



## A LA CARTE SELECTIONS

### DELI SALADS

*We kindly request a 3 lb minimum on all Deli Salads.*

Fancy Albacore Tuna Salad  
with Fresh Anjou Pears & Black Diamond Walnuts  
\$14.95/lb

Salmon Salad  
prepared with Fresh Poached Salmon, Capers & Dill  
\$14.95/lb

Boneless Breast of Chicken Salad  
with Red Flame Seedless Grapes & Pistachios  
\$14.95/lb

Avocado Chicken Salad  
\$15.95/lb

Hel's Freshly Made Egg Salad  
\$6.95/lb

"Blue Sky" Cole Slaw  
\$5.95/lb

Traditional Three Bean Salad  
\$5.95/lb

Classic German Potato Salad  
\$6.95/lb

Grandma's Potato Salad  
\$5.95/lb

Southern Style Potato Salad  
\$5.95/lb

Star Slaw  
featuring Crispy Sno Peas & Cabbage Slaw  
with Sesame Oil, Rice Vinegar & freshly grated Orange Zest  
\$6.95/lb

Roasted New Potato Salad  
with Peppers, Onions & Artichoke Hearts  
in Balsamic Vinaigrette  
\$7.95/lb

Black Bean & Roasted Corn Salad  
with Red Pepper Strips  
all tossed in Mango Dressing  
\$6.95/lb

Basil Cream Potato Salad  
Tangy Basil Cream Mayonnaise  
with Shallots & Capers  
tossed with Quartered Red Skin New Potatoes  
\$6.95/lb

Nicoise Potato Salad  
Boiled Red Skin Potatoes tossed with  
Chopped Egg & Haricot Vert  
dressed with Balsamic Vinaigrette  
\$6.95/lb

Tuscany Salad  
A Flavorful Blend of Great Northern, Fava & Fresh Green Beans  
tossed in Tuscan Marinade with Kalamata Olives & Sliced Red Onion  
\$6.95/lb

Bimbimbop Grain Salad  
Lightly Dressed Trio of Ancient Grains (Quinoa, Wheatberry & Farro)  
with Gochujang (Korean Chili Sauce), Sautéed Kale, Shiitake Mushroom & Pickled Daikon  
\$7.95/lb

Jerusalem Salad  
Fresh, Crisp Cucumbers & Ripe, Chopped  
Tomatoes all tossed with Chopped Parsley &  
a touch of Fresh Lemon Juice  
\$6.95/lb

Chilled Israeli Cous Cous Salad  
with Fresh Grilled Zucchini, Yellow Peppers &  
Grape Tomatoes, Fresh Chopped Pears &  
Jicama and Dried Cranberries  
\$7.95/lb

Mediterranean Bulgur Wheat Salad  
with Kalamata Olives, Chives,  
Dijon Sherry Vinaigrette & Crumbled Feta  
\$10.95/lb

Citrus Infused Quinoa Salad  
with Sno Peas, Cucumbers, Red Peppers &  
Carrots in a Citrus Dressing  
\$12.95/lb

Fresh Yellow & Red Grape Tomatoes  
tossed with Buffalo Mozzarella &  
Hel's Fabulous Homemade Basil Pesto  
\$12.95/lb

Fresh Steamed Green Beans  
served chilled in a Mustard Sherry Dressing  
with Roasted Red Pepper Garnish  
\$8.95/lb

Lightly Poached Asparagus Spears,  
Hearts of Palm, Tear Drop Tomatoes & Sprouts  
sprinkled with Raspberry Vinaigrette  
\$69.95 per Platter (serves 20)

Poached Asparagus  
with Chopped Yellow & Red Tomatoes,  
Virgin Olive Oil & Crumbled Bleu Cheese  
\$21.00/lb (2 lb minimum)

Grilled & Chilled Vegetables topped with Toasted Cashews  
accompanied by Raspberry Vinaigrette  
\$9.95/lb

Panzanella  
Fresh Plum Tomatoes, Fresh Buffalo Mozzarella & Basil Chiffonade  
all tossed in Herbed Vinaigrette  
with Homemade Grilled Rye & Herbed Garlic Croutons  
\$8.95/lb

