

GOURMET PASTA / VEGGIE & QUINOA SALADS

Balsamic Chicken Salad

Penne Pasta, Julienne Strips of Chicken, Fresh Mozzarella, Grape Tomatoes, Red Onions, Sundried Tomatoes and Balsamic Vinaigrette
\$8.99 lb.

Broccoli Salad

Broccoli Florets, Golden Raisins, Bacon, Red Onion, Sunflower Seeds and a Sweetly Seasoned Dressing
\$8.99 lb.

Broccoli Pasta Salad

Pasta Shells, Broccoli Florets, Red Peppers and A Light Garlic and Oil Dressing
\$7.99 lb.

Cajon Dijon Pasta Salad

Penne Pasta, Blackened Chicken, Bacon, Plum Tomatoes, Red Onions and Cajun Dijon Mustard Dressing
\$8.99 lb.

Cucumber Salad

Sliced Cucumbers & Red Onions in a Light Vinaigrette
\$6.99 lb.

Cucumber & Feta Salad

Sliced Cucumbers, Feta Cheese, Plum Tomatoes, Red Peppers, Red Onions, Black Olives in a Light Vinaigrette
\$7.99 lb.

Greek Bowtie Pasta Salad

Bowtie Pasta, Cherry Tomatoes, Feta Cheese, Black Olives, Red Onions, Baby Spinach and Greek Dressing
\$8.99 lb.

Pasta Supreme

Tri-Colored Fusilli Pasta, Bell Peppers, Red Onions, Green and Black Olives, Parmesan Cheese and Italian Dressing
\$7.99 lb.

Quinoa Salad

Quinoa, Edamame, Snow Peas, Broccoli, Scallions and Sweet Citrus Dressing
\$8.99 lb.

Spinach Bowtie Pasta Salad

Bowtie Pasta, Baby Spinach, Red Onions, Sweet Red Peppers, Parmesan Cheese and a Light Garlic and Oil Dressing
\$8.99 lb.

String Bean Salad

String Beans, Grape Tomatoes, Red Onions, Cucumbers and Virgin Olive Oil and Fresh Lemon Dressing
\$8.99 lb.

Thai Chicken Noodle Salad

Thai Noodles, Julienne Strips of Chicken, Shredded Carrots, Scallions, Sweet Red Peppers and Thai Sesame Peanut Sauce
\$8.99 lb.

Tomato Mozzarella Salad

Plum Tomatoes, Fresh Bocconcini Mozzarella, Red Onions and Garlic-Basil Vinaigrette
\$8.99 lb.

Tortellini Pasta Salad

Cheese Tortellini, Chunks of Provolone Cheese, Sundried Tomatoes, Fresh Basil and Garlic and Oil Dressing
\$8.99 lb.

SEAQUA DELI & CATERERS ~ 516-799-5600

4250 Jerusalem Ave, Massapequa ~ Seaquadelicom ~ Info@seaquadelicom

FRESH FROM THE GARDEN TOSSED SALADS

Apple Gorgonzola Salad

Mixed Greens, Grilled Chicken,
Sliced Apples, Craisins, Glazed
Walnuts, Gorgonzola Cheese
and Raspberry Vinaigrette
Sm. \$29.95 / Med. \$42.95 / Lg. \$59.95

Classic Caesar Salad

Crisp Romaine Lettuce, Homemade Croutons,
Fresh Parmesan Cheese
and Caesar Dressing
Sm. \$18.95 / Med. \$26.95 / Lg. \$42.95

Chicken Cutlet Supreme Salad

Mesclun Greens, Breaded Chicken Cutlet,
Sundried Tomatoes, Fresh Mozzarella
and Balsamic Vinaigrette
Sm. \$29.95 / Med. \$42.95 / Lg. \$59.95

Garden Salad

Mixed Greens, Carrots, Cucumbers, Tomatoes,
Bell Peppers, Red Onions,
Choice of Dressing
Sm. \$18.95 / Med. \$26.95 / Lg. \$42.95

Greek Salad

Mixed Greens, Cucumbers, Peppers, Red
Onions, Kalamata Olives, Pepperoncinis, Feta
Cheese and Greek Dressing
Sm. \$19.95 / Med. \$32.95 / Lg. \$49.99

Hawaiian Salad

Mixed Greens, Mandarin Oranges, Red Onions,
Hearts of Palm, Baby Corn, Grape Tomatoes,
Cucumbers and Citrus Vinaigrette
Sm. \$29.95 / Med. \$42.95 / Lg. \$59.95

Italian Tossed Salad

Mixed Greens, Salami, Pepperoni, Provolone,
Sweet Peppers, Tomatoes, Black & Green
Olives, Parmesan Cheese and Italian Dressing
Sm. \$19.95 / Med. \$32.95 / Lg. \$49.95

Signature Spring Salad

Mixed Greens, Grape Tomatoes, Red and
Yellow Peppers, Red Onions, Cucumbers,
Craisins, Walnuts and Raspberry Vinaigrette
Sm. \$19.95 / Med. \$32.95 / Lg. \$49.95

Seaqua Salad

Mixed Greens, Grilled Chicken,
Grape Tomatoes, Craisins, Glazed Walnuts,
Avocado, Feta Cheese and Raspberry
Vinaigrette
Sm. \$29.95 / Med. \$42.95 / Lg. \$59.95

Tuscany Salad

Mixed Greens, Grilled Chicken, Roasted
Peppers, Avocado, Fresh Mozzarella and
Balsamic Vinaigrette
Sm. \$29.95 / Med. \$42.95 / Lg. \$59.99

Serves

Small ~ 6 – 10 / Medium ~ 12 – 20 / Large ~ 24 – 30

Add Grilled Chicken

Small ~ \$7.95 / Medium ~ \$9.95 / Large ~ \$11.95

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