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At Farm to Table Catering by Filomena, we specialize in fresh, seasonal, and local ingredients therefore we may modify the ingredients accordingly. We use organic whenever available. We offer full-service catering

Delivery Charges are additional

Due to the nature of how we purchase our food, prices are subject to change

\* Consuming raw or undercooked meals, fish, shellfish, or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

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## Delivery-Style Take-Out Catering Menu



**Farm to Table**  
CATERING & CAFE  
*by Filomena*

127-11 Smithtown Blvd

Nesconset, NY 11767

631-406-6742

Farmtotablecatering.com

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## Appetizer/Hors D' Oeuvres

	<u>45 pc</u>	<u>90 pc</u>
Frittata Bites with Spinach & Feta Cheese.....	55.00	100.00
Crostini w/ Caramelized Onion & Gorgonzola .....	55.00	100.00
Crostini with White Bean, Garlic and Rosemary Spread.....	55.00	100.00
Crostini with Mushrooms and Goat Cheese.....	55.00	100.00
Crostini w/ Apple, Gorgonzola & Maple Crusted Walnuts....	55.00	100.00
Crostini with Artichoke Spread.....	55.00	100.00
Eggplant Caponata on Crostini.....	55.00	100.00
Roasted Butternut Squash wrapped with Prosciutto.....	55.00	100.00
Mini Portobello Mushrooms Stuffed with Focaccia Bread Stuffing, Parmesan Cheese .....	75.00	140.00
Mini Portobello Mushrooms Stuffed with Lump Crabmeat, Panko Breadcrumbs and Seasoning.....	100.00	175.00
Jumbo Shrimp wrapped with Prosciutto.....	135.00	250.00
Mini Lump Crab Cakes with Creamy Cilantro Sauce.....	135.00	250.00
Grilled Chicken Skewers served with BBQ Sauce.....	85.00	150.00
Smoked Salmon with Capers & Chive Cheese Spread on Cucumbers or Crostini.....	85.00	150.00
Organic Mini All Beef or Organic Turkey Meatballs with Fresh Mozzarella Pearls in tomato sauce.....	85.00	150.00
Herb Encrusted Baby New Zealand Lamb Chops served with Mint Jelly.....	Market	Price
Butternut Squash Arancini or Plain Arancini.....	85.00	150.00
Mini Lobster Rolls.....	Market	Price
Buffalo Chicken Bites.....	85.00	150.00
Crostini with Sliced Filet Mignon (horse radish mayo).....	195.00	350.00

## Appetizer Platters

	<u>Small</u>	<u>Large</u>
Artisanal Cheese Platter with Grapes and Tuscan Toast.....	125.00	180.00
Seasonal Organic Grilled Vegetable Platter .....	75.00	140.00
Jumbo Shrimp Cocktail Platter sm (75 pcs) lg (150 pcs) ....	95.00	180.00
Vegetable Crudit� Platter Accompanied with 2 Dips .....	95.00	180.00
Fresh Mozzarella and Heirloom Tomato Platter.....	95.00	180.00
Antipasto Platter (Fresh Mozz & Tomato, Grilled Vegetables served with Marinated Mushrooms, Artichoke Hearts and Olives.....	95.00	180.00
Charcuterie Meat Platter with Italian Cheese (Parmigiano- Reggiano).....	95.00	180.00

## Farm to Table Salads and Creations

	Small 5 lbs	Large 10 lbs
Organic Massaged Kale Salad with Dried Cranberries, Walnuts and Feta Cheese	75.00	150.00
Organic Massaged Kale Salad with Blueberries, Pine Nuts and Feta Cheese	75.00	150.00
Organic Mesclun Tossed Salad.....	75.00	150.00
Caesar Salad.....	75.00	150.00
with Chicken.....	95.00	185.00
with Shrimp.....	120.00	230.00
Greek Salad.....	75.00	150.00
with Chicken.....	95.00	185.00
with Shrimp.....	120.00	230.00
Grilled Kale Salad & Farro (wheat berry) Grilled Kale, Wheatberry, Sunflower Seeds, Lemon juice, olive oil and seasoning.....	85.00	160.00
Shaved Fennel & Arugula Salad with Pine nuts & Grapes...	85.00	160.00
Quinoa Salad.....	85.00	160.00
Organic Vegan Potato Salad.....	85.00	160.00
Mediterranean Farro Salad.....	85.00	160.00
Lentil Salad.....	85.00	160.00
Pesto Pasta Primavera (nut free pesto).....	85.00	160.00
Organic Crunchy Cabbage Salad.....	85.00	160.00
Organic Roasted Beet Salad.....	85.00	160.00
Roasted Root Vegetable Salad.....	85.00	160.00
Fresh Green String beans and Potato Salad.....	85.00	160.00
Grilled Kale and Roasted Butternut Squash .....	85.00	160.00
Spinach Salad with Mushroom, Red Onion and Bacon.....	85.00	160.00
Forbidden Rice with Butternut Squash or Sweet Potato.....	85.00	160.00
Organic Corn Off the Cobb Salad.....	85.00	160.00

