



BOB 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." BOB FERRANDO STILL PREPARES MOST OF THE FOOD 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

(WITH

FRENCH FRIES

MADE FRESH FROM WHOLE POTATOES.

3.40 TAX)
3.75

NACHOS

CHEDDAR AND MONTERREY JACK CHEESE OVER CRISPY CORN CHIPS, WITH JALAPENOS, SOUR CREAM, AND OUR HOMEMADE PICANTE SAUCE.

Add a side of Black Bean Dip for just \$2.00.

5.00 5.50

VEGAN NACHOS

CRISPY CORN CHIPS WITH OLIVES, PEPPERONCINI, MUSHROOM, RED ONION, AND LEMON TAHINI SAUCE.

Add a side of Black Bean Dip for just \$2.00.

5.00 5.50

HUMMUS AND PITA

2.95 3.25

BLACK BEAN DIP AND CHIPS

2.95 3.25

ORGANIC LONG GRAIN BROWN RICE

LIGHTLY SEASONED AND A PERFECT ADDITION TO ANY ENTRÉE.

2.95 3.25

VEGETARIAN and VEGAN DISHES

ALL SANDWICHES SERVED WITH A PICKLE AND CORN CHIPS. SUBSTITUTE A SMALL SIDE OF FRIES FOR JUST \$1.50. AND ADD AMERICAN OR A CHEDDAR/JACK BLEND FOR JUST \$.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 adding Grilled Seitan or Sautéed Tofu for only \$2.25.

7.05 7.75

THREE CHEESE LASAGNA

HOMEMADE LASAGNA WITH RICOTTA, MOZZARELLA, AND PARMESAN CHEESES.

6.13 6.75

VEGAN LASAGNA

BOBBY'S SPECIAL RECIPE.

6.13 6.75

BBQ SEITAN SANDWICH

A WHEAT-BASED, DAIRY- AND SOY-FREE HOUSE FAVORITE THAT'S SAVORY, JUICY, AND FLAVORFUL.

5.00 5.50

SOUTHWESTERN VEGGIE BURGER

LETTUCE, TOMATO, AND RED ONION, TOPPED WITH A TANGY BBQ SAUCE.

5.00 5.50

GRILLED TOFU SANDWICH

LETTUCE, TOMATO, ONION, AND YOUR CHOICE OF BBQ SAUCE OR ANY DRESSING.

5.00 5.50

FELAFEL SANDWICH

LETTUCE, TOMATO, RED ONION, AND FELAFEL, SMOTHERED IN LEMON TAHINI SAUCE, TUCKED INTO A FRESH PITA.

4.54 5.00

CHILI

A CLASSIC FOOD FOR THOUGHT RECIPE. TRY IT OVER BROWN RICE WITH A BLEND OF CHEDDAR AND MONTERREY JACK CHEESES AT NO EXTRA CHARGE.

5.00 5.50

VEGAN DOG

2.95 3.25

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

 - VEGAN

SALADS

(WITH

SMALL HOUSE SALAD

TOMATOES, ONIONS, MUSHROOMS, AND BLACK OLIVES OVER ROMAINE LETTUCE, WITH YOUR CHOICE OF LEMON TAHINI OR ITALIAN DRESSING.

3.40 3.75 TAX)

GREEK SALAD

TOMATO, PEPPERONCINI, GREEK OLIVES, RED ONION, AND FETA CHEESE OVER ROMAINE LETTUCE.

5.45 6.00

CHEF SALAD

TOMATO, BLACK OLIVES, MUSHROOMS, VEGAN 'TURKEY', CHEDDAR AND MONTERREY JACK CHEESES OVER ROMAINE LETTUCE.

5.45 6.00

TACO SALAD

TOMATO, PEPPERONCINI, RED ONION, CHEDDAR AND MONTERREY JACK CHEESES ON A BED OF ROMAINE LETTUCE, TOPPED WITH CHILI AND CRUSHED CORN CHIPS.

6.59 7.25

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

MEAT AND FISH DISHES

ALL SANDWICHES SERVED WITH A PICKLE AND CORN CHIPS. SUBSTITUTE A SMALL SIDE OF FRIES FOR JUST \$1.50. AND ADD AMERICAN OR A CHEDDAR AND MONTERREY JACK BLEND FOR JUST \$.50

FLAMED-GRILLED MAHI-MAHI SANDWICH

MILD AND JUICY, WITH A DELIGHTFUL SEASONED MAYONNAISE.

7.05 7.75

HAMBURGER

ALL-NATURAL, HORMONE AND ANTIBIOTIC FREE, DRY-AGED BLACK ANGUS BEEF FROM ROSEDA FARMS OF MARYLAND. SERVED WITH LETTUCE, TOMATO AND RED ONION.

5.90 6.50

CHEESEBURGER

OUR ALL-NATURAL HAMBURGER, WITH YOUR CHOICE OF AMERICAN OR A CHEDDAR AND MONTERREY JACK BLEND.

6.13 6.75

BBQ CHICKEN SANDWICH

FLAME-GRILLED, ALL-NATURAL, CHICKEN, (HORMONE & ANTIBIOTIC FREE) TOPPED WITH LETTUCE, TOMATO AND BARBECUED TO PERFECTION.

5.45 6.00

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.

10.00 11.00

MAHI-MAHI

FRESH GRILLED ZUCCHINI ON ORGANIC BROWN RICE, SERVED WITH FRESH LEMON SLICES.

7.50 8.25

PREMIUM ALL-BEEF HOT DOG

100% BLACK ANGUS BEEF. MAKE IT A CHILI DOG FOR ONLY \$.50.

2.95 3.25

FLAME-GRILLED HALF-SMOKE

A SPICY SMOKED SAUSAGE NATIVE TO DC. ADD CHILI OR CHEESE FOR ONLY \$.50.

3.86 4.25

DESSERTS

CHOCOLATE CAKE WITH PEANUT BUTTER ICING 

2.95 3.25

HOMEMADE RAISIN SPICE MUFFIN 

1.13 1.25

APPLE PIE 

ASSORTED CHEESECAKES

2.95 3.25

2.50 2.75

BEVERAGES

(ALL PRICES INCLUDE TAX)

ORGANIC FRENCH ROAST COFFEE

2.50

BOTTLED SODA 3.00

RED BULL

3.00

HERBAL TEA/TEA

2.50

BOTTLED WATER 2.00

SAN PELLEGRINO

4.00

ASSORTED BOTTLED BEER AND WINE

CHECK THE FOOD FOR THOUGHT BAR FOR A CHANGING SELECTION OF DOMESTIC AND IMPORTED BEERS AND WINES.

 - VEGAN