



CATERING MENU





BREAKFAST

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

Smoked Salmon Platter 35.
Sliced Smoked Salmon, Cucumbers,
Tomatoes, Red Onions, Capers, Fresh Dill

Morning Pastry Platter 48.
Dozen Assorted Seven Stars Artisan Pastries
(Requires 72 hrs notice, Call to Order)

Foodlove Quiche 25.
Cheddar, Ham, Peppers, and Onions in a Flaky Crust

Veggie Eggbites 24.
Sautéed Spinach and Mushroom with Swiss
(Sold by the Dozen)

Overnight Oats 24.
(4-Pack, 6 Oz Per Serving) Overnight Oats with Chia
Seeds, Maple Syrup, Raspberries, and Cocoa Nibs

Yogurt Parfait 24.
(4-Pack, 6 Oz Per Serving) Dried Fruit and Granola

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)

Kale Caesar Salad 30.
Kale, Parmesan, Garlic Croutons, Caesar Dressing

Marinated Greek Salad 35.
Romaine and Arugula Blend, Olives, Sundried
Tomatoes, Roasted Red Peppers, Sliced Red Onion,
Cucumbers, Feta, Red Wine Vinaigrette

House Chopped Salad 35.
Romaine and Leaf Lettuces, Marinated
Chickpeas, Cherry Tomatoes, Sliced Red Onion,
Blue Cheese Crumbles, Cucumber, Bacon Bits,
Honey Mustard Vinaigrette

Beet & Goat Cheese Salad 37.
Sliced Beets, Crumbled Goat Cheese, Spiced Pepitas
and Sunflower Seeds, Pickled Carrots, Watermelon
Radish, and Cucumbers with Honey Balsamic Dressing



SANDWICHES & BOXED LUNCH

(Feeds 6-8 people)

Assorted 1/2 Sandwich Box 65.
Selection of 5: Fig & Apple Turkey Sandwich, Harvest
Caprese on Cranberry Sourdough, Burgundy Boursin
Roast Beef on Rosemary Focaccia, Maple-Ginger Ham
& Cheddar on Ciabatta, Chicken-Kale Caesar Wrap

Lunchbox (1/2 sandwich, side, dessert) 13.50
choice of: Turkey with Fig & Apple,
Ham & Cheddar, or Solstice Caprese
choice of: Chips, Egg Noodle Pasta Salad,
or Harissa Cous Cous
choice of: Apple, Brownie, or Castle Hill Cookie

Tea Sandwiches (24 ea) 40.
Strawberry Mascarpone Scone, Cucumber
Sandwiches, Prosciutto & Fig Sandwiches,
and Cran-Pecan Chicken Salad Tartlets

Assorted Chip Basket 17.50
10 individual bags of chips



APPETIZERS

COLD Feeds 6–8 people | Deluxe: 12–16 people

Charcuterie & Cheese Platter 75. | 150.

Sample selection: Cave Aged Cheddar, Great Hill Blue, Camembert, Prosciutto, Salami, Marinated Mixed Olives, Toasted Almonds, Cornichons, Crackers, Local Honey, Fig Jam, Whole Grained Mustard, Peppadew Peppers

Artisanal Cheese Platter 55. | 110.

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

Vegetable Crudit  and Dip Platter 40. | 80.

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

Antipasto Platter 60.

Chef's Selection of Marinated Vegetables and Cured Meats, Including Artichoke Hearts and Cippolini Onions, Salame, Prosciutto, Parmesan, and Sliced Mozzarella

Shrimp Cocktail Platter 50.

(24 shrimp) Foodlove Shrimp Cocktail, Cocktail Sauce, Lemon Wedges

Sushi Box with Assorted Rolls

(50 pieces) 65.

Deluxe Sushi Platter 110.

Assorted Rolls, Sashimi and Nigiri (72 pieces)

Traditional Chips and Dips 25.

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

Fresh Fruit Platter 30.

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

Mezze Platter (Vegetarian) 45.

(6oz of each) Red Pepper Hummus, Tzatziki, Ancient Grains, Feta Cheese, Olives, Cucumber-Tomato Salad, Peppadews & Roasted Red Peppers, Pickled Red Onion, and Bag of Stacy's Pita Chips

HOT * (Feeds 6–8 people)

Crab Cakes (30 ea) 75.

Mini Crab Cakes, Lemon Caper Aioli

Chips & Warm Dips 28.

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

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) 55.

Herb Marinated Beef Skewers
Served with House Made Chimichurri





MAINS

Served with your choice of sauce: Lemon Caper Cream, Garlic Butter, Mushroom Gravy, Orange Miso Glaze

Grilled Lemon Chicken 45.

10 (4oz) Breasts

Blackened Chicken Thigh 40.

Approx. 2.5 lbs

Garlic Shrimp Skewers 70.

24 Jumbo Shrimp

Grilled Salmon 80.

Simply Grilled, 8 (5oz) Portions

Marinated Sirloin Steak 90.

