

I & J Foods, Inc.  
D/B/A **Morano's Gourmet Market**  
(201) 825-8020  
2022 Catering Menu  
www.moranos.com

4/1/22

**SPECIALTY PLATTERS**

**Cold Antipasto** - Sliced sopressata, dried sausage and pepperoni with imported provolone, fresh mozzarella, marinated artichoke hearts, our own roasted red peppers, sun dried tomatoes and mixed olives. Served with Italian Bread.

Small – \$70 Large – \$130

**Bruschetta Platter** – Fresh plum tomato and basil bruschetta served with Italian bread toast. Small – \$45

**Eggplant Napoleon Platter** – Fried eggplant cutlets layered with roasted red peppers, fresh mozzarella and basil pesto served with balsamic reduction.

Mini - \$45 Small – \$70 Medium – \$90

**Fresh Mozzarella, Tomato and Fresh Basil Platter** – Sliced fresh mozzarella and tomatoes garnished with fresh basil served with balsamic reduction and Italian bread.

Medium – \$65 Large – \$90 – Add Roast Red Peppers \$15 per platter.

**Grilled Vegetable and Fresh Mozzarella Platter** – Grilled asparagus, eggplant, zucchini, yellow squash and roasted red peppers arranged on a platter with sliced fresh mozzarella. Served with balsamic reduction and Italian bread.

Small - \$60 Medium – \$80 Large – \$120

**Grilled chicken and vegetable platter** – Thinly sliced marinated grilled sliced chicken arranged on a platter with grilled asparagus, eggplant, zucchini, squash, roasted red peppers and sliced fresh mozzarella. Served with balsamic reduction and Italian bread.

Small \$80 Medium - \$100 Serves 20 Large - \$135 serves 30

**Traditional Shrimp Cocktail Platter** – Steamed-then-chilled large white shrimp from Mexico or South America garnished with lemon slices and served with cocktail sauce.

Small (30 pcs.) – \$85 Medium (40 pcs.) – \$115 Large (60 pcs.) - \$160

**Vegetable Crudités** – An assortment of fresh vegetables arranged in a wicket basket and served with homemade lemon dill dip. Small - \$50 Medium – \$75

**Assorted Cheese Platter** – Bite size pieces of cubed imported and domestic cheeses artistically arranged on a platter garnished with red seedless grapes.

Small – \$70 Medium – \$90

**Fruit Platter** – An arrangement of sliced seasonal fruits.

Small - \$60 Medium - \$75

**Fruit and Cheese Platter** – A combination of our cheese platter and fruit platter arranged in sectional platter.

Small - \$65 Large - \$120

### **COLD CUT PLATTERS**

Thinly sliced platters of Thumann's turkey, Thumann's ham, Hormel Genoa DiLusso, store roasted roast beef, provolone, and American cheeses. Accompanied by an assortment of rolls, pickles, olives with mayonnaise and mustard.

**Small** - \$105 (serves 8-10) **Medium** - \$155 (serves 12-16)

### **ITALIAN COLD CUT PLATTERS**

Thinly sliced platters of Thumann's Ham, Hormel Genoa DiLusso, Imported Prosciutto, Sopressata, provolone and fresh mozzarella. Accompanied by an assortment of rolls, pickles, olives with mayonnaise and mustard.

**Small** - \$150 (serves 8-10) **Medium** - \$200 (serves 12-16)

### **SANDWICH BUFFET**

*(Minimum 15 guests)*

**Heros by the Foot** – 3-6 foot long heros. Each hero serves 5-6 people per foot.

- **Traditional Italian** – Thumann's ham, Hormel Genoa DiLusso salami, Hormel pepperoni, provolone, lettuce and tomato \$30/ft
- **Turkey** – Thinly sliced Thumann's turkey, your choice of cheese, lettuce and tomato \$35/ft
- **Roast Beef** – Our store roasted roast beef, your choice of cheese, lettuce and tomato \$35/ft
- **Specialty Italian** – Imported Prosciutto Di Parma, sopressata, roasted red peppers, your choice of either provolone cheese or fresh mozzarella and mixed field greens \$45/ft
- **Eggplant Napoleon** – Breaded eggplant, roasted red peppers, fresh mozzarella and basil pesto \$35/ft

All heros are served with mayonnaise, mustard and balsamic vinaigrette on the side. A \$10 returnable board deposit is required for all heros.

**Hero Rings** – Full loaf Italian bread shaped ring overflowing with either Thumann's oven golden turkey and cheese or traditional hero meats and provolone cheese.

