



HEL'S KITCHEN | *catering*  
Culinary Architects • Delivered • Blue Sky Picnics

## DELIVERED TO YOUR DOOR

### HEL'S KITCHEN CATERING'S A LA CARTE MENU

#### DELI SALADS

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

Fancy Albacore Tuna Salad  
with Fresh Anjou Pears & Black Diamond Walnuts  
\$13.95/lb

Boneless Breast of Chicken Salad  
with Red Flame Seedless Grapes & Pistachios  
\$13.95/lb

Salmon Salad  
prepared with Fresh Poached Salmon, Capers & Dill  
\$13.95/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

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,  
Chopped 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 &  
Poppseed Dressing  
\$2.25 per Person

Spinach Pecan Salad  
with Crumbled Bleu Cheese, Candied Pecans & Chopped Pears in Poppseed 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  
\$47.95 (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  
\$54.95  
(also available with Chicken)  
(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 |