

SANDWICH PLATTERS

Finger Sandwiches

Ham, roast beef, roasted turkey breast, tuna salad & assorted cheeses dressed with lettuce and tomato on dinner rolls

10 pp / min. 10

Assorted Sandwiches

Ham, roast beef, roasted turkey breast, tuna salad & assorted cheeses dressed with lettuce and tomato on assorted rolls and rye bread

9 pp / min. 10

Classic Wraps

Meats and cheeses on garlic/herb, tomato basil, spinach, white and whole wheat wraps dressed with field greens, tomatoes and specialty dressings. Sliced and laid out on platters as finger food.

12 pp / min. 10

Specialty Wraps

Featuring Grilled Chicken, Specialty Meats and Vegetables on white and wheat tortillas. Sliced and laid out on platters.

14 pp / min. 10

3' HEROES

On fresh baked crusty seeded Italian bread - serves approx. 12-14 persons

CLASSIC

54

American

Ham, roast beef, turkey breast, genoa salami, american or swiss cheeses. Dressed with lettuce, tomatoes and sweet vinegar peppers

Italian

Ham, Ham capicola, hard salami, pepperoni, provolone or swiss cheeses. Dressed with lettuce, tomatoes and sweet vinegar peppers

TRADITIONAL

72

Grilled Veggie

Eggplant, zucchini, yellow squash, red onions with homemade fresh mozzarella, tomatoes and marinated roasted red peppers

Grilled or Breaded Chicken Breast

Fresh mozzarella, tomatoes and marinated roasted red peppers

Grilled or Breaded Eggplant Cutlet

Fresh mozzarella, tomatoes and marinated roasted red peppers

SPECIALTY

90

Suprmo

Prosciutto, fresh mozzarella, tomatoes, roasted red peppers

Rapini

Broccoli Rabe, fresh mozzarella, sun-dried tomatoes

Smokehouse

Mesquite smoked turkey, cheddar, bacon, Russian dressing, pickles

Lasolas Special

Homemade Cajun-spiced roast beef, fresh mozzarella, tomatoes, roasted red peppers

All subs are uncut, knife is provided - subs may not be split.

All platters and sandwiches include sides of pickles and condiments

Sliced Deli Meat & Cheese Platters available upon request



CATERING MENU

3591 Highway 35
Normandy Beach, NJ 08735
732.830.1660
LasolasMarketNJ.com



HOT HORS d'OEUUVRES

Minimum 12 pcs

Shrimp Potstickers w/ teriyaki dipping sauce	.75ea
Chicken Potstickers w/ teriyaki dipping sauce	.75ea
Jumbo Loaded Tater Kegs w/ cheddar & bacon	.75ea
Battered Mozzarella Sticks w/ homemade marinara	1.25ea
Breaded Fried Ravioli w/ homemade marinara	.75ea
Fried Shrimp	1.25ea
Coconut Shrimp	1.25ea

No minimum

Cheese Rice Balls w/ homemade marinara	4.49ea
Spinach & Cheese Rice Balls w/ homemade marinara	4.99ea
Sicilian Rice Balls (w/ beef) and homemade marinara	5.49ea
Cheeseburger Eggrolls	3.00ea
Seafood Cakes	3.50ea
Chicken Wings (1/2 tray) Plain, BBQ, Buffalo, Rajin Cajin or Teriyaki	40
Chicken Tenders (1/2 tray) Plain, BBQ, Buffalo, Rajin Cajin or Teriyaki	40

PASTA 1/2 tray feeds approx. 8-10

Baked 12 Cheese & Macaroni Semolina macaroni, twelve-cheese blend, toasted panko topping	40
Baked Ziti Homemade marinara, ricotta, mozzarella, pecorino romano	40
Orrechiette, Broccoli Rabe & Sausage Sautéed garlic, oil, pecorino romano	50
Meat & Cheese Lasagna Homemade meat sauce, ricotta, mozzarella & pecorino cheeses	60
Cheese Ravioli Stuffed with ricotta and pecorino romano in homemade marinara	60
Stuffed Shells Stuffed with ricotta and pecorino romano in homemade marinara	60
Farfalle Primavera Bowtie pasta, garden vegetables, pecorino romano cream sauce	40

PASTA COMBINATIONS

Rigatoni / Penne / Farfalle / Linguini Homemade marinara, garlic & oil or basil pesto	35
Alfredo, vodka, carbonara, bolognese or meat sauce	40
Cheese Tortellini / Cavatelli Homemade marinara, garlic & oil or basil pesto	40
Alfredo, vodka, carbonara, bolognese or meat sauce	45