Taffy Apple Salad  
loaded with Apples, Honey Roasted Peanuts, Pineapple Chunks, Mini Marshmallows & Taffy  
\$6.95/lb

Ambrosia Salad  
Coconut, Sweet Whipped Cream & Sour Cream  
mixed with a Variety of Tropical Fruits  
Sure to make this a Traditional Favorite  
\$8.95/lb

Waldorf Salad  
A Delightful Blend of Fresh Granny Smith  
Apples, Celery & Black Diamond Walnuts  
served with a Sweet Tangy Dressing  
\$7.95/lb  
with Poached Chicken \$10.95/lb

Creamed Herring with Apple & Onions  
\$7.95/lb

Watermelon Salad  
with Celery, Apple & Bleu Cheese  
in a Mint Vinaigrette  
\$5.95/lb

Fresh Fruit Salad  
of Honeydew, Cantaloupe, Pineapple,  
Red Flame Grapes & Mandarin Oranges  
\$5.95/lb

Late Summer Fruit Salad  
Peaches, Plums, Nectarines, Strawberries, Seedless Grapes & Mandarin Oranges  
blended with Natural Juices & a touch of Lemon  
\$9.95/lb

## GREEN SALADS

*We kindly request a 12 person minimum on all Green Salads.*

Hel's Famous Caesar Salad  
with Shredded Parmesan Cheese & Homemade Croutons  
\$1.90 per Person

Spinach Salad  
with Mandarin Orange & Slivered Almonds  
with Sweet & Sour Dressing  
\$1.90 per Person

California Garden Salad  
Mixed Garden Greens &  
Fresh, Crisp California Vegetables  
tossed with Raspberry Vinaigrette  
\$1.90 per Person

Mexican Salad  
of Tomatillo, Tomato, Lettuce & Red Onion in a Lime Vinaigrette  
\$1.90 per Person

Fresh Baby Lettuces  
with Feta Cheese, Kadotta Fig, Grilled Red Onion & Roasted Cherry Tomato  
in Lemongrass Balsamic Vinaigrette  
\$2.25 per Person

Hel's Fabulous Chopped Salad  
with California Flat Leaf Spinach & Romaine Lettuce  
tossed with Chopped Carrots, Celery, Broccoli, Peppers,  
Tomatoes, Olives, Scallions, Garbanzo Beans & Mozzarella Cheese  
accompanied by Balsamic Vinaigrette  
\$2.25 per Person

Summer Chopped Salad  
with California Flat Leaf Spinach &  
Romaine Lettuce tossed with Chopped  
Carrots, Celery, Broccoli, Peppers,  
Tomatoes, Scallions, Fresh Roasted Corn,  
Fresh Baby Beets & Mozzarella Cheese  
accompanied by Balsamic Vinaigrette  
\$2.50 per Person

Orchard Chopped Salad  
with Chopped Romaine, Baby Spinach,  
Shaved Apples & Pears, Walnuts,  
Dried Cranberries & a touch of Gorgonzola  
accompanied by Raspberry Vinaigrette  
\$2.50 per Person

Spinach Salad  
with Fresh Sliced Strawberries & Almonds  
served with Poppyseed Dressing  
\$2.25 per Person

Island Garden Salad  
Fresh Mixed Greens, Crisp Vegetables & Mango  
tossed with Lime Vinaigrette  
\$2.25 per Person

Margarita Citrus Salad  
Fresh Orange & Grapefruit Segments laid over a touch of Mesclun Mix & Grilled Jicama  
tossed in a Tequila Lime Vinaigrette  
\$2.25 per Person

Kale Garden Salad  
Blend of Kale, Spinach, Tomato Wedges, Carrot, Radish & Cucumber  
with Buttermilk Ranch Dressing  
\$2.25 per Person

Mesclun Lettuce with  
Roasted Baby Beets, Grilled Shallots, Sweet  
Cranberries, Belgian Endive & Grilled  
Fennel in Sherry Mustard Vinaigrette  
\$2.25 per Person

Wagner Spinach Salad  
with Caramelized Onion, Crumbled Bleu Cheese,  
Sliced Strawberries, Candied Walnuts &  
Poppysseed Dressing  
\$2.25 per Person