1/2 tray Feeds 5-6 people (based on single selection)  
Full Tray Feeds 10-12 people (based on single selection)  
Sandwich/Wrap Counts are indicated.  
Mayonnaise, Mustard, and Oil & Vinegar supplied with Sandwich/Wraps.  
Organic ingredients are used whenever possible, we use all natural, no anti biotic or nitrates or chemicals. We use Seasonal and Local Produce.

## Pasta

	1/2 Tray	Full Tray
Orecchiette with Kale and Breadcrumbs Orecchiette tossed with Fresh Kale, Toasted Panko Breadcrumbs seasoned with Garlic and Olive Oil in Aioli and Parmesan.....	85.00	165.00
Penne Pasta with Filetto di Pomodoro (Vegan).....	85.00	165.00
Bow Tie Pasta with Onions, Prosciutto in a Tomato Sauce.....	85.00	165.00
Traditional Lasagna Without meat.....	85.00	165.00
With mini-Organic Beef meatball.....	95.00	180.00
Lasagna Rolls Without meat.....	85.00	165.00
With Organic Beef.....	95.00	180.00
Baked Penne or Baked Penne al Vodka.....	85.00	165.00
Baked Stuffed Shells.....	85.00	165.00
Pasta Primavera with Garlic and Oil.....	75.00	150.00

## Chicken

Mediterranean Chicken with Artichoke Hearts, Gaeta Olives in a Tomato and Garlic Sauce.....	85.00	165.00
Chicken Parmesan .....	85.00	165.00
Chicken Francese.....	85.00	165.00
Chicken Piccata.....	85.00	165.00
Breaded or Grilled Chicken Tender topped with Tomato and Arugula Salad.....	100.00	190.00
Rustic Lemon Chicken with Garlic and Rosemary.....	85.00	165.00
Herbed Chicken Skewers...Half (20) Full(40).....	85.00	165.00
Organic Chicken Breast Stuffed with Artichoke, Mozzarella and Homemade (nutfree) Pesto.....	85.00	165.00
Organic Chicken Breast Stuffed with Spinach, Asiago and Sundried Tomato.....	95.00	185.00

## Fish

Roasted Wild Caught Cod (or available white fish) Braised in a Tomato Fennel Sauce.....	90.00	175.00
Dijon Encrusted Wild Alaskan Salmon.....	90.00	175.00
Wild Caught Flounder Florentine with Kale <b>OR</b> Spinach.	90.00	175.00
Wild Caught Flounder Stuffed with Focaccia Stuffing.....	100.00	195.00
Wild Caught Flounder Stuffed with Crabmeat.....	100.00	195.00
Shrimp Scampi Style.....	100.00	195.00
Shrimp Parmesan .....	100.00	195.00
Wild Salmon En Croute (Salmon Filet and Spinach wrapped in Puff Pastry)...	195.00	per Filet

## Beef\*

1/2 Tray      Full Tray

Rustic Farm to Table Steak Sliced Sirloin in a Plum tomato Sauce seasoned with Fresh Garlic, Oregano, Wine and Romano Cheese.....	115.00	185.00
Herbed Beef Skewers.....	115.00	185.00
Grilled Flank Steak served with Homemade Chimichurri.....	115.00	195.00
 Farm to Table Mini Beef Braciolo Thinly Sliced Sirloin Beef Stuffed with Fresh Garlic, Pine nuts, Romano Cheese and Parsley in Freshly made Tomato Sauce.....	115.00	185.00
 Sliced Filet Mignon Served Room temperature with Chimichurri or Peppercorn Gravy.....	180.00	325.00
Italian Style Meatballs in Tomato Sauce.....	85.00	150.00
Shepherd's Pie with Organic Beef.....	95.00	180.00
 Greek Moussaka Breaded Eggplant, Sliced Potatoes, Organic Chopmeat, Tomato Sauce & Bechamel Sauce.....	95.00	180.00

## Sandwiches/Wraps

(Limit 3 Choices per Platter)

### Assorted Mini Focaccia Sandwiches

Homemade Focaccia with Organic Flour..... 95.00 190.00  
Small- approx. 30 Large - approx. 60

### Assorted Wrap Platter (cut into 1/2 or 1/3)

Small - 8 full wraps / Large - 15 full wraps 95.00 190.00  
Whole Wheat/Spinach/White Wraps.....

