

SANDWICH PLATTERS

Finger Sandwiches

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

13 pp / min. 10

Assorted Sandwiches/Wraps

Choose any sandwich and/or wrap from our Take-Out menu at the listed price. Each item will be sliced and layed out on trays for an additional \$1.50 per item. Minimum 5 items

min. 5

3' HEROES

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

CLASSIC

85

American

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

Italian

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

SPECIALTY

85

Suprimo

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 top round roast beef, fresh mozzarella, tomatoes, roasted red peppers

Grilled Veggie

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

Grilled or Breaded Eggplant Cutlet

Fresh mozzarella, tomatoes and marinated roasted red peppers

Grilled or Breaded Chicken Breast

Fresh mozzarella, tomatoes and marinated roasted red peppers

All platters and sandwiches include sides of pickles and condiments



CATERING MENU

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



HOT HORS d'OEUVRES

Minimum 12 pcs

Chicken Potstickers w/ teriyaki dipping sauce	1.00ea
Jumbo Loaded Tater Kegs w/ cheddar & bacon	1.00ea
Battered Mozzarella Sticks w/ homemade marinara	1.50ea
Breaded Fried Ravioli w/ homemade marinara	1.00ea
Fried Shrimp	1.50ea
Coconut Shrimp	1.50ea

No minimum

Cheese Rice Balls w/ homemade marinara	5.49ea
Spinach & Cheese Rice Balls w/ homemade marinara	5.99ea
Sicilian Rice Balls (w/ beef) and homemade marinara	6.49ea
Cheeseburger Eggrolls	4.00ea
Seafood Cakes	4.00ea

1/2
Tray

Chicken Wings Plain, BBQ, Buffalo, Rajin Cajin or Teriyaki	50
Chicken Tenders Plain, BBQ, Buffalo, Rajin Cajin or Teriyaki	50

PASTA 1/2 tray feeds approx. 8-10

Baked 12 Cheese & Macaroni Semolina macaroni, twelve-cheese blend, toasted panko topping	50
Baked Ziti Homemade marinara, ricotta, mozzarella, pecorino romano	55
Orrechiette, Broccoli Rabe & Sausage Sautéed garlic, oil, pecorino romano	55
Meat & Cheese Lasagna Homemade meat sauce, ricotta, mozzarella & pecorino cheeses	65
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	45

1/2
Tray

PASTA COMBINATIONS

Rigatoni / Penne / Farfalle / Linguini Homemade marinara, garlic & oil or basil pesto	40
Alfredo, vodka, carbonara, bolognese or meat sauce	45
Cheese Tortellini / Cavatelli Homemade marinara, garlic & oil or basil pesto	45
Alfredo, vodka, carbonara, bolognese or meat sauce	50

COLD HORS d'OEUVRES

Antipasto An assortment of marinated italian specialties cheeses and sliced cured meats	90
Caprese Fresh mozzarella and tomatoes with roasted red peppers, black olives and basil pesto	75
Shrimp Cocktail (50pcs) Served on a bed of lettuce with fresh lemon and cocktail sauce	85

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	20
Grilled Shrimp	25

PASTA ADDITIONS

Broccoli	10
Broccoli Rabe	20
Grilled Chicken	20
Italian Sausage (sweet or hot)	15
Grilled Shrimp	25

POULTRY

Chicken Marsala Sautéed boneless breast medallions, marsala wine & mushroom demi-glace	65
Chicken Murphy Bell peppers, spanish onions, roasted potatoes, zesty marinara sauce	65
Chicken Piccata Boneless breast, egg battered, lemon juice, white wine, butter, capers	65
Chicken Parmigiana Breaded cutlet, homemade marinara, mozzarella, pecorino romano	65
Chicken Francaise Boneless breast, egg battered, lemon juice, white wine, butter	65
Chicken Rossini Boneless breast, egg battered, tomatoes, mozzarella, tangy tomato sauce	75
Chicken Saltimbocca Boneless breast, egg battered, sautéed spinach, prosciutto, demi-glace, mozzarella	75

BEEF / PORK

Pepper Steak Bell peppers, Spanish onions, teriyaki, demi-glace	65
Beef Lasolas Top round beef & mozzarella smothered in a rich marsala mushroom gravy	65
Pork Giambotta Grilled boneless pork, hot and sweet peppers, sauteed onions and potatoes	75
Pork Tenderloin Grilled, sliced and served with your choice of marinade	75
Sausage, Potatoes & Onions Provolone & parsley sausage, fried potatoes and sauteed onions	60
BBQ Pork Ribs House-made rub, bbq sauce	75
Sausage & Peppers Italian sausage, bell peppers, spanish onions, homemade marinara	60
Italian Meatballs Beef meatball, homemade marinara	60
Veal Parmigiana Breaded cutlet, homemade marinara, mozzarella, pecorino romano	80
Stuffed Cabbage Beef & rice, tomato puree	60
Kielbasi & Sauerkraut Traditional Polish smoked sausage	55
Cuban Style Pork Sliced garlic, citrus mojo	75
BBQ Pulled Pork Spice rub, bbq sauce	75

SEAFOOD

Shrimp Scampi Sautéed garlic, lemon, butter	85
Scallops & Shrimp Supreme Sautéed garlic, basil, homemade marinara, cream	85
Mussels Marinara (hot or sweet) Black mussels, homemade marinara	60
Linguini White Clam Little neck clams, white wine, garlic, parsley	55
Linguini Red Clam Little neck clams, homemade marinara	55

VEGETARIAN & SIDE DISHES

Eggplant Parmigiana Naples-style fried eggplant cutlets, mozzarella cheese, homemade marinara	60
Eggplant Rollatini Skinless fried eggplant cutlets. ricotta & mozzarella cheese, homemade marinara	70
Yellow Rice	30
Sauteed or Steamed Broccoli	40
Grilled Vegetables Eggplant, zucchini, yellow squash, red onions, bell peppers	55
String Beans Almondine Sliced almonds, butter	40
Broccoli Rabe Roasted whole garlic	60
Potatoes Al Forno Oven roasted seasoned Idahoes	45
Garlic Mashed Potatoes Roasted garlic, cream, butter	45
Roasted Sweet Potatoes	45
Roasted Lemon-Pepper Potato Wedges	45
Grilled Asparagus	55
Sesame String Beans or Roasted Brussels Sprouts	55

1/2
Tray