WITH BASMATI RICE

marinated chicken, grilled and topped with a tamari-ginger based sauce.

Served with basmati rice

7.25/serving

CHICKEN STUFFED BELL PEPPERS

ITALIAN STYLE / LOW FAT

11.25/serving 2 pp

PORK & BEEF

GRILLED BROWN SUGAR PORK LOIN

marinated pork loin grilled, then sliced and finished with a sweet sauce.

Served with cubed sweet potatoes

8.75/serving

ROSEMARY GRILLED PORK TENDERLOIN

(6 OZ)

8.50/serving

SLICED ROAST BEEF AU JUS (4 OZ) 8.75/serving

GRILLED STEAK & VEGETABLES WITH CONFETTIE BROWN RICE

17.75/serving

VEGETARIAN

LENTIL BOLOGNESE WITH GLUTEN FREE PENNE

6.75/serving

BASIL RATATOUILLE TOPPED WITH ROMANO CHEESE

5.50/serving

THAI RICE NOODLES WITH MUSHROOM BROCCOLI AND ASPARAGUS

7.00/serving

VEGETARIAN STUFFED PEPPERS (2 PP)

8.75/serving

CHANA MASALA WITH BASMATI RICE

5.50/serving



ENTRÉES

5 serving minimum

SEAFOOD

**FILET OF SALMON ENCRUSTED
WITH PARMESAN BLACK
PEPPER (6 OZ)**

17.50/serving

**SAUTÉED SHRIMP AND KALE IN
WHITE WINE AND LEMON**

grape tomatoes, red onion and lemon
zest tossed with gluten free rice pasta

10.00/serving

STIR FRY

CHICKEN 7.75/serving

SHRIMP 9.00/serving

VEGETABLE 7.50/serving | **VEG**

BEEF 11.00/serving

served with your choice of white or
brown rice

SIDES

5 serving minimum

**BOILED PARSLEY REDSKIN
POTATOES** 2.50/serving

**GOAT CHEESE SMASHED
POTATOES** 4.25/serving

GRILLED VEGETABLES
2.75/serving

GREEN BEAN AMANDINE
half pan (approx. 10 servings)/30.00
full pan (approx. 20 servings)/60.00

MAPLE GLAZED CARROTS
2.75/serving

ROASTED SWEET CORN
2.25/serving

ROASTED REDSKIN POTATOES
2.50/serving

HOMEMADE MASHED POTATOES
3.00/serving

**STEAMED BROCCOLI WITH
BUTTER** 3.25/serving

**STEAMED VEGETABLE MEDLEY
WITH BUTTER**
3.25/serving



DESSERTS

BUCKEYES

11.00 | one dozen

CHOCOLATE CHIP OR PEANUT BUTTER COOKIES

1.50 each

BROWNIES

27.00 | one dozen

BAKERS' CHOICE TRIFLE (individual)

4.75 each

GLUTEN FREE – VEGAN DESSERT TRAY

peanut butter cookies, oatmeal raisin cookies, brownies,
chocolate chip cookies, sugar cookies, Buckeyes)

30.00 | 21 pieces