Eat Well
FOOD SERVICES

Serving Central New York for over 27 years

61 Clinton Rd, New Hartford, New York
Phone: 315-735-4889
Email: catering@eatwellfoodservice.com

Fresh Salads

Half Tray feeds 15-20 | Full Tray feeds 35-40

Kitty's Signature Treasure Salad Half: $65.00 | Full: $130.00
romaine lettuce, mandarin oranges, strawberries, grapes, grapes tomatoes, candied walnuts, toasted coconut, shredded mozzarella, champagne vinaigrette

Garden Salad Half $50.00 | Full: $90.00
mixed greens, cherry tomatoes, cucumbers, red onion, black olives, shredded mozzarella, balsamic vinaigrette

Caesar Salad Half: $50.00 | Full: $90.00
romaine lettuce, croutons, shaved parmesan cheese, creamy caesar dressing

Antipasto Half: $65.00 | Full $130.00
romaine lettuce, salami, soppressata, imported provolone, roasted red peppers, pepperoncini, tuna, artichokes, grape tomatoes, red onion, fresh mozzarella, Italian dressing

Caprese Salad Half: $50.00 | Full: $100.00
spring mix, fresh sliced tomato, fresh mozzarella, red onion, basil pesto vinaigrette

Chopped Cobb Salad Half: $55.00 | Full: $110.00
romaine, red onion, oven roasted turkey, bacon, grape tomatoes, hard boiled egg, shredded mozzarella, champagne vinaigrette

Greek Salad Half: $50.00 | Full: $100.00
romaine, grape tomatoes, pepperoncini, feta cheese, kalamata olives, red onion, cucumbers, red wine vinaigrette

Add marinated grilled chicken to any salad
Half: $25.00 | Full: $50.00

Appetizer Platters

Italian Sausage Roll $30.00
Broccoli Roll $30.00
Antipasto Roll $30.00

Italian Sausage and Utica Greens Roll $30.00

Utica Greens Roll $30.00
Pepperoni Roll $30.00

Fresh Seasonal Fruit Platter
Small: $40.00 | Large: $70.00

Fresh Crudités Platter
Small: $40.00 | Large: $70.00

Fried Meatball Platter with mixed peppers, marinara, garlic bread
Small: $60.00 | Large: $110..00

Bruschetta Platter
Small: $40.00 | Large: $70.00

Italian Sausage Stuffed Mushrooms
$35.00 per dozen

Feta and Spinach Stuffed Mushrooms
$35.00 per dozen

Shrimp Cocktail with homemade cocktail sauce
Market Price

Coconut Shrimp with orange sweet chili sauce
Market Price

Bacon Wrapped Scallops
Market Price

Arancini Platter with marinara sauce
Small: $40.00 | Large: $80.00

Crab Cakes with sriracha remoulade
Market Price

Antipasto Skewers with imported cheese, salami, and pimiento stuffed green olives
$30.00 per dozen

Caprese Skewers with fresh mozzarella, cherry tomatoes, basil
$30.00 per dozen

Sandwich Trays

$13.00 Per Sandwich

Kitty's Signature Turkey
oven roasted turkey, lettuce, tomato, provolone, cranberry mayo, ciabatta roll

Roast Beef
fresh sliced roast beef, lettuce, tomato, provolone, creamy horseradish, ciabatta roll

Chicken Cutlet Caprese
fried chicken cutlet, fresh mozzarella, tomato bruschetta, balsamic glaze, ciabatta roll

Chicken and Greens
marinated grilled chicken, Utica Greens, melted mozzarella, ciabatta roll or wrap

Classic Chicken Club
marinated grilled chicken, lettuce, tomato, bacon, boom boom sauce, ciabatta roll

Roast Beef or Turkey Club
fresh sliced roast beef or oven roasted turkey, lettuce, tomato, bacon, mayo, country white bread

Chicken or Turkey Pesto
marinated grilled chicken or oven roasted turkey, roasted red peppers, fresh spinach, provolone, pesto mayo, ciabatta roll

Chicken Salad
shredded chicken, mayo, celery, grapes, walnuts, croissant or country white bread

Sicilian Chicken
Marinated grilled chicken, roasted red peppers, sauteed onions, melted provolone, balsamic glaze, ciabatta roll

Buffalo Chicken Wrap
marinated grilled chicken or fried chicken cutlet, buffalo sauce, tomato, shredded lettuce, shredded mozzarella

Chicken Cesar Wrap
marinated grilled chicken or fried chicken cutlet, romaine, shaved parmesan, creamy caesar dressing

Greek Chicken Wrap
marinated grilled chicken, roasted red peppers, feta cheese, shredded romaine, tomato, red wine vinaigrette

Grilled Vegetable Wrap
grilled portobello mushrooms, roasted red peppers, sauteed onions, fresh spinach, mozzarella

Entrees

Half Tray feeds 12-15 | Full Tray feeds 25-30

Chicken Over Greens Half: $85.00 | Full: $165.00
marinated grilled chicken over utica greens and mozzarella cheese

Chicken Scarp Half: $75.00 | Full: $150.00
chicken scallopini with mix of hot and sweet peppers in a white wine demi sauce

Baked Chicken Half: $70.00 | Full: $135.00
chicken thighs and legs baked until crisp with italian seasoning