Collard Green Wraps (Carb and Gluten  
Free) ..... 105.00 200.00

### Assorted Focaccia Sandwich (REGULAR)

(Pressed Optional) 115.00 225.00  
Small - 8 Sandwiches/ Large - 15 Sandwiches.....

## Sandwich and Wrap Choices

1. **Grilled Chicken Caprese : ( Grilled Chicken, Fresh Mozzarella, Roasted Red Pepper, Homemade Pesto (nut free))**
2. **Breaded Chicken Caprese: (Breaded Chicken, Fresh Mozzarella, Roasted Red Pepper, Homemade Pesto (nut free))**
3. **Just the Caprese (Vegetarian): (Fresh Mozzarella, Tomato, Roasted Red Pepper, Homemade Pesto (nut free))**
4. **Grilled Seasonal Vegetable Caprese (Vegetarian)**
5. **Philly Cheese Steak (Black Angus Roast Beef, Cheddar Cheese and Caramelized Onions)**
6. **Chicken Waldorf (Chicken breast, Granny Smith apples, Dried Cranberries, Walnuts, Vegenaise, Salt, Pepper)**
7. **Turkey Waldorf (Turkey Breast, Granny Smith apples, Dried Cranberries, Walnuts, Vegenaise, Salt, Pepper)**
8. **Black Bean Quinoa Burger (add'l \$10) (Vegan)**
9. **Farmer's Delight- Grilled Vegetables with White Bean Spread (Vegan)**
10. **Tru Blu American  
(All-Natural Fresh Roasted Turkey Breast, Roast Beef, Cheddar and LTO)**
11. **Eggplant Sandwich (Vegetarian)  
(Breaded Eggplant with Tomato Sauce and Parmesan)**

## Focaccia Pizza

	Each or <u>½ Tray</u>	<u>Full Tray</u>
Zucchini & Caramelized Onion (V).....	39.95	
Potato & Red Onion (V).....	39.95	
Buffalo Chicken.....	49.95	
Chicken Parmesan.....	49.95	
Roasted Cauliflower Pesto (VG).....	39.95	
Margarita Pizza...(VG).....	39.95	
Focaccia Bread ...(with Butter).....	24.95	

## Brunch Items

Broccoli and Cheddar Quiche.....	44.95
Artichoke, Mozzarella and Pesto Quiche.....	44.95
Quiche Loraine (with Turkey Bacon.....	44.95
Spinach, Feta and Sundried Tomato.....	44.95

**Quiches are made with our Homemade  
Organic Crusts or can be ordered  
Crustless (GF)**

Organic Greek Yogurt Parfaits with Berries and Granola (served in Mason Jars).....	9.95 ea.
Organic Overnight Oats (served in Mason Jars).....	9.95 ea

**Pancake Towers** – organic and served  
with Maple syrup and whipped fresh cream  
(Gluten Free Pancakes (add'1 \$20)

Nutella Pancake Tower.....	89.95
Triple Berry Organic Pancake Tower.....	89.95
Cinnamon Swirl Pancake Tower.....	89.95
Cannoli Pancake Tower.....	99.95
	<u>45 pc</u> <u>90 pc</u>
Mini Assorted Avocado Toasts.....	65.00     120.00

## Pork

	Each or <u>½ Tray</u>	<u>Full Tray</u>
Pork Tenderloin Sliced with Sweet Onions, Capers and Vermouth Sauce.....	85.00	165.00
Pork Bracirole Thinly Sliced Pork Loin Stuffed with Fresh Garlic, Pine nuts, Romano Cheese in a freshly made Tomato Sauce.....	85.00	165.00
Stuffed Pork Loin with Focaccia Apple Stuffing.....	85.00	165.00

## Vegetarian

Eggplant Rollatini Breaded Eggplant rolled with Ricotta, Mozzarella House Made Marinara Sauce.....	85.00	165.00
Eggplant Parmigiana Layers of Breaded Eggplant with House Made Sauce and topped with Parmigiana.....	85.00	165.00
Broccoli Rabe and Chickpeas Sauteed with Garlic and Oil...	85.00	165.00
Escarole and White Beans Sauteed with Garlic and Oil...	85.00	165.00
Stuffed Portobello Mushrooms with Spinach and Asiago....	85.00	165.00
Stuffed Portobello with Focaccia Bread Stuffing .....	85.00	165.00

## House Made Dressings

**8 oz     16 oz**

**All the dressings that we use in our food are made from scratch.  
There are no fillers, sugar, or GMO's.  
We use only Extra Virgin Olive oil.**