COLD HORS d'OEUUVRES

Antipasto An assortment of marinated italian specialties cheeses and sliced cured meats	75
Caprese Fresh mozzarella and tomatoes with roasted red peppers, black olives and basil pesto	65
Shrimp Cocktail (50pcs) Served on a bed of lettuce with fresh lemon and cocktail sauce	75

SALADS

Tossed (serves 10-12) Iceberg & romaine lettuces, cucumber, shredded carrots, shredded red cabbage, tomatoes, includes russian & italian dressings	40
Caesar (serves 10-12) Romaine lettuce, pecorino romano cheese, homestyle croutons includes caesar dressing	45
Mesclun (serves 10-12) Mixed field greens, sliced red onions, tomatoes, kalamatta olives, includes balsamic vinaigrette	45

SALAD ADDITIONS

Grilled Chicken	10
Grilled Shrimp	20

1/2
Tray

PASTA ADDITIONS

Broccoli	5
Broccoli Rabe	10
Grilled Chicken	10
Italian Sausage (sweet or hot)	10
Grilled Shrimp	20

POULTRY

Chicken Marsala Sautéed boneless breast medallions, marsala wine & mushroom demi-glace	50
Chicken Murphy Bell peppers, spanish onions, roasted potatoes, zesty marinara sauce	50
Chicken Piccata Boneless breast, egg battered, lemon juice, white wine, butter, capers	50
Chicken Parmigiana Breaded cutlet, homemade marinara, mozzarella, pecorino romano	50
Chicken Caprese Boneless breast, egg battered, lemon juice, white wine, butter	50
Chicken Rossini Boneless breast, egg battered, tomatoes, mozzarella, tangy tomato sauce	60
Chicken Saltimbocca Boneless breast, egg battered, sautéed spinach, prosciutto, demi-glace, mozzarella	60
Fried Chicken (24 pieces)	50

BEEF / PORK

Pepper Steak Bell peppers, Spanish onions, teriyaki, demi-glace	50
Beef Lasolas Top round beef & mozzarella smothered in a rich marsala mushroom gravy	50
Pork Giambotta Grilled boneless pork, hot and sweet peppers, sauteed onions and potatoes	55
Pork Tenderloin Grilled, sliced and served with your choice of marinade	55
Sausage, Potatoes & Onions Provolone & parsley sausage, fried potatoes and sauteed onions	45
BBQ Pork Ribs House-made rub, bbq sauce	55
Sausage & Peppers Italian sausage, bell peppers, spanish onions, homemade marinara	45
Italian Meatballs Beef meatball, homemade marinara	45
Veal Parmigiana Breaded cutlet, homemade marinara, mozzarella, pecorino romano	65
Stuffed Cabbage Beef & rice, tomato puree	50
Kielbasi & Sauerkraut Traditional Polish smoked sausage	45
Cuban Style Pork Sliced garlic, citrus mojo	60
BBQ Pulled Pork Spice rub, bbq sauce	60

SEAFOOD

Shrimp Scampi Sautéed garlic, lemon, butter	75
Scallops & Shrimp Supreme Sautéed garlic, basil, homemade marinara, cream	75
Mussels Marinara (hot or sweet) Black mussels, homemade marinara	50
Linguini White Clam Little neck clams, white wine, garlic, parsley	45
Linguini Red Clam Little neck clams, homemade marinara	45
Spanish Chorizo & Clams in Garlic Broth	55
Oven Roasted Salmon	MP

VEGETARIAN & SIDE DISHES

Eggplant Parmigiana Naples-style fried eggplant cutlets, mozzarella cheese, homemade marinara	50
Eggplant Rollatini Skinless fried eggplant cutlets. ricotta & mozzarella cheese, homemade marinara	60
Yellow Rice	25
Sauteed or Steamed Broccoli	35
Grilled Vegetables Eggplant, zucchini, yellow squash, red onions, bell peppers	45
String Beans Almondine Sliced almonds, butter	35
Broccoli Rabe Roasted whole garlic	50
Potatoes Al Forno Oven roasted seasoned Idahoes	35
Garlic Mashed Potatoes Roasted garlic, cream, butter	40
Roasted Sweet Potatoes	35
Roasted Lemon-Pepper Potato Wedges	40
Grilled Asparagus	50
Sesame String Beans or Roasted Brussels Sprouts	45