

SNACKS & SWEETS

SWEET TREATS

ENERGY BARS VGT / CN
individually wrapped peanut butter, cranberry & oat energy bars
$24.00 DZN

FRESHLY BAKED COOKIES VGT
assorted chocolate chip, sugar, oatmeal raisin & peanut butter
$20.00 DZN

CHEF'S DESSERT BARS VGT
assorted caramel apple, oreo dream, chocolate pecan, lemon blueberry
$45.00 DZN

CHOCOLATE BROWNIES VGT
chocolate chunk fudge brownies
$36.00 DZN

SNACKS & SHAREABLES *small serves 8 - medium serves 16 - large serves 32*

HOUSE CHIPS VGN / GF
plain, bbq, cajun, or ranch VGT
$2.25 EACH

MEZZE PLATTER VGT
assorted seasonal vegetables, feta, olives, pitas, tzatziki & hummus
SML $35.00 MED $70.00 LRG $140.00

CHARCUTERIE BOARD CN
served with cured meats, assorted cheeses, olives, preserves, dried fruit, candied walnuts & crackers
SML $72.00 MED $121.00 LRG $220.00

VEGGIE & HUMMUS CUPS VGN / GF
carrot & celery sticks served with house made hummus
$3.75 EACH

CHIPS, SALSA & GUAC VGN / GF
crispy corn tortilla chips with house made salsa & guacamole
SML $38.50 MED $77.00 LRG $131.00

VEGETABLE CRUDITE VGT / GF
served with house ranch, tzatziki, or roasted garlic hummus
SML $30.00 LRG $60.00



CUSTOMIZED CELEBRATION CAKES & CUPCAKES
Make it memorable - Celebrate milestones, achievements, and special occasions with customized cakes and cupcakes. Choose from a variety of flavors and styles to make every celebration sweeter. Ask your Café Manager for available options and ordering information.

GLOBAL BUFFETS

VEGETARIAN / VEGAN / GLUTEN-FREE OPTIONS AVAILABLE

GLOBAL BUFFETS
15 person minimum

HOMETOWN CLASSICS
choice of: all-beef hot dog bar or italian beef bar served with traditional toppings, house chips, and chopped salad
$15.25 PP

FFT EXPRESS
choice of: orange chicken, teriyaki beef, or sweet chili tofu, choice of: egg fried rice or steamed jasmine rice, and side of sesame broccoli & vegetable spring rolls
$16.50 PP

ZATA MEDITERRANEAN GRILL
choice of: grilled chicken shawarma, grilled beef kabob or mediterranean falafel, choice of sauce: cucumber herb yogurt or sunflower seed harissa, choice of two salads: chickpea & cucumber salad, grilled artichoke & olive salad or tabbouleh salad, served with hummus & pitas
$17.50 PP

SLIDER BAR
choice of: all-beef, bbq pulled pork, or plant-based chicken sliders, served with house chips, traditional toppings, and creamy coleslaw
$15.25 PP

HOUSE OF ZA
includes up to 3 types of pizza: classic cheese, pepperoni, sausage supreme, margherita, or buffalo chicken, choice of house or caesar salad and freshly baked cookies
$15.25 PP

PROTEIN BAR
choice of: whole 30 paleo grilled chicken, whole 30 grilled salmon with a mango relish or grilled marinated tofu, choice of side: brown rice or cauliflower rice, served with shredded carrots, shredded brussels sprouts, red cabbage, pickled red onions, sunflower seeds, avocado & green goddess dressing
$18.75 PP

TACO BAR
seasoned angus beef, chicken tinga, spanish rice, refried beans, traditional toppings, corn & flour tortillas
add chips & guac +$2.50 PP
$15.25 PP

CURRY UP
choice of: butter chicken or chana masala served with jasmine rice, naan bread, shaved jalapeno, cilantro, lime wedges & choice of cucumber raita or garlic yogurt
$15.25 PP

PASTA PARTY
choice of two: baked penne bolognese, spinach & artichoke ziti, florentine ravioli with roasted broccoli & pesto cream reduction or red lentil pasta with roasted vegetables & tomato basil sauce, served with house or caesar salad & garlic bread
add chicken / italian sausage +$2.00 PP
$16.50 PP

The Hub
@ United Aviate Academy

ORDER ONLINE
CLICK. ORDER. ENJOY!

Catering Menu

HUB-AVIATE.FFTCHICAGO.COM



FFT FOOD FOR THOUGHT

EQUALITY INSTITUTE LGBT+ WEDDING CERTIFIED · MBE CERTIFIED · certified WBENC WOMEN'S BUSINESS ENTERPRISE

WWW.FOODFORTHOUGHTCHICAGO.COM

VGT - VEGETARIAN | **VGN** - VEGAN | **GF** - GLUTEN FREE | **DF** - DAIRY FREE

ORDER ONLINE: HUB-AVIATE.FFTCHICAGO.COM



BREAKFAST

BREAKFAST BUNDLES

10 person minimum
each bundle includes coffee, water & juices

BASIC BAR VGT
assorted scones, danishes, & muffins, & whole fruit *(bananas, oranges & apples)*
$11.00 PP

FARMERS SPREAD GF
cheddar scrambled eggs, applewood smoked bacon or sausage, breakfast potatoes & seasonal fruit
$14.25 PP

WAKE UP CALL VGT
seasonal yogurt parfaits, bagels with cream cheese, fresh fruit & seasonal berry tray
$13.75 PP