Spinach Pecan Salad  
with Crumbled Bleu Cheese, Candied Pecans & Chopped Pears in Poppysseed Dressing  
\$2.50 per Person

Midwestern Mesclun Salad  
with Grilled Asparagus, Summer Squash &  
Fresh Grilled Corn tossed with  
Dried Cherries, Wisconsin Goat Cheese &  
Balsamic Vinaigrette  
\$2.50 per Person

Baby Lettuces & Spinach Salad  
tossed with Fresh Grilled Vegetables,  
Crispy Walnuts & Fresh Raspberries  
drizzled with a Raspberry Vinaigrette  
\$2.75 per Person

Portobello Mesclun Salad  
Mesclun Mix of Baby Lettuces with Grilled Portobello Mushrooms, California Montrachet,  
Toasted Walnuts & Grape Tomato tossed in Balsamic Vinaigrette  
\$2.75 per Person

Fresh Baby Spinach with Roasted Yellow Beets, Toasted Pecans, Sliced Pears,  
Crumbled Goat Cheese & Halved Grape Tomatoes with Mustard Maple Vinaigrette  
\$3.00 per Person

Seasonal Heirloom Tomatoes  
with Crumbled Montrachet  
surrounded by Frisee & Red Oak Lettuces  
drizzled with Balsamic Vinaigrette  
\$3.00 per Person

Arugula Salad  
with Herb Roasted Potatoes, Haricot Vert,  
Quail Egg, Crispy Pancetta &  
Roasted Garlic Mustard Vinaigrette  
\$3.25 per Person

Orange Raspberry Mesclun Salad  
Mesclun Mix of Baby Lettuces with Orange Segments, Fresh Raspberry,  
California Montrachet, Toasted Sunflower Seeds & Grape Tomato tossed in Citrus Vinaigrette  
\$3.50 per Person

Limestone Lettuces  
with Artichoke Hearts, Hearts of Palm, Fresh Sliced Strawberries & Crispy Walnuts  
in a Raspberry Vinaigrette  
\$3.50 per Person

Frisee & Belgian Endive Salad  
with Naval Orange Segments, Radishes & Almonds in Citrus Vinaigrette  
\$5.00 per Person

## HEARTY SALADS

*We kindly request a 3 lb or 12 person minimum on all Hearty Salads.*

Asian Chicken Salad  
with Julienne Bok Choy, Water Chestnuts &  
Sno Pea in a Savory Sesame Dressing  
topped with Crisp Fried Wonton Strips  
\$10.95/lb

Hand Cut Strips of Szechuan Steak  
lightly tossed in Our Special Ginger Soy Marinade  
with Fresh Asian Vegetables  
\$12.50/lb

Hel's Fresh Cobb Salad  
Grilled Chicken, Crumbled Bacon, Diced Tomato, Egg & Honey Baked Ham  
with Grated Swiss on a Fresh Bed of Mixed Greens  
with Ranch Dressing or Lemon Vinaigrette  
\$5.95 per Person Entree Size/\$2.55 per Person Side Salad Size

Grilled Raspberry Chicken  
over a bed of Fresh Baby Lettuces with Fresh Raspberries,  
Grilled Jicama, Julienne Sugar Snap Peas & Crispy Walnuts  
accompanied by Hel's Fabulous Homemade Raspberry Vinaigrette  
\$7.95 per Person Entree Size/\$2.40 per Person Side Salad Size

Chicken Caesar Salad  
Fresh, Crisp Romaine Lettuce  
tossed with Hel's Famous Caesar Dressing,  
Shredded Parmesan Cheese &  
Our Homemade Seasoned Croutons  
topped with Chargrilled Breast of Chicken  
\$6.60 per Person Entree Size  
\$2.40 per Person Side Salad Size

Shrimp Caesar Salad  
Blackened Shrimp over  
Fresh, Crisp Romaine Lettuce  
tossed with Hel's Famous Caesar Dressing,  
Shredded Parmesan Cheese &  
Our Homemade Seasoned Croutons  
\$10.75 per Person Entree Size  
\$3.90 per Person Side Salad Size