Two foot ring serves approximately 6-8 \$65 served on brick oven bread

Add two wraps to the center of the ring \$88

Three foot ring serves approximately 12-14 \$95 served on Italian bread

Add four wraps to the center of the ring \$140

**"The Bomb"** – Our own creation of Thumann's ham, thinly sliced Prosciutto di Parma, Sopressata, pepperoni, fresh mozzarella and roasted red peppers with mixed field greens served on a large crispy Sullivan Street Bakery ciabatta with balsamic dressing on the side. \$90 (*Serves 6*)

**Gourmet Sandwich and Wrap Platter** – A collection of our popular premium sandwiches on gourmet breads and wraps. \$12.95 per sandwich 8 sandwich minimum

**GREEN SALADS**

	Small	Medium	Large
Fresh fruit salad	\$32	\$48	\$78
Mixed field greens	\$32	\$48	\$60
Caesar Salad	\$32	\$48	\$60
Greek salad	\$40	\$50	\$70
Mandarin Salad	\$32	\$48	\$60
Goat Cheese Salad	\$44	\$56	\$76
Lemon Parmesan Chicken salad	\$56	\$78	\$94
(Sliced lemon parmesan chicken with homemade roasted red peppers and shaved parmesan reggiano cheese served on a bed of baby arugula with lemon vinaigrette)			
Kale salad	\$40	\$56	\$76
(Apples, broccoli, brussel sprouts, almonds, cranberries, with lemon poppy seed dressing)			
Sicilian salad	\$50	\$68	\$95
(Artichoke hearts, tomatoes, pignoli nuts, and shaved parmesan cheese over baby arugula with a light garlic oil)			
South Beach Pistachio Chicken Salad	\$46	\$62	\$88
(served over Romaine lettuce with a lemon vinaigrette)			
Add chicken to any salad	\$16	\$24	\$32

**DELI SALADS**

	Small	Medium
Fresh fruit salad	\$28	\$44
Bowtie pasta	40	75
Orzo pignoli	45	85
Wheatberry	50	90
Tomato mozzarella	55	90
Marinated Greek (no lettuce)	45	75
Coleslaw or macaroni salad	35	70
Potato salad	40	75
Quinoa salad	50	90

## **HORS D'OEUVRES**

(Minimum 20 guests)

Deviled Eggs ( <i>minimum 24 pieces</i> )		2.25 each
Spinach Dip in brick oven boule		50.00 each
Dip platter – hummus and spinach dip with pretzel crisps, pita chips		65.00 each
Brie with almonds and raspberry preserve wrapped in puff pastry		
With French baguette – 7” round serves 10-12		45.00 each
Petite crab cakes with roasted garlic/saffron aioli (minimum 20)		3.00 per piece
Mushrooms stuffed with Prosciutto	45.00	90.00
Mini rice balls – vegetarian	40.00	
Mini homemade Italian or Swedish meatballs	65.00	130.00
Buffalo wings with bleu cheese and celery	60.00	120.00
Chicken fingers	60.00	120.00
Sesame chicken bites with teriyaki ginger dipping sauce	75.00	
Coconut chicken bites with ginger dipping sauce	75.00	
Beef Tenderloin sliced and served with horseradish sauce (served cold) Whole filet (serves 20-25)		Market price
Individual brie and jam cups (multiples of 15)		1.50 each
Tomato mozzarella skewers		1.50 each
Coconut chicken with grilled pineapple skewers		3.00 each

## **HOT BUFFET**

(\$30.00 per person minimum 24 guests)

4 choices (2 from selection A and 2 selection B)

### **SELECTION A**

Penne with vodka sauce
Penne fresco
Ziti marinara
Cheese ravioli, Manicotti, or stuffed shells
Baked ziti
Baked macaroni & cheese
Cavatelli & broccoli
Eggplant Parmigiana or Rollatini
Meat & cheese lasagna
Rosemary and garlic roasted potatoes
Oven roasted vegetables

### **SELECTION B**

Chicken Marsala
Chicken Francaise
Balsamic glazed chicken
Chicken Parmigiana
Chicken Piccata
Lemon parmesian chicken
Spiral glazed ham
Fried chicken fingers
Meatballs in marinara sauce
Sausage & peppers
Orechetti with sausage & broccoli rabe

The following can be substituted or added to the Hot Buffet for an additional charge:

Lobster ravioli with vodka Sauce
Vegetable lasagna
Shrimp scampi or Francaise
Tilapia Francaise or Milanese
Roasted stuffed pork loin
Maple glazed grilled salmon
Homemade jumbo lump crab cakes
Filet Mignon

Pecan encrusted chicken stuffed with goat cheese & fresh sage

All hot buffets include tossed salad, Italian bread, utensils, premium plates, napkins,  
and racks with sternos.

## CATERING TRAYS TO GO

Half trays serve 8-10 and large trays serve 16-20. Trays are for pick up only.

