

Welcome to The Sole Ingredient Catering

We are a Chicago-based, full-service catering company dedicated to serving corporate teams, non- profits, and hosts of milestone celebrations. We focus on dependable catering solutions that bring people together through exceptional food, vibrant culture, and soulful hospitality.



Chef Loren Devaroe
Founder & Executive Chef

Chef Loren Devaroe's journey is rooted in courage and a sacred promise made to her mother. After years in corporate America, she stepped out on faith to pursue her true calling. Following two years of study at Kendall College, she blended her entrepreneurial spirit with a passion for culinary artistry.

What began in 2009 as "The Lunch Box" evolved into the thriving Chicago-based enterprise, The Sole Ingredient Corporate Catering. For Chef Devaroe, food is a canvas—transcending simple sustenance to be expressed with beauty and intention. We don't just cater; we captivate by connecting people through the joy of food.

Welcome to the family!



Chicken waffles

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Delivery, tax, and service charge are not included in prices.

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Breakfast Catering (Per Person)



General Breakfast Catering Averages

Simple continental or drop-off selections such as pastry trays, fresh fruit, and coffee /Tea service typically range from $12–$16 per person.

Standard breakfast catering for corporate meetings and team gatherings generally ranges from $15–$30 per person.

Mid-range breakfast buffets or enhanced spreads average between $25–$40 per person.

Upscale or fully staffed plated breakfast experiences begin at $40+ per person and include premium ingredients and service.

Easy add-ons:

Scrambled Eggs/Tofu/ $3.50pp

Coffee/Tea Service $4pp

Fresh Juice Service $4 Pp Or 8oz Juice $3

Morning Indulgence

A classic assortment of freshly baked croissants, muffins, and Danish paired with seasonal fruit. 25/50/100/150 @ $12pp

Grand Rising

Very-Berry parfaits, assorted fresh fruit cups, and an assortment of croissants and Danish pastries. 25/50/100/150 @ $19-$20 pp

Soulful Sunrise

Freshly baked assorted pastries served with maple bacon and/or sage-maple turkey sausage alongside seasoned breakfast potatoes. Vegetarian and vegan options available. 25/50/100/150 @ $22-$28

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Breakfast Catering
(Per Person)



Brunch Royale

Seasonally inspired French toast or waffles served with breakfast potatoes, fluffy scrambled eggs, and a choice of maple-wood smoked bacon or sage-maple turkey sausage. Minimum 25 people @ $24pp

The Morning Roll

(Min order 12 per flavor/Ind wrapped/hot hold chaffers addtl) add roasted potatoes or fruit +$3
Large Flour Tortilla,2 eggs, cheese and choice of protein/Smoked Bacon/Chorizo/maple sausage $12-$14

Breakfast package:

50+ guest bacon, egg, cheese $20 pp

Maple Sausage, egg & cheese

Bacon, egg, & Chorizo

Vegetarian eggs potatoes sautéed, vegetable, cheese, and salsa. $10-$12

À La Carte Breakfast Selections $$pp

Applewood smoked bacon

Sage-maple turkey sausage

Chicken and waffles

Cajun shrimp and grits

Scrambled eggs with breakfast potatoes, vegetarian, vegan, and gluten-free available

Seasonal fruit bowl, vegetarian, vegan, and gluten-free

Very-Berry parfait, vegetarian

Beverages

Coffee and tea service

Orange juice

Bottled water

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Lunch Catering
(Per Person)



Starters and Small Bites

- Starters and Small Bites
- **V.G.** Caprese skewers
- Sweet potato bites, 24 ct.
- Chicken skewers
- Tiger shrimp cocktail with mango salsa, 12 ct.
- Beef skewers
- Brioche mini cheeseburgers, 12 ct.
- Chef Loren's signature Cajun crab balls, 24 ct.
- Crudités shooters, 12 ct.
- **V.G. / V.** Zucchini sushi rolls, 24 ct.
- **V.G.** King Oyster Mushroom spring roll
- Bourbon peach braised short rib crostini
- Cucumber smoked salmon canapés
- Rotisserie chicken shooters
- Tuna shooters
- **V.G.** Spinach and dried red pepper stuffed portabella mushrooms, 12 ct.
- Soul rolls with cabbage, greens, and smoked turkey, 12 ct.
- Deviled eggs with optional flavor enhancements, 12 ct. or 24 ct. plated
- Cajun fried oysters
- Cranberry chutney meatballs
- The Gentleman, savory meatballs with bow tie pasta and fresh basil
- Charred Sweet Potato Rosette **V.**
- Charcuterie boards are customized.

Salads



Mixed Green Salad

Mixed leafy greens with red onion, cucumber, and cherry tomatoes, served with vinaigrette and choice of dressings. Medium $55, Large $75, Extra Large $95.