The "Big" Salad  
A really big salad with Genoa Salami, Mortadella, Pepperoncini, Red Onions, Black Olives,  
Green Peppers, Mozzarella Cheese, Chopped Egg, Tomato Wedges,  
Cucumber, Fried Onions & Homemade Garlic Croutons  
over a bed of Fresh, Crisp Greens  
accompanied by Ranch or Hel's Homemade Italian Dressings  
\$5.50 per Person Entree Size/\$2.40 per Person Side Salad Size

Classic Tuna Nicoise  
Fancy White Albacore Tuna  
with Green Beans, California New Potatoes & Nicoise Olives  
all displayed upon on a bed of Fresh Romaine Heart & California Green Leaf Lettuce  
accompanied by Lemongrass Balsamic Vinaigrette  
\$7.05 per Person Entree Size/\$2.40 per Person Side Salad Size

## PASTA & RICE SALADS

*We kindly request a 3 lb minimum on all Pasta & Rice Salads.*

Hel's Famous Pasta Salad  
with Five Vegetables, Two Cheeses &  
Sun-Dried Tomatoes  
in a Raspberry Vinaigrette  
\$6.95/lb

Asian Pasta Salad  
Ginger, Sesame, Sno Pea & Mushrooms  
with Red Pepper Linguine & Soba Noodles  
in Sesame Ginger Vinaigrette  
\$10.50/lb

Hel's Tortellini Salad  
with Fresh Vegetables, Feta Cheese & Cotto Salami  
in Raspberry Vinaigrette  
\$7.95/lb

Fresh Cheese Tortellini  
tossed with Basil Pesto & Roasted Red Peppers  
\$8.95/lb

Orange Penne Pasta Salad  
with Julienne Leek, Carrot & Broccoli  
\$6.95/lb

Meredith's Pasta Salad  
Tri-Colored Rotini with Mozzarella & Parmesan Cheeses, Sun-Dried Tomatoes & Black Olives  
\$7.95/lb

Bowtie Pasta Salad  
with Sun-Dried Tomatoes, Artichoke Hearts, Kalamata Olives,  
Walnuts, Shredded Parmesan Cheese & Ricotta Salata  
\$9.95/lb

Mediterranean Pasta Salad  
with Cucumbers, Radishes, Red Peppers, Red Onions, Capers & Kalamata Olives  
in a Balsamic Vinaigrette  
\$6.95/lb

Mexican Rice Salad  
Long Grain Rice steamed with Fresh Chopped  
Cilantro, Scallions & Black Olives  
then chilled & tossed with  
Beefsteak Tomatoes & a Zesty Spanish Dressing  
\$5.95/lb

Long Grain & Wild Rice Salad  
with Pecans, Sno Peas,  
Mandarin Oranges & Dried Wild Cherries  
drizzled in Tangerine Vinaigrette  
\$7.95/lb

Black Rice Salad  
Steamed Black Rice with Montrachet, Grilled Summer Squash,  
Chopped Tomatoes & Mango Chutney  
\$10.50/lb

Soba & Cellophane Noodles  
tossed with Mirin & Rice Wine Vinegar  
with Carrots, Water Chestnuts, Sugar Snap Peas, Red Peppers & Black Sesame Seeds  
\$7.95/lb

Capellini with Roasted Garlic, Virgin Olive Oil, Pomodoraccio Sun-Dried Tomatoes,  
California Montrachet & Fresh Basil Chiffonade  
\$8.95/lb

## HOT POTATOES, RICES & OTHER STARCHES

*We kindly request a 3 lb on all food items by the lb.*

Hel's Oven Roasted Fanned Potatoes  
\$14.95 (12 Pieces)

Parslied Red Skin Potatoes  
\$7.95/lb

Hel's Style Rich & Creamy Mashed Potatoes  
A touch of Garlic, Horseradish,  
Cream Cheese, Sour Cream & Butter  
\$7.95/lb

Oven Roasted Fingerling Potatoes  
tossed with Extra Virgin Olive Oil,  
Fresh Herbs & a touch of Crushed Garlic  
\$9.95/lb

Oven Roasted Potatoes  
with Sautéed Onions  
\$7.95/lb

Hunt Club Potatoes  
Home Fried with  
Tri-Colored Peppers & Onions  
\$4.95/lb

Vesuvio Potatoes  
with Garlic & Olive Oil  
\$7.95/lb

Au Gratin Potatoes  
\$35.00 (5 lb Pan)

