



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.

6.00

VEGAN NACHOS 🌱

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

6.00

SRIRACHA SLIDERS

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

8.50

VEGAN SRIRACHA SLIDERS 🌱

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

7.50

FRENCH FRIES 🌱

Made fresh from whole potatoes.

4.50

BEER-BATTERED RED ONION RINGS 🌱

7.00

FRIED ZUCCHINI 🌱

Beer battered fresh zucchini.

6.00

HUMMUS AND PITA 🌱

3.50

VEGETARIAN and VEGAN DISHES

All Sandwiches served with a pickle and corn chips. Substitute a small side of fries for just **\$2.00**.

And add American or Cheddar/Jack cheese for just **\$.50**.

THREE CHEESE LASAGNA

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

7.50

VEGAN LASAGNA 🌱

The legendary Food For Thought favorite for over 30 years.

7.50

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 **\$2.50** more.

8.75

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.

5.50

GRILLED TOFU SANDWICH 🌱

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

6.00

CHILI 🌱

The classic Food For Thought vegan recipe. Try it over brown rice with a blend of Cheddar and Monterrey Jack cheeses at no extra charge.

6.00

VEGAN DOG 🌱

Put a jacket (slice of vegan turkey) around it for only **\$0.75** extra.

Or make it a chili dog for only **\$.50** extra

3.25

🌱 - Vegan

MEAT AND FISH 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

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

6.75

CHEESEBURGER

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

7.00

13th ST MEATS HALF-SMOKE

A flame grilled beef & Pork sausage native to DC. Our half smokes are made locally by 13th St Meats.
Add Chili or cheese \$.50 extra

7.75

FLAMED-GRILLED HADDOCK SANDWICH

Mild and juicy, with a delightful seasoned mayonnaise.

7.75

BBQ CHICKEN SANDWICH

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

6.75

FLAME-GRILLED CHICKEN with SAUTEED VEGETABLES over SEASONED BROWN RICE

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.

11.75

PREMIUM ALL-BEEF HOT DOG

100% Black Angus beef. Or make it a chili dog for only \$.50 extra

3.25

SALADS

SMALL HOUSE SALAD 🥗

Tomatoes, onions, mushrooms, and black olives over romaine lettuce.

3.75

GREEK SALAD

Tomato, pepperoncini, Greek olives, red onion, and Feta cheese over romaine lettuce.

6.50

VEGETARIAN CHEF SALAD

Tomato, black olives, mushrooms, vegan 'turkey', Cheddar and Monterrey Jack cheeses over romaine lettuce.

6.50

TACO SALAD

Tomato, pepperoncini, red onion, Cheddar and Monterrey Jack cheeses on a bed of romaine lettuce, topped with chili and crushed corn chips.

7.75

**All Salads come with your choice of Lemon Tahini or Italian dressing
Add grilled chicken to any salad for only \$3.25.**

DESSERTS

VEGAN CHOCOLATE CUPCAKE with PEANUT BUTTER ICING or baker's choice 🥞

2.00

VEGAN APPLE PIE 🥧

3.25

CHEESECAKE flavors vary

3.00

BEVERAGES

ORGANIC FAIR-TRADE COFFEE from Equal Exchange

2.50

TEAS, assorted Herbal, Green and Regular

2.50

SAN PELLIGRINO

4.00

ASS'D BOTTLED SODAS

3.00

BOTTLED WATER

2.00

RED BULL

5.50

BOTTLED BEER AND WINE

See board for selections and prices