

BREAKFAST

House Baked Bagels and Cream Cheese 30.
Mixed Dozen: Everything, Plain, Cinnamon Raisin

Smoked Salmon and Bagel Platter 45.
Smoked Salmon, Bluefish Pate, Chive Cream Cheese, Capers, Red Onion, Tomatoes, Hard-Boiled Egg, 3 Plain and 3 Everything Bagels

Morning Pastry Platter 48.
Dozen Assorted Seven Stars Artisan Pastries
(Requires 72 hours notice)

Coffee Service 20.
96 oz of Freshly Brewed Coffee, Milk, Sugar, Cups

SOUPS & SALADS

SOUPS (Sold by the quart)

Mooring Clam Chowder 17.99
Boat House Shrimp Chowder 17.99
Chicken Noodle Soup 15.99

SALADS (Feeds 6-8 people)

Classic Caesar Salad 30.
Romaine, Parmesan, Garlic Croutons, Caesar Dressing

Greek Chopped Salad 35.
Chopped Romaine, Olives, Tomatoes, Cucumbers, Red Onion, Feta, Red Wine Vinaigrette

Spinach Salad 35.
Creamy Mustard Dressing, Bacon, Egg, Croutons, Roasted Mushrooms

Field Green Salad 30.
Tomatoes, Cucumbers, Carrots, Red Onion, Croutons, Honey-Balsamic Dressing

Bowen's "Chopped" Wedge Salad 35.
Iceberg Lettuce, Blue Cheese, Bacon, Tomatoes, Creamy Blue Cheese Dressing

SANDWICHES & BOXED LUNCH

(Feeds 6-8 people)

Assorted 1/2 Sandwich Platter 60.
Assorted selection: Fall Harvest Turkey; French Onion Roast Beef; Muffaletta; Smoked Salmon Croissant; Rainbow Vegetable

Lunchbox (1/2 sandwich, side, dessert) 13.50
choice of: Fall Harvest Turkey, French Onion Roast Beef or Rainbow Vegetable Sandwich
choice of: Harissa Lime Cous Cous, Power Slaw or Chips
choice of: Castle Hill Cookie, Raspberry White Chocolate Bar or Apple

Tea Sandwiches (24 ea) 40.
Cucumber Dill Cream Cheese; Prosciutto and Fig Jam; Chicken Salad; Smoked Salmon and Caper; Strawberry Mascarpone on Mini Scone

Individual Salads 12.50
Classic Caesar or Bowen's Chopped Wedge
Add Chicken +2.

Assorted Chip Basket 17.50
10 individual bags of chips

SIDES

HOT (Feeds 6-8 people)

Green Beans with Crispy Shallots 25.
Slivered Garlic, EVOO, Salt & Pepper

Parmesan Roasted Brussels Sprouts 25.

Roasted Sweet Potato Wedges 25.
Spice Rubbed and Roasted

Roasted Fingerling Potatoes 25.
Herb Crusted

Mashed Potato, Regular or Sweet 25.
Yukon Gold Mashed Potato or Mashed Sweet Potatoes

Mushroom Leek Risotto 25.

Penne al Pomodoro 20.
Penne Tossed in Our Tomato Sauce Garnished with Parmesan Cheese

Mac n Cheese 25.
Gemili Pasta, Cheese Sauce, Bread Crumb Topping

COLD (Feeds 6-8 people)

Harissa Lime Cous Cous Salad 25.
Cous Cous, Chick Peas, Kale, Golden Raisins, Harissa Lime Vin

Ancient Grain Salad 30.
Farro, Tomatoes, Cucumber, Red Onion, Feta, Herbs, Lemon Vin

Power Slaw 25.
Shredded Broccoli, Kale and Brussels, Chickpeas, Raisins, Lemon Tahini Dressing

New Potato Salad with Grain Mustard 25.
Potatoes, Eggs, Celery, Creamy Mustard Dressing

Mediterranean Pasta Salad 28.
Orecchiette, Red Peppers, Olives, Tomatoes, Red Onion, Salami, Mozzarella, Parmesan Cheese, Red Wine Vinaigrette

White Bean Salad 25.
Garlic, Shallot, Fresh Herbs

APPETIZERS

COLD (Feeds 6–8 people)

Charcuterie & Cheese Platter 65.

Sample selection: Cave Aged Cheddar, Great Hill Blue, Camembert, Prosciutto, Calabrese Salami, Truffle Pork Pate, Marinated Mixed Olives, Roasted Red Peppers, Toasted Almonds, Cornichons, Pickled Onions, Crackers, Local Honey, Fig Jam, Whole Grained Mustard

Artisinal Cheese Platter 55.

