



## CATERING MENU

Phone : (815) 397-7291 Fax: (815) 229-6818

4431 East State Street  
Rockford, Illinois 61108

From casual to fancy, corporate picnics  
to after-hour entertaining, we are here to  
take care of all your catering needs.

EAT WELL. LIVE WELL.

Please contact our catering department  
to personalize a menu for your next  
special occasion

### \*BREAKFAST MENU\*

#### Continental Breakfast

An assortment of freshly baked mini bakery: muffins, croissants, Danish, scones, bagels with cream cheese and a fruit bowl. Served with orange juice and coffee. (Min. order of 10) \$6.95 pp

#### Spinach or Lorraine Quiche (serves 6 - 8)

Spinach - Fresh Spinach and Baby Swiss \$15.95  
Lorraine - bacon, baby Swiss and Onion

Mary's hot breakfast - scrambled eggs, bacon, sausage, potatoes, juice and assorted bakery. (Minimum order of 10) \$8.95pp

Stuffed French Toast- (Serves 12) Eggs, cream cheese and cinnamon filling. Served with Maple Syrup \$25.00

#### Stratas and Casseroles:

(24 hours notice required)

Heartland Strata - Broccoli, Zucchini, cauliflower, onions and carrots. \$40.00

Mary's Strata - Ham, Bacon, or Sausage \$50.00

Garden Strata - Asparagus & mushrooms \$55.00

Egg & Cheese Casserole \$35.00

#### A La Carte

Assorted Bagels & cream cheese \$12.95 per dozen

Muffins Reg. \$1.85 Mini \$1.45

Danish/Scones/Croissants Reg. \$1.85 Mini \$1.45

Cinnamon Rolls\* Reg. \$1.95 Mini \$1.55

Fresh Fruit Kabob \$1.45 ea.

Fresh Fruit & Cheese Kabob \$1.75 ea.

Fresh Fruit Bowl \$1.95 pp

#### Regular Bakery Tray:

Small (8) \$18.95 Medium (15) \$28.95 Large (20) \$38.95

#### Mini Bakery Tray:

Small (10) \$12.95 Medium (25) \$31.95 Large (40) \$49.95

#### Coffee on the Go

(includes disposable carafe, cream, sugar, cups and stir sticks)

Small Carafe (8) \$14.95 Large Carafe (50) \$65.95

### \* LUNCH & DINNER MENU \*

#### BOX LUNCHES (minimum order of 6)

##### Basic Box Lunch

\$7.50 pp  
Sandwich, potato chips, and a cookie.

Executive Box Lunch \$9.50 pp

Sandwich, choice of: potato, pasta, black bean or fruit salad  
Served with a cookie or mini dessert bar.

Salad Box Lunch (add chicken \$1.00) \$9.50 pp

Choice of: Market Garden Salad, Caesar, Italian, Tropical Mango, Mandarin, Grilled Vegetable and Asparagus, or Grilled lime and Avocado. All salads are served with Mary's Market's home-made bread and a cookie or mini dessert bar.

Wrap Box Lunch \$9.95 pp

Any wrap served with your choice of: potato, pasta, black bean or fruit salad. Includes your choice of: a cookie or mini dessert bar.

### MARY'S MARKET SANDWICHES

\$6.95

**Fresh Deli Sandwich** - The classic cold-cut sandwich--Market Style. Your choice of ham, turkey, or roast beef on assorted freshly baked bread with lettuce, tomato, cheese and our own special sauce.

**Chicken & Tuna Salad Sandwiches** - Your choice of: homemade tuna salad or Mary's famous chicken tarragon salad on freshly baked bread with lettuce and tomatoes.

**Vegetarian Stack** - Our famous special sauce is spread on fresh 7-grain bread and then stacked with lettuce, tomatoes, green peppers, sprouts, havarti dill and Swiss cheese.

### MARY'S MARKET WRAPS

\$7.95

**Chicken Caesar Wrap** - Romaine lettuce, tomatoes, grilled chicken breast and parmesan cheese with our homemade Caesar dressing wrapped in a soft herb tortilla.

**Turkey Club Wrap** - Shaved turkey, bacon, crisp lettuce, tomatoes, sprouts, Swiss cheese, and basil mayonnaise wrapped in a soft herb tortilla.

**Spicy Buffalo Chicken Wrap** - Grilled buffalo chicken, fresh mozzarella, lettuce, Roma tomatoes, scallions and crispy noodles wrapped in a soft herb tortilla.

**Chicken Salad Wrap** - Our famous chicken tarragon salad rolled with lettuce, tomatoes, and havarti dill cheese wrapped in a soft herb tortilla.

**Mediterranean Wrap** - Hummus, eggplant salsa, grilled vegetables, mixed greens and balsamic vinaigrette wrapped in a soft herb tortilla.

