



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

Bibimbap 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

Tuscan Farro Salad
Ancient Farro Grain tossed with Scallions, Grape Tomatoes & White Balsamic Vinaigrette
\$15.95/lb

Jerusalem Salad

Fresh, Crisp Cucumbers, Ripe, Chopped
Tomatoes & Red Onions 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 Bulghur 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
\$2.25 per Person

Spinach Salad
with Mandarin Orange & Slivered Almonds
with Sweet & Sour Dressing
\$2.25 per Person

California Garden Salad
Mixed Garden Greens &
Fresh, Crisp California Vegetables
tossed with Raspberry Vinaigrette
\$2.25 per Person

Mexican Salad
of Tomatillo, Tomato, Lettuce & Red Onion in a Lime Vinaigrette
\$2.25 per Person

Fresh Baby Lettuces
with Feta Cheese, Kadota 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 & Toasted Almonds
\$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

\$4.20 per Person (1.2 pcs per person as 1 of 2 entrees)

\$8.75 (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

\$4.20 per Person (1.2 pcs per person as 1 of 2 entrees)

\$8.75 (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
with Brown Sugar, Garlic & Lemon Juice
\$87.00 (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