Creamy Caesar (does <b>NOT</b> contain anchovies or raw eggs).....	9.95	18.95
Balsamic Dressing.....	9.95	18.95
Pesto (does <b>NOT</b> contain nuts).....	9.95	18.95
Spicy Cumin Lime Vinaigrette.....	9.95	18.95
Greek Dressing (does <b>NOT</b> contain dairy).....	9.95	18.95
Vegan Caesar Dressing.....	9.95	18.95
Chimichurri .....	9.95	18.95
Creamy Vegan Cilantro.....	9.95	18.95

## Vegan Entree

Lentil Loaf (Crustless) (V) (GF).....	89.95	
Lentil Loaf with Puff Pastry (V).....	99.95	
Vegan Lentil Shepherds Pie (V) (GF).....	85.00	165.00
Black Bean Quinoa Burgers (V) (GF).....	8.95 ea.	
	<u>1/2 Tray</u>	<u>Full Tray</u>
Broccoli Rabe and Chickpeas Sauteed with Garlic and Oil.	85.00	165.00
Escarole and White Beans Sauteed with Garlic and Oil....	85.00	165.00
Stuffed Portobello Mushrooms with Spinach and Quinoa...	85.00	165.00
Stuffed Zucchini Boats with Quinoa.....	85.00	165.00

## Special Sides

	<u>1/2 Tray</u>	<u>Full Tray</u>
Roasted "In Season" Vegetables.....	75.00	145.00
Roasted Root Vegetables.....	75.00	145.00
Root Vegetable Gratin.....	75.00	145.00
Spaghetti Squash with Garlic, Oil and Fresh Basil.....	75.00	145.00
Haricots Verts and White Beans with Shallot Vinaigrette...	75.00	145.00
Sauteed Broccoli Rabe with Garlic and Oil.....	75.00	145.00
Sauteed Broccolini With Garlic and Oil.....	75.00	145.00
Roasted Tuscan Potatoes.....	75.00	145.00
Sweet Potato Wedges Seasoned with Cumin, Garlic and Extra Virgin Olive Oil.....	75.00	145.00

## Soups

	<u>QRT</u>
Butternut Squash Soup (V & GF).....	11.95
Lentil Soup (V & GF).....	11.95
Spicy Red Lentil Soup (V & GF).....	11.95
Italian Wedding Soup (GF).....	11.95
Cauliflower and Leek Soup (V & GF).....	11.95

## Desserts ~ All Homemade

Cannoli.....	79.99	99.99
Cream Puff.....	89.99	139.99
New York Style Cheesecake.....	89.99	-
Carrot Cake.....	89.99	-
Organic Chocolate Chip Cookie.....	79.99	150.00
Organic Vegan Chocolate Cake.....	89.99	
Black Bean Brownies (GF).....	79.99	150.00
Mini Assorted Muffins (V) (GF).....	79.99	150.00
Fruit Platter.....	95.00	175.00
Pavlova (with cream and berries).....	125.00	175.00
Chocolate Covered Strawberries.....	150.00	195.00
Farm to Table's House Made Mason Jar Desserts (jar deposit of \$1 is included).....	7.95	



# Our Philosophy

**WE PUT THE CLIENT FIRST.**

We will accommodate your preferences and dietary restrictions without compromising taste or quality.

**WE NOURISH OUR GUESTS.** We believe that the freshest food is also intrinsically good for you. Food made from quality ingredients that feeds your body what it really needs is, in turn, more satisfying.

**WE KEEP CRAFTSMANSHIP ALIVE.**

We are committed to making our food by hand. That means we make our food from scratch, using techniques mamma would be proud of. If we can't make it, we support local artisans that do.

**WE SOURCE SUSTAINABLE.**

We will use seasonal and organic produce from local farms whenever possible.

**OUR STAFF IS SKILLED AND TREATED FAIRLY.**

We promise to select and value our staff with respect, paying them fairly and empowering them to rise to their potential. We believe in training our staff well enough so they can leave but treat them well enough so they don't.

**WE REDUCE OUR WASTE.**

The cycle of our business goes from the farm to your table and back to the earth as compost. We promise to compost our food scraps in our local community garden whenever possible. We also commit to bringing excess food to our local food pantry.

Visit our Cafés in  
Nesconset and  
Stony Brook for  
a delicious  
example of what  
you can order  
for catering your  
next party!

**OUR SPECIALTY**

We specialize in deliciously prepared healthy food that is handmade. Food is our focus and our passion. We begin with an individually designed event menu customized specifically for you and your guests. Then we source the best ingredients available and prepare them by hand. Our servers serve with the same amount of care.