Escalloped Potatoes  
\$35.00 (5 lb Pan)

"Those" Potatoes  
Layers of Hash Browns, New York Cheddar, Sour Cream & Crumbled Bacon  
\$26.95 (serves 12-16)

Maggie's Potatoes  
Sliced Idaho Bakers skillet seared with Onions, Butter & Garlic  
\$7.95/lb

Double Baked Potatoes with Sun-Dried Tomatoes  
Fresh Idaho Potatoes whipped with Butter, Cream Cheese & a hint of Horseradish  
piped on the Half Shell with bits of Sun-Dried Tomato  
\$2.50 each (minimum of 12)

Garlic Horseradish Duchess Potatoes  
\$1.75 each (12 minimum)

Duchess Sweet Potatoes  
with a hint of Brown Sugar & Nutmeg  
\$1.95 each (minimum of 12)

Whipped Brandied Sweet Potatoes topped with Brown Sugar & Mini Marshmallows  
\$7.95/lb

Long Grain & Wild Rice with  
Pecans & Dried Wild Cherries  
\$7.95/lb

Coconut Lime Long Grain Rice  
with Grilled Spring Scallion  
\$7.95/lb

Steamed Black Rice with  
Plantain, Scallion & Macadamia  
\$8.95/lb

Lemon & Olive Oil Orzo with Arugula & Ricotta tossed in Lemon Vinaigrette  
\$7.95/lb

Herbed Italian Orzo  
\$7.95/lb

Parmesan Truffled Orzo  
\$12.00/lb

Quinoa with Dried Fruits & Grilled Vegetables (served hot or cold)  
\$12.95/lb

Moroccan Cous Cous  
a Medley of Fresh Sautéed Vegetables & Dried Fruits  
combined with Cous Cous in a Curried Red Pepper Marinade  
\$7.95/lb

## VEGETABLE SELECTIONS

*We kindly request a 3 lb minimum on all Vegetable Selections.*

### Spinach Soufflé Strudel

A Delicate & Light Spinach Soufflé wrapped in Paper Thin Phyllo & baked to golden brown

\$15.00 each (serves 8-10)

(minimum of 2)

### Eggplant Timbale

Layers of Sautéed Eggplant, Fresh Tomato Basil Sauce and Parmesan & Mozzarella Cheese

\$36.75 each (serves 8-12)

### Warm Grilled Vegetables

including Eggplant, Yellow & Red Pepper, Red

Onion, Squash, Asparagus & Portobello

Mushroom drizzled with Balsamic Reduction

\$12.50/lb

### Tagine Vegetables

oven roasted & gently simmered Carrots,

Tomatoes, Cauliflower, Zucchini, Eggplant, Pearl

Onions & Radishes in a Spiced Tomato Broth

\$9.25/lb

### California Stir Fry

including Asparagus, Green, Red & Yellow Pepper, Carrot, Broccoli,

Cauliflower, Red Onion & Snow Pea all tossed in Fresh Herb Butter

\$7.95/lb

### Orange Glazed Broccoli & Carrot Stir Fry

\$7.95/lb

### Tender Brussels Sprouts

with Smoked Bacon & Mustard Seed Butter

\$13.95/lb

### Grilled Green Beans Almondine

lightly tossed with Sautéed Sliced Almonds

\$11.95/lb

### Haricot Vert (French Green Beans)

with Baby Carrot & Caramelized Pearl Onion

in Champagne Vinaigrette

\$9.95/lb

### Sautéed Green Beans

tossed with Extra Virgin Olive Oil, Sea Salt,

Cracked Pepper & Lemon Zest

\$11.95/lb

Fresh Asparagus oven roasted with a touch of

Extra Virgin Olive Oil then lightly topped

with a Gremolata of Lemon Zest,

Fresh Garlic & Flat Italian Parsley

\$15.95/lb (2 lb minimum)

Fresh Steamed Asparagus

with Asiago Cheese & Toasted Pine Nuts

in a Beurre Noisette

\$15.95/lb (2 lb minimum)

## BREADS

### Hel's Specialty Bread Basket

Chef's Selection of Assorted Breads, Rolls & Crackers

accompanied by Butter

\$27.95 (serves 20-25)