Chicken Francaise Half: $75.00 | Full: $150.00
egg battered chicken breast with lemon butter and white wine sauce

Chicken Parmesan Half: $75.00 | Full: $150.00
panko chicken with marinara sauce, melted mozzarella and fresh basil

Tuscan Chicken Half: $75.00 | Full: $150.00
chicken breast topped with grape tomatoes, spinach, basil, and creamy tuscan sauce

Chicken Marsala Half: $80.00 | Full: $160.00
chicken breast topped with portobello mushrooms, sauteed peppers and marsala wine sauce

Sicilian Chicken Half: $80.00 | Full: $160.00
chicken breast with eggplant, ricotta cheese, utica greens, mozzarella cheese and marinara sauce

Chicken Cutlet with Tomato Salad Half: $75.00 | Full: $150.00
panko chicken, tomato and fresh mozzarella, red onion, and balsamic glaze drizzle

Stuffed Chicken Roulade Half: $75.00 | Full: $150.00
chicken breast pounded thin and stuffed with roasted red peppers, spinach, prosciutto, and fresh mozzarella

Stuffed Pork Tenderloin Half: $80.00 | Full: $160.00
breaded pork rolled with homemade stuffing and served in a brown mushroom reduction sauce

Eggplant Neapolitan Half: $65.00 | Full: $120.00
grilled eggplant with sauteed onions, baby spinach, provolone cheese, with a roasted red pepper sauce

Eggplant Parmesan Half: $55.00 | Full: $110.00
layered eggplant with marinara sauce, melted mozzarella and fresh basil

Sausage and Peppers Half: $65.00 | Full: $125.00
Italian sausage, bell peppers, onions, baked with italian seasoning

Homemade Meatballs Half: $60.00 | Full: $120.00
served in marinara sauce

Chuck Roast Half $155.00 | Full: $295.00
roasted and served with brown mushroom reduction sauce

Beef Tenderloin Half: $165.00 | Full: $320.00
roasted and served with choice of au jus or brown mushroom reduction sauce

Pulled Pork Half: $75.00 | Full: $155.00
slow cooked in BBQ sauce and served with fresh rolls

BBQ Chicken Half: $70.00 | Full: $140.00
chicken thighs and legs baked with BBQ sauce

Haddock Oreganata *Market Price*
seasoned with oregano, parsley, baked with bread crumbs in a white wine sauce

Haddock Florentine *Market Price*
topped with spinach and creamy garlic parmesan sauce

Seared Salmon *Market Price*
served with choice of creamy dill sauce or tangy orange marmalade sauce with mandarin oranges and grapes

Chicken Tenders Half: $55.00 | Full $110.00
breaded and fried, served with selection of dipping sauces

Homemade Pastas

Half Tray feeds 12-15 | Full Tray feeds 25-30

Homemade Penne Half: $60.00 | Full: $115.00
with marinara, vodka, or spinach pesto parmesan sauce

Cavatelli or Rigatoni Half: $50.00 | Full: $100.00
with marinara, vodka, or spinach pesto parmesan sauce

Gnocchi Half: $65.00 | Full: $115.00
with marinara, vodka, or spinach pesto parmesan sauce

Homemade Hats with Broccoli Half: $65.00 | Full: $120.00
with creamy garlic parmesan sauce

Pasta Purses Half: $65.00 | Full:$120.00
with Pink Pea Prosciutto Sauce

Chicken Riggies Half: $60.00 | Full:$110.00
tender chicken pieces, peppers, onions, cherry peppers in a tomato cream sauce

Kitty's Lasagna Half: $60.00 | Full: $120.00
baked with meat sauce, ricotta, and mozzarella cheese

Vegetable Lasagna Roulade Half: $55.00 | Full:$100.00
baked with ricotta cheese, spinach, zucchini, and marinara sauce

Baked Ziti Half: $50.00 | Full: $95.00
without meat

Baked Ziti Half: $55.00 | Full: $110.00
with meat

Market Sides

Half Tray feeds 12-15 | Full Tray feeds 25-30

Grilled Seasonal Vegetables Half: $45.00 Full: $90.00

Utica Greens Half: $55.00 Full: $110.00
baked with prosciutto, peppers, garlic, breadcrumbs, and mozzarella

Italian Style Broccoli Half: $50.00 | Full: $100.00
baked with breadcrumbs, mozzarella, garlic and olive oil

Italian Style Green Beans Half: $40.00 | Full: $80.00
baked with breadcrumbs, mozzarella, garlic and olive oil

Macaroni and Cheese Half: $55.00 | Full: $110.00

Sauteed Green Beans Half: $40.00 | Full: $75.00

Gourmet Glazed Carrots Half: $50.00 | Full: $100.00

Rice Pilaf Half: $40.00 | Full:$70.00

Mashed Potatoes Half: $50.00 | Full: $100.00

Roasted Potatoes Half: $45.00 | Full: $90.00

Salt Potatoes Half: $45.00 | Full: $85.00

Macaroni Salad Half: $45.00 | Full: $85.00

Pasta Salad Half: $50.00 | Full: $95.00

Potato Salad Half: $45.00 | Full: $85.00

Chickpea Salad Half: $45.00 | Full: $85.00

Broccoli Salad Half: $50.00 | Full: $95.00