TO-GO BREAKFAST SANDWICHES

ALL AMERICAN
cage free scrambled egg, smoked bacon, american cheese, biscuit
$6.25 EACH

STEAK BREAKFAST BURRITO
chopped steak, cage free eggs, jack cheese, sauteed peppers & onions, seasoned potatoes, wheat tortilla, green salsa
$7.50 EACH

SAUSAGE TECATE
sausage, egg, cheddar cheese, pico de gallo, bell peppers, wheat tortilla
$6.25 EACH

TURKEY SAUSAGE
turkey sausage, egg, pico de gallo, cheese, english muffin
$6.25 EACH

BY THE DOZEN

SCONES VGT
assorted scones
$34.50 DZN

DANISHES VGT
assorted cheese danishes
$34.50 DZN

ASSORTED BAGELS VGT
served with cream cheese
$36.00 DZN

ASSORTED MUFFINS VGT
assorted chocolate chip, blueberry, banana nut & lemon poppy muffins
$38.00 DZN

ASSORTED DONUTS VGT
assorted donuts
$34.50 DZN

A LA CARTE

BREAKFAST BOX VGT
assorted danishes, muffins, bagels, & donuts
serves 15 people
$34.50 EACH

YOGURT PARFAIT VGT
vanilla yogurt, seasonal mixed berries, granola
$4.50 EACH

FRUIT & BERRY TRAY VGN / GF
assortment of seasonal fresh fruit and berries
small serves 8, large serves 16
SML $41.50 LRG $74.75

CUSTOMIZE ANY CATERING ORDER

Need something beyond the menu? Partner with your Café Manager to create a customized catering solution for your meeting or event.

MENU PRICING AND AVAILABILITY

Prices and menu offerings are subject to seasonal availability. Your Café Manager will advise you of any pricing changes or product substitutions.

ASK ABOUT OUR SUSTAINABILITY

fully focused on food, health, people & the environmental impact of our trade

1,250 GALLONS OF COOKING OIL
converted into bio-diesel annually

65 TONS OF FOOD SCRAPS
composted and recycled annually

22+ COUNTRIES REPRESENTED
from our culinary team worldwide

60% WOMAN WORKFORCE
woman founded & led company

LUNCH

SIGNATURE SALADS *small serves 8 - large serves 16*

HOUSE VGT / GF
mixed greens, cucumbers, tomatoes, shredded carrots, italian vinaigrette
SML $34.50 LRG $69.00

BEET & GOAT VGT / GF
mixed greens, roasted beets, avocado, walnuts, goat cheese, balsamic vinaigrette
SML $41.50 LRG $82.50

CAESAR VGT
romaine, parmesan cheese, house croutons, caesar dressing
SML $34.50 LRG $69.00

ADD GRILLED CHICKEN GF
+$2.25 PP

THAI CRUNCH
roasted chicken, super blend slaw, carrots, crispy wontons, cilantro, scallions, thai peanut dressing
SML $41.50 LRG $82.50

COBB GF
romaine, bacon, egg, bleu cheese, tomato, cucumber, avocado, red wine vinaigrette
SML $41.50 LRG $82.50

SOUTHWEST VGT / GF
mixed greens, cherry tomatoes, roasted corn, black beans, avocado, red onion, julienned peppers, queso fresco, tortilla strips, southwest ranch dressing
SML $41.50 LRG $82.50



HOUSE SPECIAL

CHEF'S SALAD
chef curated rotating salad, ask cafe manager for current features
SML $41.50 LRG $82.50

SANDWICHES & PLATTERS

10 person minimum, pricing per person

SANDWICH PLATTERS
Choose up to 3 sandwiches includes side house salad, potato chips & cookies
ORIGINAL $15.50 SIGNATURE $16.75

BASIC BOX
choice of original salad or sandwich, kettle chips, brownie or cookie
$13.50 PP

SIGNATURE BOX
choice of signature salad or sandwich, kettle chips, fruit cup, brownie or cookie
$15.75 PP

SIGNATURE SALAD UPGRADE
+$2.00 PP

ORIGINAL

TURKEY
hickory smoked turkey, provolone cheese, lettuce, tomato, 9 grain bread

CHICKEN
roasted chicken breast, cheddar cheese, lettuce, tomato, spinach tortilla

HAM
black forest ham, white cheddar cheese, lettuce, tomato, pretzel roll

VEGGIE HUMMUS VGN
house made hummus, lettuce, tomato, cucumber, red onion, spinach tortilla

SIGNATURE

TURKEY JACK
roasted turkey, pepper jack cheese, leaf lettuce, pico de gallo, chipotle aioli, wheat tortilla

CAPRESE VGT
fresh mozzarella, spinach, tomato, pesto, ciabatta

TBA
turkey, bacon, avocado, white cheddar, lettuce, tomato, garlic aioli, french roll

MALIBU
thinly sliced roasted chicken, applewood smoked bacon, white cheddar, avocado, lettuce, tomato, caramelized onion aioli, ciabatta

ITALIAN GRINDER
ham, salami, pepperoni, provolone, lettuce, tomato, red onions, giardiniera, red wine vinaigrette, french roll



BEVERAGES

DRINKS & BEVERAGES

SOFT DRINKS
coke, diet coke, sprite or bottled water
$2.25 EACH

HOUSE COFFEE
served with sugar, sweeteners & cream
SML $25.00 LRG $45.00

INFUSED WATER
ice water infused with fresh fruit
serves 16 people
$11.50 EACH

THE CLASSICS
iced tea or lemonade
$14.25 EACH