

Call: 860-575-0835

Email us: susan@seaflourfoods.com

JUMBO LUMP CRAB CAKES

Served With Creamy Caper Sauce

SEAFOOD LASAGNA

(shrimp, crab, and lobster layered with ricotta cheese)

STUFFED SOLE

(with your choice of scallops and crab with lobster sauce; broccoli and cheddar; or, spinach with a spinach cream sauce)

SCALLOPS IN A CREAMY WINE SAUCE

With Mushrooms and a Potato or Parmesan Topping

SEAFOOD CASSEROLE

(a crab meat and whitefish mix topped with parsley bread crumbs)

SEAFOOD STRUDEL

(shrimp, crab, and scallops bound together with lobster sauce encased in puff pastry served with a lobster sauce)

MARINATED SWORDFISH KABOBS

With Cherry Tomatoes

LOBSTER NEWBURG

Served With Puff Pastry Shells

ORIENTAL SCALLOPS AND BROCCOLI

SEAFOOD SALAD

(mixture of scallops and shrimp with or without white wine vinaigrette with sliced zucchini, arugula, and tomatoes)

GRILLED TUNA

With Balsamic Sauce

POACHED SALMON DECORATED

With Thin Sliced Cucumber Served With Your Choice of Watercress, Cucumber, or Horseradish Sauce

ROASTED HERBED SALMON

With Tomato Béarnaise Sauce

SALMON IN PHYLLO DOUGH

Served With Hollandaise Sauce

SALMON PINWHEELS

With Spinach and Feta Cheese

JUMBO SHRIMP

Stuffed With Spinach and Wild Rice

LOBSTER AU PECHE

FRESH FLOUNDER

stuffed with crab meat

PAELLA

POTATO LASAGNA

With New Potatoes, Gruyere and Ricotta Cheese

NEW POTATOES

With Parsley Butter

ROASTED OVEN POTATOES

With Red Pepper

GARLIC MASHED POTATOES

WILD RICE

RICE PILAF



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CHICKEN CURRY

With Vegetables

FRIED CHICKEN AND WAFFLES

CHICKEN OR TURKEY TETRAZZINI

With a parmesan, mushroom wine sauce over linguini

CHICKEN OR TURKEY

With broccoli and pasta, chunks of chicken, spiral pasta, and a creamy wine sauce

CHICKEN POT PIE

Chunks of light and dark meat with vegetables in a rich gravy

OVEN FRIED CHICKEN

(assorted pieces) With Breadcrumbs, Seasonings, and Parmesan Cheese

CHICKEN MIRABELLA

(marinated chicken pieces with olives, dried apricots and prunes)

OVEN ROASTED CHICKEN

With Potatoes, Capers, and a Light Lemon Sauce

CHICKEN ROSEMARY RAVIOLI

With a Lemon Cream Sauce

BONELESS LEMON CHICKEN BREAST

With a Cognac Cream Sauce

CHICKEN AND APRICOTS

sauteed boneless chicken breasts with shallots, wine, apricots, and cream)

CHICKEN FLORENTINE

(chicken and spinach cream sauce over rice)

CHICKEN BREASTS STUFFED THREE WAYS

Spinach, Ricotta and Cheese; Layers of Prosciutto,
Asparagus, Roasted Peppers and Provolone; or, Ham,
Smoked Cheddar, and Roasted Peppers (for all, chicken
breasts are rolled in buttered breadcrumbs with skin
removed)

CREPES FILLED WITH CHICKEN

(fresh spinach and mushrooms bound in a light mornay sauce)

CHICKEN ENCHILADA

(creamy chicken chunks with salsa rolled in tortillas served with a salsa cream sauce)

CHICKEN "WELLINGTON"

With Fresh Spinach and Mushrooms

CHICKEN

With Marsala Wine Sauce and Wild Mushrooms

CHICKEN OSCAR

(breaded chicken breast garnished with crabmeat served with hollandaise sauce)

CHICKEN "CRABS"

(boneless chicken breast wrapped around two large shrimp topped with bacon and seasoned bread crumbs)

BONELESS CHICKEN BREAST

Stuffed With Sundried Tomatoes and Fresh Basil Served With a Country Mustard Sauce

CHICKEN DIJON

With Artichokes or Hearts of Palm

DRUNKEN CHICKEN

(boneless chicken tenders with a creamy bourbon sauce)

CHICKEN DIVAN



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OVEN ROASTED TENDERLOIN

(with horseradish or bearnaise sauce)

BEEF BURGANDY

(with a rich sauce of burgundy wine, mushrooms, pearl onions, and bacon)

SHEPARD'S PIE

BEEF STEW

(with vegetables, potatoes, and wine)

FLANK STEAK PINWHEELS

(herb stuffed flank steak layered with mozzarella and served with a red wine sauce)

GRILLED MARINATED FLANK STEAK

BONELESS LEG OF LAMB

Stuffed With Fresh Spinach, Garlic and Onions Studded With Rosemary Served With a Light Lemon Sauce

GREEK LAMB STEW

With Spinach, Lemon, and Vegetables

ROAST PORK LOIN

Stuffed With Dried Fruits and Served With an Apple Madeira Sauce

PORK. APPLE AND VEGETABLE CURRY

CHINESE PORK FRIED RICE

GERMAN BEEF ROULADEN

(thinly sliced beef stuffed with pickles, onions and mustard served with a brown sauce)