Approx. 2.5 lbs

Herb Marinated, Grilled and Sliced

Avvio's Eggplant Parmesan 50.

Layers of Breaded Eggplant in our House Pomodoro Sauce with Pecorino, Parmesan & Mozzarella

Meatballs w/ Marinara 55.

(24 ea) Beef and Sausage (GF), House Pomodoro

Rojo Veggie Enchiladas 56.

(Includes 12 Enchiladas) Rice, Black Beans, Spiced Sweet Potato, Chipotle and Pepperjack Cheese, Wrapped in Tortillas with Rojo Sauce

Avvio Chicken Parm 58.

Breaded Chicken Cutlet, Marinara Sauce, Mozzarella, Cheese Blend

FLM Signature Lasagna 60.

Bolognese Sauce, Mozzarella, Ricotta

New England Baked Cod 60.

Marinated with Creamy Dill and Baked with Buttery Herb Crumbs

CURATED PACKAGES

WORK LUNCH BUNDLE 100.

(Feeds up to 10 ppl) Includes: ½ Sandwich Platter, Greek Salad, Assorted Cookies and Bars

PIZZA PARTY BUNDLE 140.

Three of our most popular pies: Just Cheese, RI Red, & Pepperoni, Kale-Romaine Caesar Salad, Spiced & Baked Chicken Wings(24 ct.) and a Dozen Castle Hill Cookies



PIZZA

Available 11am – 6pm

12" x 17" | 10" Gluten Free

Just Cheese 19. | 15. (gf)

San Marzano Tomato, Mozzarella, Parmesan

Pepperoni 22. | 18. (gf)

San Marzano Tomato, Mozzarella, Pepperoni, Parmesan

RI Red Pizza 19. | 15. (gf)

Foodlove's Signature Tomato Sauce & Grated Parmesan

RI Mushroom 24. | 19. (gf)

Mascarpone, Mozzarella, Roasted RI Mushrooms,
Truffle Ricotta, Chive

Fig + Prosciutto 25. | 20. (gf)

Mascarpone Cream, Mozzarella, Blue Cheese, Fig Jam, Prosciutto, Arugula,
Shaved Grana, Balsamic Glaze

Pizza Bianca 23. | 18. (gf)

Mascarpone Cream, Mozzarella, Ricotta, Grana Padano,
Goat Cheese, Herb Blend, Chili Flake

Chicken Bacon Ranch 25. | 20. (gf)

Mascarpone Cream, Mozzarella, Rotisserie Chicken, Bacon,
Red Onion, Peppadew, Blackened Ranch, Scallions

Pesto Veggie 24. | 19. (gf)

Creamy Pesto, Mozzarella, Fresh Spinach, Roasted Red Peppers, Red Onions,
Goat Cheese, Balsamic, Basil

Sausage, Peppas, + Onions 25. | 20. (gf)

San Marzano Tomato Sauce, Hot Italian Sausage, Peppadew Peppers,
Caramelized Onions, Ricotta, Chili Flake

The Carnivore 26. | 21. (gf)

San Marzano Tomatoes, Mozzarella, Hot Italian Sausage, Meatballs, Bacon,
Pepperoni, Grated Parmesan





SIDES

HOT *(Feeds 6–8 people)*

Green Beans with Crispy Shallots 25.

Garlic, EVOO, Salt & Pepper

Roasted Fingerling Potatoes 25.

Mashed Potato, Regular or Sweet 25.

Yukon Gold Mashed Potato or Mashed Sweet Potatoes

Penne al Pomodoro 20.

Penne Tossed in Our Tomato Sauce Garnished with Parmesan Cheese

Mac 'n' Cheese 30.

Creamy White Cheddar, Mozzarella and Grated Pecorino/Parmesan Blend, Herb Breadcrumbs.

Roasted Brussels Sprouts & Bacon Jam 30.

Tossed in a Bacon-Shallot and Balsamic Jam

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, Feta, Herbs, Lemon Vin

Power Slaw 25.

Shredded Broccoli, Kale and Brussels, Chickpeas, Raisins, Lemon Tahini Dressing

Egg Noodle Pasta Salad 25.

Our Popular Dressed Egg Noodles With Scallions, Red Onion, Peas, Peppers, and Parsley

White Bean Salad 25.

Garlic, Shallot, Fresh Herbs

Foodlove Potato Salad 25.

Shallot and Chive Mayonnaise Dressed House Potato Salad

DESSERTS

Castle Hill Cookie Box (12 ea) 30.

GF Flourless Brownie Box (12 ea) 30.

GF Castle Hill Cookie Box (12 ea) 30.

Salted Caramel Cheesecake 25.

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.

Flourless Chocolate Cake 25.



HOW TO ORDER

ONLINE: foodlovemarket.com/catering

CALL: 401.236.8800 | **EMAIL:** catering@foodlovemarket.com

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CATERING REQUESTS REQUIRE A MINIMUM
OF 2 DAYS NOTICE WITH A 12PM CUT-OFF

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