Freshly Baked Assorted Rolls with Whipped Butter

\$9.00 per Dozen

Petite Croissants

\$21.00 per Dozen

Flatbread Crackers

\$0.20 each



## CASSEROLES & OTHER ENTREES

### Sausage & Beef Lasagna

Layers of Pasta & Hel's Homemade Marinara with Sausage & Beef  
topped with Mozzarella and Parmesan Cheeses

\$3.60 per Person (1.2 pcs per person as 1 of 2 entrees)

\$7.50 (2.5 pcs per person as a single entrée)

### Vegetable Lasagna "Rotolare"

Seasonal Vegetables in a Delicate Blend of Ricotta, Parmesan, Fresh Herbs & Lemon Zest,  
rolled in Lasagna Pasta & finished with Mozzarella & Our Own Tomato Basil Sauce

\$3.60 per Person (1.2 pcs per person as 1 of 2 entrees)

\$7.50 (2.5 pcs per person as a single entrée)

### Butternut Squash Lasagna

with Spinach & a blend of Ricotta & Chevre Cheeses topped with Zesty Tomato Basil Sauce

\$42.95 (3 qt Casserole serves 12-15 as 1 of 2 entrees)

\$54.95 (4 qt Casserole serves 16-20 as 1 of 2 entrees)

### Trio of Seasonal Ravioli

in Oven Roasted Tomato Cream Sauce or Sage Brown Butter

\$39.95 (40 pieces serve 8-10 as 1 of 2 entrees)

### Pasta Roulades

Tri-Color Noodle wrapped around Spinach & Ricotta  
served with Tomato Basil Sauce

\$52.50 (30 Roulades serve 12-15 as 1 of 2 entrees)

### Bistro Mac & Cheese

Hel's Fabulous Creamy Macaroni in a Rich  
Cheddar Cheese Sauce topped with Buttered  
Bread Crumbs toasted to golden brown

\$5.95/lb (minimum 3 lbs)

### White Macaroni & Cheese

Parmesan, Mozzarella & Smoked Gouda  
with Fresh Chopped Herbs

\$8.25/lb (minimum 3 lbs)

### Turkey Tetrazzini

Tender Chunks of Oven Roasted Turkey Breast gently combined with Egg Fettuccini,  
Fresh Sliced Mushrooms & a hint of Garlic in a Light Parmesan Cheese Sauce

\$88.95

(also available with Chicken \$79.95)

(4 qt Casserole serves 16-20 as 1 of 2 entrees)

Turkey Roulades – Passover Style  
with Poached Cranberry, Wilted Spinach  
and Fig & Apple Matzoh Stuffing  
accompanied by Cranberry Ginger Chutney  
& garnished with Baked Lady Apples

\$69.95 (40 Slices)

Mike Fritzl's Turkey Schnitzel  
Thin Medallions of Boneless Turkey Breasts  
sautéed & drizzed with Cumberland Sauce

\$45.00 (20 Pieces serves 10-16)

CASSEROLES & OTHER ENTREES CONT'D

Turkey Florentine  
Fresh Boneless Breast stuffed with Spinach & Candied Pecans  
roasted, pre-carved & fanned  
accompanied by Roasted Red Pepper Sauce  
\$59.95 (40 Slices)  
(serves 8-10 as a single entrée or 16-20 as 1 of 2 entrees)

Traditional Green Bean Casserole with French Fried Onions  
\$29.95 (serves 12-15)

Escallops of Chicken Parmesan  
Tender Breast of Chicken gently sautéed &  
topped with Mozzarella & Marinara  
baked with Ziti Mostaccioli  
\$69.95 (3 qt Casserole serves 8-10)

Chicken Provencal  
Tender Filets of Chicken Breast grilled & sliced  
atop Provencal Vegetables  
with a sprinkling of Asiago Cheese  
\$58.50 (3 qt Casserole serves 8-10)

Tender Beef Medallions with Wild Mushroom Bordelaise  
served over Parmesan Truffled Orzo  
(3 lbs of beef over 1 lb of orzo)  
\$94.95 (serves 10-14 as 1 of 2 entrees)