### ENTREES

	Half Tray	Full Tray
Chicken Francaise – lightly egg battered chicken scaloppine in a white wine sauce with a touch of lemon and butter	65.00	130.00
Chicken Marsala – sautéed chicken breasts served with mushrooms in a demi-glace Marsala sauce	70.00	140.00
Chicken Cordon Bleu – chicken rolled with ham and swiss served with a mushroom cream sauce	75.00	150.00
Chicken Parmigiana – breaded and fried chicken breasts served with marinara sauce and mozzarella cheese	65.00	130.00
Chicken Piccata – lightly sautéed chicken scaloppine in a light lemon white wine sauce with garlic & lemon slices	65.00	130.00
Chicken Saltimboca – Thin sliced chicken breast rolled with prosciutto, mozzarella, and spinach with a brown marsala sauce	80.00	160.00
Chicken Roma – Fresh breadcrumb and herb encrusted chicken served topped roasted peppers and artichoke hearts with a light tomato white wine sauce	75.00	150.00
Chicken Scarpiello - chicken with potatoes, sausages, onions & peppers in a light spicy brown sauce	75.00	150.00
Chicken Sorrentino - pan seared chicken cutlets layered with thinly sliced prosciutto, fried eggplant & mozzarella in a light mushroom sherry wine sauce	75.00	150.00
Balsamic Glazed Chicken – lightly sautéed chicken finished in a balsamic sauce served with parmesan cheese and herbs	\$65.00	\$120.00
Lemon parmesan chicken	65.00	120.00
Coconut chicken with ginger sauce	65.00	120.00
Pulled pork	65.00	120.00
Chicken fingers	60.00	120.00
Chicken wing with bleu cheese and celery	60.00	120.00
Homemade meatballs	60.00	110.00
Homemade mini meatballs	65.00	120.00
Spiral ham	65.00	
Marinated sliced flank steak with peppers and onions	80.00	160.00
Sausage & peppers with onions	60.00	110.00
Tilapia Francaise	65.00	130.00
Shrimp scampi or Francaise	100.00	200.00

*(Sterno set up is available for \$12 – set up includes rack, water pan & two (2) sternos)*

## PASTAS

	Half Tray	Full Tray
Penne or bowtie pasta with marinara or garlic & oil	\$35.00	\$60.00
Penne with vodka sauce or penne fresco	65.00	120.00
Pasta primavera (cream sauce)	65.00	120.00
Baked macaroni & cheese	45.00	90.00
Baked ziti	55.00	110.00
Cavatelli & broccoli	50.00	100.00
Cavatelli with broccoli, sun dried tomatoes & red peppers	65.00	130.00
Manicotti, stuffed shells or ravioli	50.00	90.00
Lasagna (meat & cheese)	65.00	130.00
Lasagna – Vegetable	70.00	140.00
Orecchiette pasta with broccoli rabe	60.00	110.00
Orecchiette pasta with broccoli rabe & shrimp	75.00	140.00
Orecchiette pasta with broccoli rabe & sausage	70.00	130.00
Lobster Ravioli with pink sauce	75.00	150.00

## VEGETABLES AND STARCHES

Broccoli rabe with roasted garlic, oil & crushed red pepper	75.00	135.00
Sautéed broccoli rabe with sausage	80.00	145.00
Sautéed broccoli rabe with shrimp	85.00	155.00
Grilled asparagus	50.00	100.00
Sautéed spinach & mushrooms	60.00	120.00
Eggplant Parmigiana or Rollatini	60.00	120.00
Green bean almandine	40.00	80.00
Rosemary & garlic roasted potatoes	35.00	65.00
Roasted garlic smashed red potatoes or tradition mashed	45.00	85.00
Roasted carrots	50.00	95.00
Roasted vegetables	60.00	110.00
Potato croquettes	50.00	100.00
Rice pilaf, vegetable seasoned rice or wild rice	35.00	65.00
Rice balls	45.00	90.00
Roasted cauliflower	45.00	90.00
Sauteed broccoli with roasted garlic	40.00	80.00
Roasted brussel sprouts	55.00	100.00

## DESSERTS AND COFFEE

Assorted homemade cupcakes – regular and mini  
Brownie and Cookie Platter small - \$40 medium - \$55 large - \$70  
Coffee set up \$35 includes urn, coffee, milk & sugar  
Plates, utensils and napkins are available for \$1.00/person  
Racks with sternos \$12 per set

Delivery available – fees may be applied. Prices and selections subject to change.  
To reserve a catering date, deposits will be required. Cancellations of less than 48 hours prior to event will result in a 50% fee; cancellations of less than 24 hours prior to the event will result in 100% fee.