**JAMACAIN JERK WRAP** - Jerk spiced chicken w/grilled pineapple and Strawberries.

### MARY'S MARKET SALADS

#### Regular Salads:

Small Bowl (8-10) \$21.95 Add Chicken \$26.95

Large Bowl (16-20) \$39.95 Add Chicken \$49.95

**Caesar Salad** - Crisp romaine lettuce with tomatoes, red peppers, and our homemade, egg-free, Caesar dressing.

**Market Garden Salad** - Fresh Mixed greens, toasted pine nuts and feta cheese tossed with Roma tomatoes and balsamic vinaigrette.\*\*

**Italian Salad** - Spring lettuce, green and red peppers, red onions, parmesan cheese, olives, and pepperoncinis tossed with tomatoes in a zesty Italian dressing.

**Mandarin Salad** - Crisp romaine lettuce, julienne carrots, scallions, juicy mandarin oranges, and crispy noodles tossed in a peanut dressing.

#### Specialty Salads:

Small Bowl (8-10) \$24.95 Add Chicken \$29.95

Large Bowl (16-20) \$47.95 Add Chicken \$57.95

**Grilled Vegetable and Asparagus Salad** - Marinated grilled vegetables served on a bed of fresh mixed greens with grilled asparagus spears, Roma tomatoes and feta cheese tossed in balsamic vinaigrette

**Grilled Lime and Avocado Salad** - Fresh mixed greens tossed in a fat-free chipotle sauce and topped with black bean salad, grilled avocado, red onion, tomato salsa and red peppers.

**Tropical Mango** - Fresh mixed greens tossed in citrus and raspberry vinaigrettes and topped with mangoes, strawberries, toasted walnuts and feta cheese.

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## \*LUNCH & DINNER ENTREES\*

\*All Entrees are served with salad, vegetables, your choice of potato or rice and an assortment of Mary's Market breads unless otherwise noted.\* (Minimum order of ten for all entrees)

- Rotisserie Chicken** - Chicken marinated in herbs and spices, then slowly roasted to perfection. \$9.50 pp
- Grilled Basil Chicken Breast** - Served with roasted red potatoes and vegetables. \$9.50 pp
- Chicken Piccata** - Tender chicken cutlet sautéed in wine and garlic finished with lemons and capers. \$13.95 pp
- Chicken Marsala** - Pan seared and glazed with a mushroom and wine sauce. \$13.95 pp
- Parmesan Crusted Chicken** - Tender boneless chicken breast breaded, baked and served with sage-butter sauce. \$13.95 pp
- Boneless Baked Ham** - Pineapple honey glazed in natural juice. \$15.95 pp
- Roasted Pork** - Robust center cut accompanied by our famous bread dressing. \$14.95 pp
- Pot Roast** - Tender beef, onions, carrots, and celery simmered in rich gravy with a side of mashed potatoes. \$9.50 pp
- Roast Beef** - Beef sirloin slowly basted and served with béarnaise sauce. \$15.95 pp
- Prime Rib** - 10 ounce portion roasted rare to medium served with creamed horseradish sauce. \$19.95 pp
- North-Atlantic Salmon** - Served with teriyaki glaze. \$14.95 pp

## \*PASTA ENTREES\*

- \*Served with Market Salad and freshly baked bread.
- \*Salad Not Included with Lasagnas
- \*Specialty salad available upon request
- \*Minimum order of five unless specified.
- Tri-Colored Tortellini**- Cheese filled tortellini served with a creamy basil sauce or meat sauce. \$9.50 pp
- Tuscany Chicken** - Sweet peppers, tomatoes, herbs and artichoke hearts with garlic chicken. Served over linguini noodles. \$11.50 pp
- Meat Lasagna**- Our lasagna with meat sauce is sure to please everyone. (Serves 10-12) \$45.00
- Vegetable Lasagna** - fresh vegetables in our rich tomato sauce topped with melted mozzarella and baked to perfection. (Serves 10-12) \$50.00

## \*SPECIALTIES\*

- Mary's California Pie - Turkey breast with braised vegetables, topped with tomato slices and melted cheese baked in a fresh pie shell \$17.95

## \*LUNCH AND DINNER A LA CARTE\*

- Homemade Pasta Salad \$1.85 pp
- Homemade Potato Salad \$1.85 pp
- Black Bean Salad \$1.85 pp
- Fruit Salad \$2.00 pp
- Mrs. Fisher's Potato Chips \$1.00 pp

