



Specialty Catering in Connecticut for Over 30 Years

Call: 860-575-0835

Email us: susan@seaflourfoods.com

The following are offered as passed hors d'oeuvres to your guests:

RARE ROAST BEEF ROUNDS

With Horseradish

MAINE MINIATURE LOBSTER ROLLS

CHEESEBURGER SLIDERS WITH ACCOUTREMENTS

LASAGNA SLIDERS

REUBEN SLIDERS

MINIATURE CHICKEN POT PIE

POTATO CRISP

With Smoked Salmon Cream Cheese and Fresh Dill

ASPARAGUS SPEARS WRAPPED

With Boursin Cheese and Prosciutto

ARTICHOKE BOTTOMS

With Prosciutto and Parmesan Crab Meat and Swiss Crostini

TARTLET SHELLS

With Tomato, Fresh Basil, and Cheddar or Goat Cheese

BACON

Wrapped Around Your Choice of Scallops, Water Chestnuts, or Shrimp With Teriyaki Glaze

MUSHROOM CAPS STUFFED

With Your Choice of Spinach, Sausage and Cheese, Crabmeat, Boursin Cheese, or Scallops

SHRIMP AND VEGETABLE DIM SUM OR VEGETABLE SPRING ROLLS

With Dipping Sauce

The following hors d'oeuvres are set at a harvest table, buffet-style:

CRUDITE BASKET

With Colorful Vegetables and Your Choice of Dill Onion, Lemon Parmesan, Curry, or Roasted Red Pepper Dip

INTERNATIONAL CHEESE TRAY

With Fresh Fruits and Crackers

COUNTRY BAKED HAM

With Honey Mustard Sauce Served With Our Own Thin Sliced Bread

HERB-RUBBED TURKEY BREAST

Sliced thin and served with cranberry mayonnaise and bread

HOT CRAB OR ARTICHOKE DIP

With Carr's Watercress Crackers

SMOKED SALMON BOARD

With Onions, Capers, Lemons, and Buttered French Bread

SMOKED SALMON ROLL

With Fresh Dill and Crackers

LAYERED MEXICAN DIP

With Tortilla Chips

BRIE EN CROÛTE

With apricot filling topped with almonds and served with crackers

SLICED ROAST BEEF PLATTER

With Horseradish Sauce and Thin Breads

GARLIC ROSEMARY ALMONDS

MARINATED MINIATURE MOZZARELLA BALLS

With herbs (served with toothpicks)



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COCONUT SHRIMP

With Marmalade Sauce

MINIATURE BEEF WELLINGTONS

With Béarnaise Dipping Sauce

MINIATURE CHICKEN

Spinach, and Brie "Wellies"

SMOKED SALMON CANAPES

ASPARAGUS FRITTATA FINGERS

BABY CHICKEN KABOB

With Lemon Marinade

SKEWERED POACHED SCALLOPS

With Herb Green Sauce

MINIATURE FRESH MOZZARELLA BALLS

With Sweet Grape Tomatoes and Fresh Basil

FENNEL MARINATED FETA AND OLIVE
SKEWERS

MAHI-MAHI PANCAKES

With Your Favorite Chutney

PARMESAN CHEESE STRAWS

GRISSINI

(bread sticks wrapped in bacon)

SAUCISSON EN CROÛTE

(smoked sausage in puff pastry)

TORTELLINI WITH PESTO

SCALLOPS WRAPPED IN BACON

JUMBO SHRIMP

with Cocktail Lime Sauce

SWEDISH MEATBALLS

MIXED FRUIT KABOB

With Yogurt Dipping Sauce

PATE

with Toasted French Bread

SPANICOPITA

(phyllo stuffed with spinach, feta, and parmesan
cheese)

TERIYAKI CHICKEN ON A SKEWER

FRUIT ON A SKEWER

CAJUN CHICKEN TENDERS WITH HONEY
MUSTARD

CHERRY TOMATOES AND/OR PEA PODS
FILLED WITH BOURSIN

HOT WINGS

JUMBO LUMP CRAB CAKES

With Garlic Aioli

CHICKEN SATE

MUSHROOM STRUDEL WITH CRABMEAT

CRABMEAT DIP IN PHYLLO CUPS

MONKFISH, PANCETTA, AND
ROSEMARY SPIEDINI

With Lemon Aioli

GRAPEFRUIT SCALLOP CEVICHE
SKEWERS

PROSCIUTTO-WRAPPED FIG SKEWERS



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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

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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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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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



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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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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)



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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)

STEAMED ASPARAGUS

With Béarnaise Sauce

BRUSSEL SPROUTS

With Maple and Walnut Vinaigrette

CARAMELIZED WINTER VEGETABLES

Assorted Artisan Breads

FRENCH SOURDOUGH, WHOLE WHEAT, ASSORTED
BREADS

FRENCH BAGUETTE, FRENCH SOURDOUGH BATARD,
ROSEMARY OLIVE



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CHOCOLATE MOUSSE TORTE

LEMON SQUARES

WHITE CHOCOLATE RASPBERRY
MOUSSE TORTE

FRESH FRUIT TARTS

FLOURLESS CHOCOLATE TORTE

TRUFFLES