FILET MIGNON

With Horse Radish Sauce on Toasted French Bread

FILET ROAST

With Crabmeat Bearnaise Sauce

HONEY HAM

ROAST TURKEY

PORK TENDERLOIN

With Lingonberry Sauce

BEEF TERIYAKI KABOBS

FLANK STEAK STUFFED

With parmesan cheese and fresh basil served with a mushroom butter sauce

FRENCH SOURDOUGH, WHOLE WHEAT, ASSORTED BREADS

FRENCH BAGUETTE, FRENCH SOURDOUGH BATARD, ROSEMARY OLIVE



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BASIC LASAGNA

(with tomato, basil, and meat sauce layered with cheese and ricotta cheese)

VEGETABLE LASAGNA

(with a tomato sauce layered with vegetables and ricotta cheese)

CHICKEN LASAGNA

(with white sauce, chicken pieces, tarragon, mushrooms and ricotta cheese)

CHEESE RAVIOLI OR TORTELLINI

(with spinach cream sauce)

TOMATO BASIL LINGUINI

(with fresh basil,tomatoes and melted brie)

CHINESE SESAME LINGUINI

(with snow peas, scallions, red peppers and black sesame seeds)

BAKED ZITI

(with ground beef or mini meat balls)

BAKED MANICOTTI

(with prosciutto, roasted peppers, fresh spinach and toasted pine nuts)

SPINACH STUFFED SHELLS

(with tomato basil sauce)

GIANT WILD MUSHROOM RAVIOLI

(with shiitake mushroom sauce)

SEAFOOD OR LOBSTER LASAGNA

CHICKEN ROSEMARY RAVIOLI

(with lemon cream sauce)

CAVATELLI PRIMAVERA

(boat-shaped pasta with spring vegetables in a parmesan cream sauce)

TOMATO ZUCCHINI CASSEROLE

SAUTÉ OF CHERRY TOMATOES

BASIL, GREEN BEANS WITH TOMATOES

BRAISED GREENS WITH RED PEPPER

GREEN BEANS ALMONDINE

RATATOUILLE

POTATOES AU GRATIN WITH BACON AND TOMATOES

SPINACH SOUFFLÉ

ZUCCHINI PUDDING

RICE PILAF

WILD MUSHROOM RISOTTO

TWICE BAKED POTATOES

With Vermont Cheddar

WILD RICE PILAF With Toasted Pecans and Dried Cranberries

SWEET POTATO PANCAKES

OVEN ROASTED ROSEMARY AND GARLIC POTATOES

BROCCOLI AU GRATIN

ROASTED ROOT VEGETABLES
With Zinfandel Sauce

VEGETABLE GRILL

(marinated eggplant, zucchini and yellow squash)

VEGETABLE MEDLEY (sautéed vegetables with savory seasonings)

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STEAMED ASPARAGUS With Béarnaise Sauce

BRUSSEL SPROUTS
With Maple and Walnut Vinaigrette

CARAMELIZED WINTER VEGETABLES



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SALAD NIÇOISE

GREEK LAMB AND EGGPLANT SALAD

With Lemon Garlic Mayonnaise

SMOKED CHICKEN AND PEAR SALAD

With Mango Chutney Dressing

DUCK SALAD

With Green Beans and Cranberries

ITALIAN VEGETABLE SALAD

With Artichoke Hearts and Hearts Of Palm

TORTELLINI, FRESH SPINACH, TOMATO, AND BLUE CHEESE

With Our Own Vinaigrette

CHINESE BEEF AND RICE SALAD

CHICKEN CAESAR SALAD / CAESAR

SALAD

ANTIPASTO SALAD

With Greens, Black Olives, Genoa, Provolone, and

Vegetables

GARDEN SALAD

MESCLUN SALAD

With Red Onion, Croutons and Balsamic Vinaigrette

CHINESE LEMON SESAME LINGUINI

PASTA SALAD

With Seasonal Vegetables

CHEESE RAVIOLI

With Shrimp and Asparagus

BLACK BEAN AND CORN SALAD

ORZO SALAD

With Feta, Cherry Tomatoes and Basil

ROASTED POTATO, TOMATO, AND FRESH BASIL SALAD

FRESH BASIL SALAD

GERMAN POTATO SALAD

CHICKEN SALAD

(apricot and pecan; tarragon, rosemary, and smoked almonds; chicken broccoli; chicken club; or, plain

chicken salad)

COLESLAW

TURKEY AND DILL SALAD

TUNA SALAD

HAM AND SWISS SALAD

SEAFOOD SALAD

SHRIMP, CRAB, OR LOBSTER SALAD

GREEN BEANS, VINAIGRETTE, AND

ROASTED PEPPER SALAD

FOUR BEAN SALAD

MESCULIN SALAD

With breaded goat cheese, mandarin oranges, pinoli and balsamic dressing



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CHOCOLATE MOUSSE TORTE

WHITE CHOCOLATE RASPBERRY
MOUSSE TORTE

FLOURLESS CHOCOLATE TORTE

FRESH FRUIT TARTS
TRUFFLES