Tenderloin Tips Forestiere  
Choice Cuts of Tenderloin Tips braised in Bordelaise & served over Mushroom Infused Orzo  
\$82.50 (5 lb Pan serves 14-16 as 1 of 2 entrees)

Classic Meatloaf (Ground Beef)  
with Savory Mushroom Gravy  
\$61.50 (5 lbs serve 8-12 as 1 of 2 entrees)

Red Wine Braised Beef Pot Roast  
in Mushroom Bordelaise  
\$69.95 (3 lbs serve 12-15 as 1 of 2 entrees)

Beef Stew  
slow cooked until fork tender & bursting with flavor  
\$94.95 (5 lb Pan serves 8-12 as 1 of 2 entrees)

Italian Beef Sandwiches  
Tender, Juicy Italian Beef with Confetti Sweet Peppers & Mozzarella Cheese  
accompanied by Giardiniera & Italian Rolls  
\$89.95 (5 lbs of Beef with 14 Sandwich Rolls)

Blackened Extra Firm Mu Tofu seared with Nutritional Yeast & Cajun Spices  
served with Wilted Spinach  
\$44.95 (30 – 2 oz Portions serve 16-20 as 1 of 2 entrees)

## CHICKEN ENTREES

Bone-In Chicken Breast (Heat & Serve)  
BBQ or Rosemary Garlic  
\$36.00 (6 Pieces)

Oven Roasted Garden Vegetable Chicken (Bone-In)  
with Fresh Herbs, Crushed Tomatoes,  
Green Pepper, Onion & Mushrooms  
\$30.00 per 10-Piece Package  
(includes 4 Breasts, 2 Wings, 2 Thighs, 2 Legs)

Lemon Herb Greek Chicken (Bone-In)  
oven roasted with Fresh Herbs,  
Lemon Wheels & a touch of White Wine  
\$30.00 per 10-Piece Package  
(includes 4 Breasts, 2 Wings, 2 Thighs, 2 Legs)

### Stuffed Chicken Breast

Boneless Breast of Chicken with skin wrapped around Hel's Fig, Pear & Apple Bread Stuffing with a touch of Golden Raisins oven roasted to golden brown & accompanied by Apple Cider Glaze  
\$10.50 each (12 oz Boneless Breast)  
(minimum of 8)

Boneless Breast of Chicken covered with Mushroom Duxelle  
folded in Five Layers of Paper Thin Phyllo & accompanied by Tarragon Crème Sauce  
Full Size – \$9.00 each (minimum of 8)      Buffet Size – \$5.00 each (minimum of 12)

Nick's Oven Roasted Bone-In Greek Chicken Breast  
with Artichoke Hearts & Roasted Lemon Wedges  
glazed with Lemon, Oregano & Olive Oil  
\$6.00 each (minimum of 8)

Panko Breaded Stuffed Chicken  
filled with Fresh Spinach, Roasted Red Peppers,  
Prosciutto & Smoked Gouda in Thyme Cream Sauce  
\$9.85 each (minimum of 8)

### Chicken Spragle

Breast of Chicken wrapped around Fresh Asparagus Spears with a Triple Cheese Sauce  
\$40.00 (8 Pieces)

Teriyaki Chicken Strips with Panko Bread  
Crumbs & Sesame Seeds  
\$55.00 (36 Pieces)

Bone-In Farm to Table Chicken  
Brown Sugar, Garlic & Lemon Juice  
\$44.95 (20 Pieces)

The following Chicken Entrees come in Packages of Twelve 4 oz Boneless Breasts priced at \$60.00:

### Chicken Marbella

Boneless Breast of Chicken braised in White Wine  
with Fresh Coriander, Bay & Brown Sugar  
reduced with Garlic Clove, Capers, Prunes & Olives

### Chicken Florentine

Boneless Breast of Chicken  
sautéed with Sherry Wine & Mushroom  
served over Fresh Steamed Spinach

### Lemon Basil Chicken

encrusted with Basil, Oregano & Thyme & sautéed in Virgin Olive Oil  
accompanied by Lemon Basil Sauce

