



# 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'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!



**Chef Loren Devaroe**  
Founder & Executive Chef



**Chicken waffles**

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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 **\$7–\$15 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 \$11pp**

## Grand Rising

Very-Berry parfaits, assorted fresh fruit cups, and an assortment of croissants and Danish pastries. **25/50/100/150 @ \$14 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@ \$17**

# 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. 25/50/100/150 @ \$19pp

## 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 \$8

### Breakfast package:

50 guest bacon, egg, cheese \$400

Maple Sausage, egg & cheese \$425

Bacon, egg, & Chorizo \$463

## 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

# 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.
- 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

# 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 priced at \$75.

## 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 priced at \$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 \$110 serving 10–15 guests, Large \$145 serving 15–20 guests, Extra Large \$200 serving 25–30 guests.

## Pretzel Mini Sandwich Tray

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

Medium \$125 serving 20–30 minis, Large \$175 serving 30–45 minis, Extra Large \$230 serving 50–60 minis.

## 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 between \$105–\$130.

Thirty to fifty minis priced between \$155–\$195.

Fifty to sixty minis priced between \$205–\$245.

# Gourmet Boxed Lunches

*Twenty-five guest minimum required.*

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	\$19 per person	\$12 per person
25–49 Guests	\$21 per person	\$14 per person
Under 25 Guests	\$23 per person	\$15 per person

# 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.

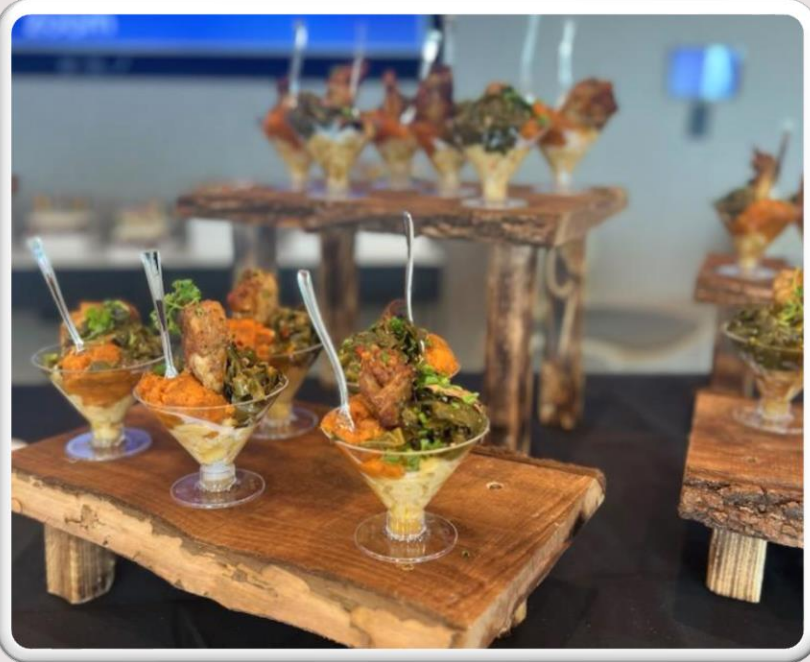
### Optional Boxed Lunch Enhancement

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

#### Includes:

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

# 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
- \$18 per person.

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

Full tray only (serves 20–25)

- \$120 per tray.

## Hot Lunch Selections

### Chicken

- Herb-Roasted Lemon Chicken
- Creamy Cajun Chicken Pasta

### Fish & Seafood

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

### Beef

- BBQ Rib Tips (Turkey option available)
- Italian Meatballs in Marinara with Ricotta

### Vegetarian

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



# 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

### 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)

### Fish & Seafood

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

### Beef

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

### Lamb

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

### Vegetarian

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

### 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

# Signature Catering Packages

## Each package includes

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

**Corporate Catering:**

\$36 per person

50-guest minimum

**Non-Profit Partner Rate:**

\$28 per person

50-guest minimum

**Private Events / Consumers:**

\$40 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.**

**Phone: 312-719-7530**

**Email: [info@thesoleingredient.com](mailto:info@thesoleingredient.com)**