Green Goddess Salad Cups

Twenty-four cups $80.

Chef Loren's Signature Kale Salad

Fresh chopped kale with cherry tomatoes, cucumber, dried cranberries, shredded carrots, candied nuts, feta cheese, and orange vinaigrette. Medium $45 serving 8–10 guests, Large serving 15–18 guests, Extra Large $95 serving 25–30 guests.

Add chicken: Medium $15, Large $25, Extra Large $40.

Add salmon: Medium $20, Large $35, Extra Large $55.

Signature Kale Salad Cups

Vegetarian and vegan available, served with naan.

Twenty-four cups $95.

Add chicken $25 or add salmon $40.

Velvet Caesar Salad

Medium $40, Large $65, Extra Large $90.

Add chicken: Medium $15, Large $25, Extra Large $40.

Add shrimp: Medium $20, Large $35, Extra Large $55.

Add blackened chicken: Medium $25, Large $45, Extra Large $65.

Autumn Apple Kiss Salad

Romaine lettuce tossed with Honeycrisp apples, strawberries, dried cranberries, toasted nuts, and feta cheese with house vinaigrette served on the side.

Salad cups available in quantities of 24 for $85 or 48 for $165.

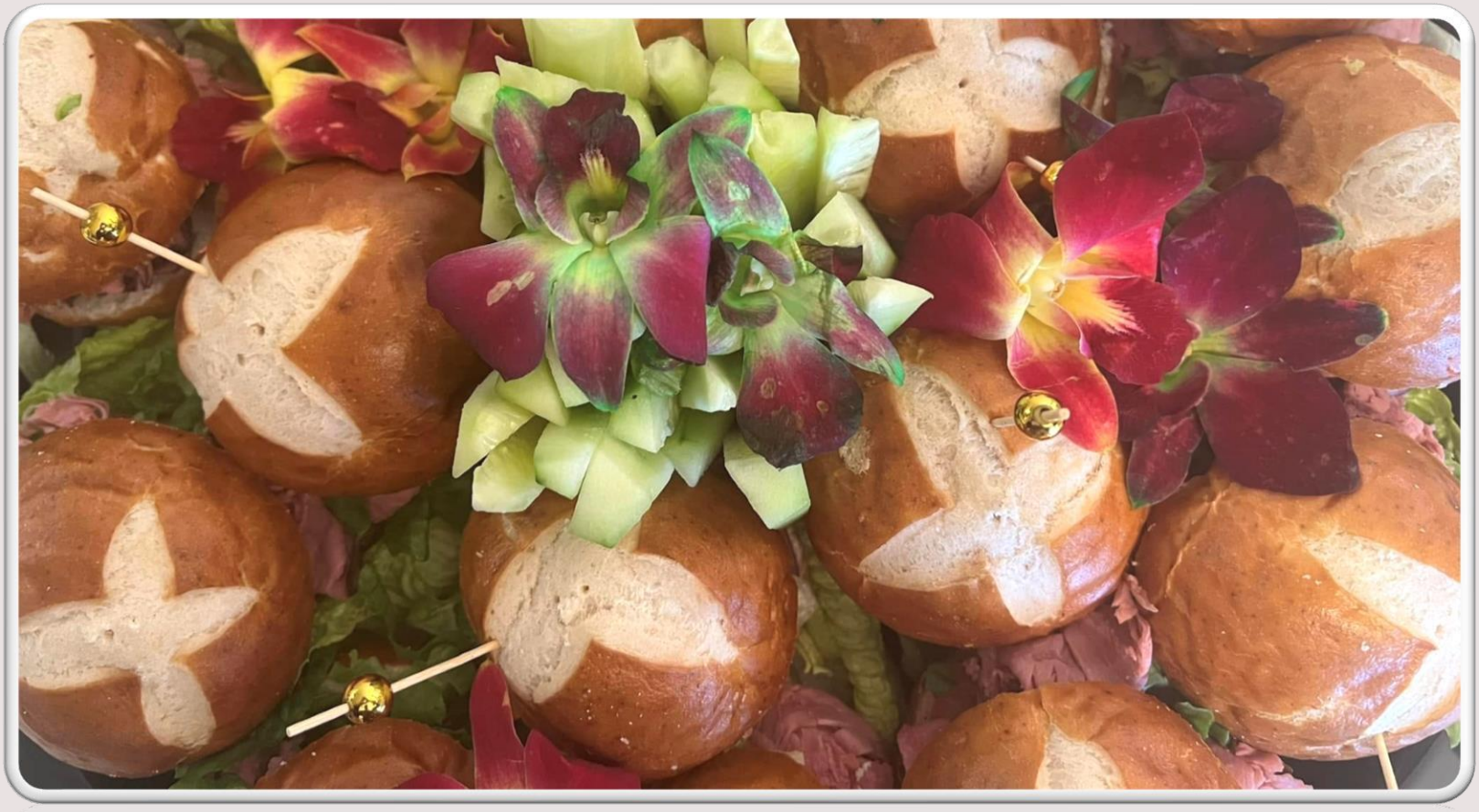
Garden Rotini Pasta Salad

Half pan serves 18–22 guests at $75.