### Chicken Piccata

Boneless Breast of Chicken sautéed in Lemon Caper Beurre Blanc

### Chicken Marseille

with Fresh Herbs, Crushed Tomatoes,  
Green Peppers, Onions & Mushrooms

### Chicken Vesuvio

tossed in Basil, Garlic & Olive Oil  
served with Potatoes & Peas

### Chicken Marsala

Tender Medallions of Chicken Breast  
sautéed with Marsala Wine & Fresh Sliced Mushrooms

### Chicken Paillards

Grilled Boneless Breast layered with Wilted Spinach  
accompanied by Citrus Beurre Blanc & Mango Salsa

## SEAFOOD

Parmesan Lemon Tilapia  
Tender Tilapia Fillet with a Thin Layer of  
Parmesan Lemon Crust  
accompanied by Lemon Wheel Garnish  
\$55.95 (8 – 3 oz Pieces)

Tilapia Provencal  
Tender Tilapia Fillet dusted with Country  
Herbs, lightly sautéed & served Provencal  
Style with Tomatoes & Mushrooms  
over a bed of Wilted Spinach  
\$55.95 (8 – 3 oz Pieces)

Light & Flaky Greek Herbed Tilapia  
garnished with a Lemony Apple, Jicama & Radish Slaw  
\$55.95 (8 – 3 oz Pieces)

Macadamia Mahi Mahi  
encrusted with crushed Macadamias & Walnuts  
sautéed and accompanied by Mango Salsa & Lime Beurre Blanc  
\$44.00 (8 – 3 oz Pieces)

Pecan Grouper encrusted with Chopped Pecans  
sautéed & accompanied by Citrus Beurre Blanc  
\$54.00 (8 – 3 oz Pieces)

Mustard Maple Salmon  
Fresh Salmon Fillet  
Maple & Mustard Glazed & Grilled  
accompanied by Crispy Leek Garnish  
\$66.00 (8 – 3 oz Pieces)

Grilled Salmon  
brushed with Fresh Herbs & Olive Oil  
accompanied by Cucumber Dill Relish &  
Dijon Mustard Aioli  
\$66.00 (8 – 3 oz Pieces)

Dijon & Panko Encrusted Pike  
Fresh Pike Fillet encrusted with Panko Crumbs & a touch of Dijon  
then baked to golden crisp  
\$63.60 (8 – 3 oz Pieces)

Hook & Line Haddock in Thai Marinade  
oven roasted with Scallions & Garlic  
\$69.00 (8 – 3 oz Pieces)

Seafood Coquille  
A Delicate Selection of Scallops, Crab & Jumbo Gulf Coast Shrimp  
in a Classic Sauce Americaine  
accompanied by Puff Pastry Shells  
\$78.00 (8 – 7 oz Portions serve 6-8 guests as 1 of 2 entrees)

Seafood Brochettes  
Shrimp, Salmon & Scallop with Olive-Herb Vinaigrette  
served on Herb Braised Leeks  
\$12.00 each

DIPS  
(Pint)

Guacamole	\$9.95
Mango Salsa	\$8.95
Pico de Gallo	\$5.95
Roasted Red Pepper	\$7.95
Roasted Tomato	\$6.95
Sour Cream Plantain	\$5.95
Spinach & Spring Scallion	\$6.95
Artichoke Tapenade	\$9.95

SAUCES  
(Pint)

Apricot Moutarde	\$8.95
Cranberry Apple Chutney	\$5.95
Cucumber Dill	\$4.95
Horseradish	\$5.95
Dijon Mustard Aioli	\$4.95
Pesto	\$5.95
Raspberry Mayonnaise	\$4.95
Shiitake Mushroom Mayonnaise	\$5.95
Sweet Pepper Relish	\$5.95
Tarragon Mayonnaise	\$4.95

DRESSINGS  
(Pint)

Caesar	\$6.95
Honey Mustard	\$5.95
Lemon Dill	\$6.95
Ranch	\$4.95
1000 Island	\$4.95
Spicy 1000 Island Mango	\$4.95
Balsamic Vinaigrette	\$6.95
Fresh Vegetable Vinaigrette	\$5.95
Lemongrass Vinaigrette	\$5.95
Mustard Sherry Vinaigrette	\$5.95
Raspberry Vinaigrette	\$5.95
Tangerine Vinaigrette	\$5.95