

## 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 Bits, Red Onions, 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 Sweet Vinaigrette  
\$6.99 lb.

### **Cucumber & Feta Salad**

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

### **Greek Bowtie Pasta Salad**

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

### **Pasta Supreme**

Tri-Colored Fusilli Pasta, Bell Peppers, Red Onions, Green & 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](http://Seaquadelicom) ~ [Info@seaquadelicom](mailto: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, Shaved 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 & 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 ~ 10 – 20 / Large ~ 25 – 30**

### **Add Grilled Chicken**

**Small ~ \$10.95 / Medium ~ \$13.95 / Large ~ \$19.95**

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