Sample selection: Cave Aged Cheddar, Great Hill Blue, Camembert, Aged Parmesan, Mixed Olives, Toasted Almonds, Crackers, Local Honey, Fig Jam, Whole Grain Mustard

Fresh Fruit Platter 30.

A Selection of Sliced Melon, Berries and Grapes with Yogurt Dipping Sauce

Vegetable Crudité & Dip Platter 35.

Peppers, Celery, Carrots, Marinated Olives, Cornichons, Cucumbers, Asparagus, Grape Tomatoes, Green Beans, Radish, Red Pepper Hummus, Caramelized Onion Dip, Crackers

Shrimp Cocktail Platter 50.

Food Love Shrimp Cocktail, Cocktail Sauce, Lemon Wedges. (24 shrimp)

Sushi Box with Assorted Rolls (48 pieces) 65.

Traditional Chips & Dips 25.

Kettle Chips & Pita Chips with Red Pepper Hummus, White Bean Truffle Dip

Mezze Platter (Vegetarian) 40.

Red Pepper Hummus, Tzatziki, White Bean Salad, Tabbouleh, Feta, Olives, Cucumber Salad, Pickled Red Onion, Pita Chips

CATERING REQUESTS REQUIRE A MINIMUM OF 48 HOURS NOTICE

*Hot items come cold & will need no more than 30 minutes of re-heating. Cold items come ready-to-serve.

HOT * (Feeds 6–8 people)

Crab Cakes (24 ea) 75.

Mini Crab Cakes, Lemon Caper Aioli

Bacon Wrapped Scallops (24 ea) 125.

Sriracha Aioli

Chips & Warm Dips 28.

Pita Chips & Kettle Chips with Choice of: Warm Spinach Artichoke Dip or Warm Buffalo Chicken Dip

Portuguese Stuffed Clams (8 ea) 25.

Tabasco, Lemon

Chicken Wings (24 ea) 30.

Buffalo, BBQ, or Spiced & Baked House-made Blue Cheese Dressing, Carrots, Celery

Edamame Pot Stickers (24 ea) 30.

Sweet Chili Sauce

Spinach & Feta Stuffed Mushrooms (24 ea) 30.

Creamy Spinach, Feta, Bread Crumbs

Marinated Steak Skewers (16 ea) 45.

Korean BBQ Dipping Sauce

DESSERTS

Castle Hill Cookie Platter (12 ea) 30.

Flourless Brownie Platter (12 ea) 30.

GF Castle Hill Cookie Platter (12 ea) 30.

Assorted Cookies and Bars (12 ea) 30.

3 of each Castle Hill Cookies, Brownies, Raspberry White Chocolate Bars, Magic Bars

Key Lime Pie (9") 25.

Chocolate Peanut Butter Mousse Pie (9") 25.

Passion Fruit Cheesecake (9") 25.

Salted Caramel Cheesecake (9") 25.

MAINS

(Feeds 6–8 people)

Grilled Lemon Chicken 40.

10 (4 oz) Breasts

Blackened Chicken Thigh 35.

Garlic Shrimp Skewers 70.

8 Skewers (4 Shrimp per Skewer)

Grilled Salmon 80.

Simply Grilled, 8 (5 oz) Portions

Grilled Pork Loin 40.

Approx. 2.5 lbs, Grilled and Sliced

Marinated Sirloin Steak 90.

Herb Marinated, Grilled and Sliced

Served with your choice of sauce: Marsala Sauce, Bordelaise, Chimichurri, Mustard Dill Sauce

Pork Osso Bucco 50.

Red Wine Braised Pork Shank

Seafood Paella 50.

Shrimp, Chorizo, Chicken and Veggies in a Saffron Infused Rice

Piri Piri Roasted Chicken 45.

2 Whole Chickens, Roasted and Quartered

FLM Signature Lasagna 60.

Bolognese Sauce, Mozzarella, Ricotta

Vegetarian White Lasagna 55.

Spinach, Roasted Mushrooms, Alfredo Sauce, Ricotta, Mozzarella

Meatballs w/ Marinara 45.

Beef and Sausage (GF), House Pomodoro

Avvio Chicken Parm 50.

Breaded Chicken Cutlet, Marinara Sauce, Mozzarella, Cheese Blend

Vegetarian Baked Eggplant Rollatini 40.

Breaded Eggplant, Spinach Ricotta Filling, Pomodoro Sauce