

VEGETARIAN ENTRÉES

Vegetable Stir Fry with Brown Rice 5.00 V
A variety of fresh veggies with teriyaki

Grilled Veggies with Brown Rice 4.00 V
Grilled eggplant squash & peppers

Spicy Vegetable and Tofu Stir Fry 5.95 V
Seasoned and dried tofu with zucchini,
yellow squash, peppers and teriyaki

PASTA ENTRÉES

Ravioli with a Fresh Vegetable Sauté 5.95 VEG
Cheese ravioli, asparagus, yellow pepper, red onion,
sautéed with garlic and olive oil, topped with parmesan

Penne Pasta with Marinara & Meatballs 5.50
Served with parmesan cheese on the side
Chicken meatballs available

Pasta Sauce Raphael 6.25
Served over cheese tortellini, sauce consists of onion
artichoke hearts, tomatoes, garlic, herbs & parmesan

GRILLED CHICKEN DISHES

Grilled Chicken and Vegetables 7.25 GF
Eggplant, zucchini, squash, onion, peppers
served with brown rice

Summer Marinated Chicken 7.00 GF
Marinated chicken strips served with brown rice

Breast of Chicken with Spiced Pineapple 6.50 GF
Served with brown rice

Ginger Bourbon Chicken 6.00 GF
Served with seasonal grilled vegetables

Chicken Bruschetta with Tomato Salsa 4.75 GF
Grilled and served with fresh tomato, basil and garlic

Unbelievable Chicken 6.25
Whole grain mustard citrus marinade served
with vegetable lemon orzo

SANDWICHES & WRAPS

Healthy Grilled Chicken Wrap 4.25
Grilled chicken in a spinach wrap with
tomatoes, lettuce, mozzarella cheese,
low fat Italian dressing and cannellini bean spread

Pico Turkey Wrap 4.25
A whole wheat wrap filled with lean sliced
turkey, pico de gallo, fat free ranch and
Italian dressings, endive and roasted red peppers

Crunchy Vegetable Wrap 5.25 GF, V
A gluten free wrap filled with artichoke hearts,
tomatoes, crunchy carrots and balsamic dressing

Vegetable Hoagie 6.25 VEG
Hoagie roll with cannellini bean spread,
zucchini, squash, roasted red pepper and fresh spinach

Go! Bread (100% whole grain)
Sandwich Assortment 5.25
Cleveland Clinic Foundation developed,
probiotic breads from Orlando Bakery
turkey and vegetable on seed' licoius, ham and tuna on
honey grain, chicken salad on purple wheat

DESSERTS

Dark Chocolate
Dipped Strawberries 1.75 GF, VEG

Gluten Free Dessert Tray 24.50 GF
Chocolate chip cookies, gluten free, vegan brownies,
buckeyes and dark chocolate dipped strawberries

Buckeyes 8.00 dozen GF

Peanut Butter Cookies 1.00 GF

Vegan Dessert Tray 20.00 V
Oatmeal banana cookies, peanut butter cookies and
gluten free vegan brownies

Miniature Chocolate Brownie Cups – 1.00 (2pp)

Ask about our seasonal dessert tray

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Menu



TO PLACE ORDERS
Please call us at 440-946-0383
Monday – Friday 7:00 A.M. – 5:00 P.M.

Or visit our website
To see our complete menu
www.foodforthought-ohio.com

We are proud to be a Preferred Partner of ERC

Pricing as the need arises may change without notice

BREAKFAST

Fresh Fruit - have it your way GF, V

Salad 2.95 Kabobs 2.00 Duets 1.00

honeydew, cantaloupe, grapes, strawberries and pineapple

Trays

strawberries, grapes, cantaloupe,
honeydew, oranges & pineapple

32.25 Sm (approx. 5-10 ppl)

61.50 Med (approx. 15-20 ppl)

90.75 Lg (approx. 25-30 ppl)

Muffins (increments of 6)

Fat Free (6) 9.00 Vegan (6) 9.00

Mountain berry, blueberry, cranberry orange

Bakers Choice (6) 10.50

(may include Apple Cinnamon, Banana Chocolate Chip,
Blueberry, Lemon Poppy Seed)

Breakfast Breads 3.25 (2 pp)

Zucchini Bread 22.95 (tray serves 12)

Healthy Yogurt and Granola Parfait 2.75 VEG

Yogurt and granola topped with a strawberry slice

Also available with Greek yogurt – 3.50

**Hot & Healthy Oatmeal
with Assorted Toppers 33.50 GF, VEG**
(Serves 10-12)

Toppers include raisins, walnuts,
strawberries, brown sugar, and low-fat milk

Vegetable Frittata* 29.95 GF, VEG
(Serves 8-10)

An egg based dish full of peppers, zucchini, squash,
tomatoes, broccoli and mozzarella cheese

*Egg Beaters available upon request

Bacon Quiche 18.50

spinach, ham, mushroom and crab also available
(Serves 6-8)

Turkey Sausage (3 pieces pp) 2.50

SIDE SALADS

Tossed Mixed Salad 2.25 GF, V

Mixed greens, cucumber, tomatoes and carrots

Think Spring Salad 2.25 GF, VEG

Romaine, mandarin oranges, feta and cinnamon
almonds, served with balsamic

Summer Pasta Salad 2.50 VEG

Penne, bocconcini, broccoli, cucumbers, tomatoes
and roasted peppers with an Italian style dressing

Rainbow Salad 2.75 GF, V

Mixed greens, cashews, strawberries,
and kiwi served with poppy seed dressing

Broccoli Delight 3.50 GF

Red onion, raisins, bacon and cashews

Spinach Mandarin Salad 2.00 GF, V

Spinach, scallions, mandarin oranges
and toasted almonds

Mediterranean Quinoa Salad 3.25 GF, VEG

Roasted red pepper, almonds and feta cheese

Kale Slaw with Lemon Vinaigrette 3.25 GF, V

Chickpeas, yellow pepper and a lemon vinaigrette

SNACKS

Whole Fruit - \$1.00 GF, V

Banana, Apple, Orange

Energy Trail Mix 13.75 lb VEG

(Serves approximately 6-8 people)

Cashews, almonds, raisins, apricots, banana chips,
sesame sticks and candy coated chocolate pieces

Vegetable Crudit  with Hummus 22.75

(Serves 8-10 people) GF, V, VEG

Red pepper, carrots, celery, cucumber and broccoli

ENTR E SALADS

Health Kick Salad with Turkey 7.50 GF

Mixed greens with turkey, cucumbers,
tomatoes, garbanzo beans, pistachios,
mozzarella cheese and egg

Buffalo Chicken Salad 5.50

Romaine & iceberg lettuce, diced celery, tomatoes, olives
and crumbled blue cheese served with ranch dressing

Rainbow Salad with Grilled Chicken 6.50 GF

Grilled chicken, mixed greens, cashews,
strawberries and kiwi

Grilled Vegetable & Lentil Salad 4.50 GF, VEG

Mushrooms, zucchini, squash, fresh basil and honey

Farro Chicken and Grape Salad 6.50

This ancient grain is combine with red grapes,
cucumber, fresh dill, green onions and sesame oil

El Paso Steak Salad 8.50

Romaine & iceberg lettuce, roasted sweet corn,
Shredded cheddar cheese, black beans, grape tomatoes
Southwestern ranch dressing

Blackened Salmon Caesar 13.25

Romaine lettuce, parmesan, grape tomatoes
Caesar dressing and grilled flatbread

Dietary Restriction Descriptors

GF- Gluten Free

V- Vegan

VEG- Vegetarian

