



Bobby Ferrando opened Food For Thought in 1973 on Connecticut Avenue. Today it operates as a small café in his son Dante's club, the Black Cat. The Food For Thought philosophy has remained the same - to serve minimally processed, healthy food with as few additives as possible while keeping the final cost to the customer in mind. The rice, wheat, and beans that we use in our cooking are organic. All of our food is trans-fat free, and our coffee is fair-trade and organic. Our butcher provides us with natural, hormone- and antibiotic-free beef and chicken that is third-party certified to be cruelty-free. Bobby still oversees the Food For Thought recipes served in the Café, ensuring that the Food For Thought philosophy is as strong today as it was when the first Food For Thought opened its doors.

APPETIZERS and SIDES

(TAX INCLUDED)

NACHOS

Cheddar and Monterrey Jack cheeses over crispy corn chips, with jalapenos, sour cream, and our homemade picante sauce.

6

VEGAN NACHOS 🌱

Crispy corn chips with olives, jalapenos, mushroom, red onion, and Lemon Tahini sauce.

6

SRIRACHA SLIDERS

3 spicy hot sliders made from all natural locally raised Black Angus beef

9

VEGAN SRIRACHA SLIDERS 🌱

3 sliders made from a spicy hot version of our homemade veggie burger

8

FRENCH FRIES 🌱

Made fresh from whole potatoes.

5

VEGETARIAN and VEGAN DISHES

All Sandwiches served with a pickle and corn chips.
And add American or Cheddar/Jack cheese for just \$1.

THREE CHEESE LASAGNA

Homemade lasagna made with Ricotta, Mozzarella, and Parmesan cheeses.

8

VEGAN LASAGNA 🌱

The legendary Food For Thought favorite for over 30 years.

8

SAUTEED VEGETABLES with SEASONED BROWN RICE 🌱

Fresh broccoli, cauliflower, zucchini, mushrooms, carrots, and onions on a bed of organic, lightly seasoned long grain brown rice and dressed with a savory Lemon Tahini sauce.
Try it with Sautéed Tofu for only \$3 more.

9

BLACKCAT VEGGIE BURGER 🌱

Our own handmade vegan burger includes: allspice, barley, bulgar wheat, black beans, black pepper, brown rice, canola oil, carrot, celery, coriander, cumin, garbanzo, garlic, ginger, green pea, hot sauce, liquid smoke, nutmeg, oats, onion, paprika, parsley, potato, red bell pepper, red pepper, rosemary, sea salt, sesame oil, sesame seed, soy flour, soy sauce, textured vegetable protein, tomato, turmeric, wheat flakes, wheat gluten, yeast, yellow pea and Love. Served with lettuce, tomato & red onion and your choice of BBQ sauce or any condiment.

6

GRILLED TOFU SANDWICH 🌱

Lettuce, tomato, red onion, and your choice of BBQ sauce or any condiment.

6

VEGAN DOG 🌱

Put a jacket (slice of vegan turkey) around it for \$1 extra.

4

🌱 - Vegan

MEAT DISHES

All sandwiches served with a pickle and corn chips. Substitute a small side of fries for just \$2.00.
Add American or Cheddar/Monterrey Jack blend cheese for just \$.50

(TAX INCLUDED)

HAMBURGER

7

All-natural, hormone and antibiotic free, dry-aged Black Angus beef from Roseda Farms of Maryland.
Served with lettuce, tomato and red onion.

CHEESEBURGER

7

Our all-natural hamburger, with your choice of American or a Cheddar/Monterrey Jack blend.

BBQ CHICKEN SANDWICH

7

Flame-grilled, all-natural, chicken, (hormone & antibiotic free) topped with lettuce, tomato and barbecued to perfection.

FLAME-GRILLED CHICKEN with SAUTEED VEGETABLES over SEASONED BROWN RICE

12

All-natural chicken, locally-raised, with fresh broccoli, cauliflower, zucchini, mushrooms, carrots, and onions on a bed of organic, lightly seasoned long grain brown rice and dressed with a savory Lemon Tahini sauce.

PREMIUM ALL-BEEF HOT DOG

4

100% Black Angus beef.

SALADS

SMALL HOUSE SALAD 🥗

4

With tomatoes, red onions, mushrooms, and black olives.

VEGETARIAN CHEF SALAD

7

With tomatoes, red onions, mushrooms, black olives, vegan 'turkey', Cheddar & Monterrey Jack cheeses.

Salads come with your choice of Lemon Tahini or Italian dressing

DESSERTS

Acme VEGAN APPLE PIE 🥧 6

CHEESECAKE flavors vary 3

BEVERAGES

ORGANIC FAIR-TRADE COFFEE from Equal Exchange 2.5

TEAS, assorted Herbal, Green and Regular 2.5

SAN PELLIGRINO 4

ASS'D BOTTLED SODAS 3

BOTTLED WATER 2

RED BULL 6

BOTTLED BEER AND WINE

See board for selections and prices

🥗 - Vegan