



DAILY PREPARED FOOD MENU

FOR BUTTERFIELD MARKET – SPRING 2017

POULTRY

Spicy Sautéed Lemon Chicken Breast *with fresh oregano*

Whole Chicken *pan roasted with garlic, thyme & rosemary*

Grilled Chicken Paillard

Fried Chicken Fingers

Coconut Crunch Fried Chicken Strips

Chicken Parmesan

Cornish Game Hen *stuffed with wild rice, carrots & celery*

Turkey and Chicken Burgers

Chicken Burrito *caramelized onions, beans & cheddar cheese*

Chicken Quesadilla *with pepper-jack cheese*

Teriyaki Chicken over Soba Noodles *with baby bok choy*

Lemon Chicken Cutlet *with roasted potatoes*

Turkey Chili Cheddar Casserole with cilantro & sour cream



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MEAT

Filet of Beef *garlic, thyme with horseradish cream*

Grilled Flank Steak *garlic & rosemary*

Veal Meatballs *with red sauce*

Home-Style Meatloaf *with red sauce*

Flank Steak Quesadilla with Pepper Jack Cheese

FISH & SEAFOOD

new Mediterranean Branzino Filet *with lemon and fresh herbs*

Crab Cake with Tarter Sauce

Poached or Grilled Salmon Filet *with creamy dill sauce*

Salmon Cakes

Grilled Spicy Shrimp

Teriyaki Salmon with Soba Noodles *and baby bok choy*



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PASTA

Lasagna Bolognese or Ricotta-Basil Lasagna

Ziti al Forno Bolognese or Vegetarian *baked with mozzarella cheese*

Gemelli Pasta with Roasted Cauliflower *garlic & pignoli*

VEGETARIAN

Vegetable Burger

Vegetable Quesadillas with pepper-jack cheese

Brussels Sprout Tofu Fried Rice

Roasted Tomato and Goat Cheese Tart

SIDE SALADS

Coleslaw *classic style*

Chopped Kale Salad *with currents, pine nuts, parmesan cheese, & lemon vinaigrette*

Chopped Chunky Greek Salad with Feta, Cucumbers, Olives, and Peppers

new Spring Quinoa Salad with edamame, green peas, asparagus, basil, lemon & chives



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DINNER SIDES

Cauliflower Mash

Grilled Vegetables *zucchini, squash, eggplant, fennel, onions, peppers*

Vegetable Provencal *eggplant, squash & tomato over caramelized onions*

creamy Mashed Potatoes

Pan Roasted Fingerling Potatoes *garlic & rosemary*

Honey Glazed Sweet Potatoes (roasted)

LUNCH SALADS

Tuna Salad *with capers*

Egg Salad *with dill*

Tarragon Chicken Salad *with granny smith apples*