Full pan serves 35–40 guests at $130.

Individual cups available by the dozen for $40.

Sandwich Trays



Mini Brioche Sandwich Tray

Turkey, ham, roast beef, and provolone with lettuce, tomato, red onion, and chef's dressing. Two portions per guest.

Medium $230 serving 10–15 guests, Large $265 serving 15–20 guests, Extra Large $285 serving 25–30 guests. Assorted chips: $2.50 per bag.

Pretzel Mini Sandwich Tray

Selections include turkey, ham, roast beef, or chicken salad with classic toppings.

Medium $230 serving 20–30 minis, Large $245 serving 30–45 minis, Extra Large $265 serving 50–60 minis. Chips: $2.50 per bag.

Caprese Sandwich Tray

A vibrant vegan selection featuring plant-based mozzarella, heirloom Roma tomatoes, fresh basil, roasted red peppers, balsamic drizzle, olive oil, and cracked black pepper.

Twenty to thirty minis priced at $130.

Thirty to fifty minis priced at $195.

Fifty to sixty minis priced at $245.

Sandwich Tray + Chips

Starting at $270 for 15 guests: two mini sliders per guest, individual chips, condiments, and tray presentation.

- 20 guests $360
- 25 guests $450
- 30 guests $540

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Gourmet Boxed Lunches

Starting at $20-$30 per person.
25-guest minimum.



Each boxed lunch includes a **brioche bun sandwich** with your choice of:

- Turkey, Ham, Roast Beef, or Provolone
- House-made Chicken Salad

All sandwiches are served with **lettuce, tomato, red onion, and chef's spread**.

Vegan Options: Available upon request and include gluten-free chips, fresh fruit, and kale salad.

Included in Each Box

Every order is completed with:

- Chips & Pasta Salad
- Fruit Cup & Cookie
- Bottled Water
- Disposable Flatware

Additional beverages are available at a per-person rate.

Spinach Tortilla Tomato Basil Wrap with Rotisserie Chicken

Tender house-seasoned rotisserie chicken layered with crisp greens, ripe tomato, and herb-forward spread wrapped in a soft tomato basil tortilla. Balanced, fresh, and crowd-pleasing.

Order Size	Corporate Pricing	Non-Profit & Community Partner*
50+ Guests	$20 per person	$17 per person
25–49 Guests	$22 per person	$18 per person
Under 25 Guests	$24 per person	$20 per person

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Gourmet Boxed Lunches



Spinach Wrap with Rotisserie Chicken

Juicy rotisserie chicken layered with fresh vegetables and a light savory spread in a spinach tortilla. Clean, nourishing, and beautifully presented.

Optional Boxed Lunch Enhancement

*An upgraded experience is available for an additional **$4–$6 per person**.*

Includes:

- Enhanced Sides
- Premium Dessert
- Bottled Water
- Eco-friendly Packaging and Flatware

Boxed Lunch Packages

Community Box $18 pp
Sandwich or wrap, chips, cookie

Nonprofit Standard $18 pp
Sandwich or wrap, chips, fruit, cookie

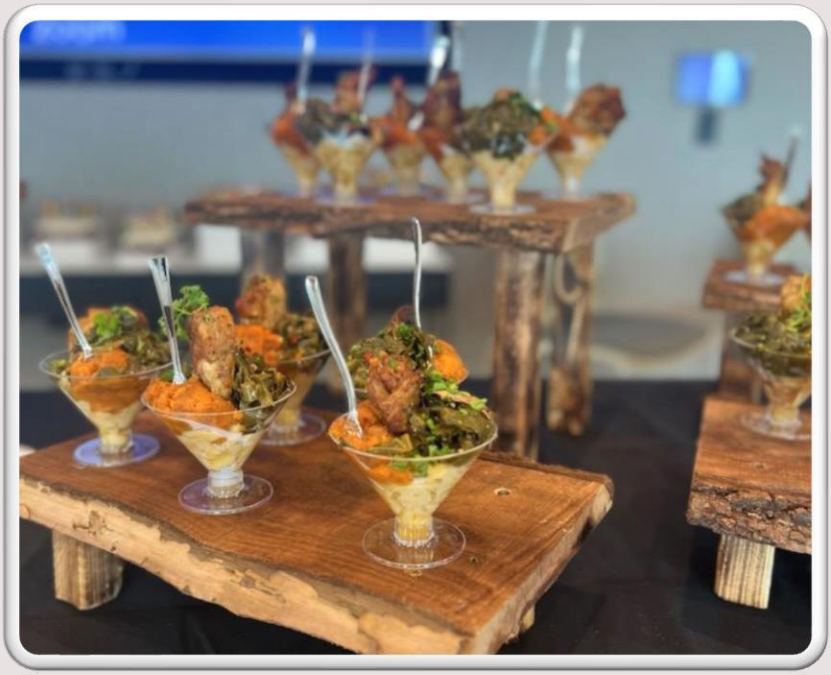
Premium Box $20–$22 pp
Premium sandwich or wrap, chips, fruit or pasta salad, dessert