## \*PARTY PLATTERS & TRAYS\*

Small - 20, Medium - 40, Large - 60

- Fresh Fruit Tray** \$45.00, \$65.00, \$95.00
- Fresh Fruit & Cheese Tray** \$35.00, \$55.00, \$75.00
- Fresh Vegetable Harvest Tray** \$55.00, \$75.00
- Deli Meat & Cheese Tray** \$6.95 per person  
(Assorted meats and cheeses served with Lettuce, tomato, condiments and bread)

## \*HOT HORS D'OEUVRES\*

- (Minimum order of 2 dozen per item)
- Tuna wrapped in Prosciutto** \$17.50/doz
- Beef or Chicken meatballs** (Swedish, BBQ, sweet & sour) \$10.00/doz
- Stuffed Mushrooms** (Crab, sausage, spinach goat cheese) \$18.00/doz
- Sesame beef skewers** Served with grilled pineapple. \$22.00/doz
- Petite Quiche** (Lorraine, Spinach) \$14.00/doz
- Grilled Lime chicken Breasts** Served with mango salsa \$20.00/doz
- Grilled Chicken and Wild Mushroom Quesadillas** \$18.00/doz
- Mini Egg rolls** (pork, chicken, veggie) \$12.00/doz
- Water Chestnuts Wrapped in Bacon** \$15.00/doz
- Dates stuffed with almonds and wrapped in bacon** \$18.00/doz
- Grilled Chicken and roasted tomatoes** Served on a multi-grain bun \$30.00/doz
- Chicken Wings** (jerk, honey mustard ,BBQ) 12.00/doz
- Baked artichoke dips with homemade bread** \$1.50/pp
- Brie Encroute display** Served with crackers and bread \$40/20 \$20/10
- Crab cakes with sauce** \$15.00/doz

## \*COLD HORS D'OEUVRES\*

- (Minimum order of 2 dozen per item)
- Chicken or Shrimp Puffs** \$16.00/doz
- Spinach Dip in Bread Bowl** \$20.00
- Tomato Basil Pizzette** \$12.00/doz
- Cucumber cup with chicken or tuna salad** \$13.00/doz
- Assorted Bruschetta** (red pepper and kalamata olive, tomato basil, strawberry) \$12.00/doz
- Asparagus Tips or melon wrapped in prosciutto** \$17.00/doz
- Antipasto skewers** \$18.50/doz

- Antipasto Tray** (minimum 8) \$32.00
- Blue cheese Canapés with pecans and grapes** \$15.00/doz
- Smoked Salmon with horseradish cream on mini scones** \$18.00/doz
- Orange muffins with smoked turkey** Served with pesto mayonnaise or cranberry sauce \$13.00/doz
- Mediterranean or fresh garden veggie pinwheels** \$13.00/doz
- Tea Sandwich** (Chicken, turkey and cucumber-chive cream cheese) \$24.00/doz

## \*DESSERTS\*

**Gourmet Cookies:** Mary's famous cookies available in Chocolate Chunk, Peanut Butter, White Chocolate Macadamia Nut, Oatmeal Raisin, Cinnamon-Walnut, Fudgemelt, Shortbread Chocolate Chip and Coconut-Chocolate Chip.

### Cookie Trays:

- (20) \$24.95 (40) \$46.95 Large (60) \$66.95
- Frosted Cookies:** Seasonal shapes baked fresh daily. \$1.75 each

**Gourmet Dessert Bars:** Brownie, Lemon Bar, Pecan Diamond, Key Lime Bar, White-Chocolate Raspberry Cheesecake, Peanut Butter Brownie, Carrot Cupcake, Snicker Sensation, Triple Ganache and Turtle Cheesecake.

### Regular Dessert Trays:

- (8) \$18.95 (15) \$34.95 (20) \$45.95

### Mini Dessert Trays:

- (16) \$19.95 (30) \$39.95 (40) \$49.95

## \*CAKES\*

- Strawberry Torte** - Buttersponge Cake with whipped cream frosting, fresh strawberries and sliced almonds
- Chocolate Mouse Torte** - Chocolate cake, chocolate mousse filling and icing
- White Chocolate Mousse Torte** - Chocolate cake, White chocolate filling and icing
- Carrot Cake** - Carrot cake, cream cheese filling and icing.

We will be happy to personalize any of our gourmet homemade cakes for your special occasion or event.

\*\*Please call for servings, sizes and pricing.\*

## \*BEVERAGES\*

- Bottled Water \$1.50
- Canned Soda (Pepsi Products) \$1.00
- Lipton Iced Teas \$2.25
- Nantucket Nectars \$2.25
- Tropicana Juice \$2.00

\*Mary's Market offers disposable plates, napkins, and silverware for \$.50 per person\*

\*Delivery Charges may apply\*

\*Servers for special events are available upon request\*

\*Prices subject to change without notice\*

Thank you for your business and we look forward to serving you.