Executive Box $24–$27 pp
Premium entrée sandwich, upgraded side, fruit, dessert, beverage

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Signature Hot Lunch & Dinner Catering Menu



Chef's Seasonal Specialties

Authentic Louisiana Seafood Gumbo – Rich Creole roux with blue crab, shrimp, and smoked sausage served over rice.

Minimum 25 guests • Prepared 2–3 gallons
$20 per person

Seasonal Black-Eyed Pea Casserole – Slow-baked Southern comfort with herbs and smoked turkey.

Full tray only (serves 20–25) • **$130 per tray**

Lasagna (serves 15–20)	**Full**	**Half**
Traditional Meat	$145	$80
Classic Vegetarian	$135	$75
Premium Roasted Vegetable	$155	$85

Hot Lunch Selections

Chicken

- Herb-Roasted Lemon Chicken
- Creamy Cajun Chicken Pasta
- Southern Fried Chicken
- Greek Chicken

Fish & Seafood

- Southern Fried Catfish Fillets
- Blackened Baked Catfish
- Cajun Salmon with Crawfish & Shrimp Rémoulade

Beef

- BBQ Rib Tips (Turkey option available)
- Italian Meatballs in Marinara with Ricotta
- Bourbon Beef Short Ribs

Vegetarian

- Garden Veggie Pasta Primavera (vegan available)
- Grilled Vegetable Medley (vegan)



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Signature Hot Lunch & Dinner Catering Menu



Lunch Sides

- Garlic Mashed Potatoes
- Simply Steamed Green Beans
- Southern Baked Mac & Cheese
- Steamed Seasonal Vegetables
- Shrimp or Chicken Fried Rice
- Herb Rice Pilaf

Hot Dinner Selections

Vegetarian

- Garden Veggie Pasta Primavera (vegan available)
- Stuffed Portobello Mushroom with Quinoa & Herbs (vegan)

Fish & Seafood

- Pan-Seared Salmon with Lemon Dill
- Blackened Baked Catfish
- Lemon Herb Baked Cod

Lamb

- Grilled Lamb Chops – Sole Ingredient Classic (Classic Grilled or Jerk-Style)

Beef

- Braised Short Ribs in Red Wine
- Reduction Bourbon Short Ribs of Beef
- Slow-Cooked Pot Roast with Root Vegetables

Chicken

- Oven-Roasted Herb Chicken with Pan Jus
- Marry Me Chicken (sun-dried tomato parmesan cream)
- Airline Chicken Breast with Herb Butter Jus
- George's Caribbean Velvet Jerk Chicken (exclusive Sole Ingredient recipe)

Dinner Sides

- Creole Braised Cabbage
- Candied Southern Yams
- Collard Greens with Smoked Turkey
- Creamy Baked Mac & Cheese
- Garlic Mashed Potatoes
- Honey-Glazed Carrots
- Creamed Spinach
- Wild Rice Pilaf
- Classic Caesar Salad
- Aunt Christine's Classic Yeast Cocktail Rolls – 48 rolls per order • $72

Per Person	Includes
Buffer $30	1 protein, vegetable, starch, salad and diner roll.
Buffet $36	2 protein, vegetable, starch and dinner roll
25 persons minimum	Buffet prices include a 20% service fee with applicable taxes and additional delivery or event fees. A staffed dinner requires a custom quote.

Signature Catering Packages

Each package includes

Choice of 2 Proteins
Choice of 3 Sides
Fresh Salad
Dinner Rolls

Corporate Catering:	$38 per person	25-guest minimum
Non-Profit Partner Rate:	$32 per person	25-guest minimum
Private Events / Consumers:	$42 per person	25-guest minimum

Customization available.
Contact us for tailored menus and smaller gatherings.
Crafted with love.
Elevated with flavor. Served with excellence.
The Sole Ingredient is you.

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