

Freund's Farm Market  
East Canaan, CT



It Grows On You!

Freund's Farm Market & Bakery, LLC

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## Catering & Event Menu

### Appetizers

Antipasto mini skewer with tomato mozzarella,  
artichoke hearts, salami and international olives

Asparagus wrapped in Bayou Bacon

Scallops wrapped in Nodines Bayou bacon

BBQ Buffalo Chicken Wings

Bread / Hummus / Olives / Olive Oil Herb Display

Sliced baguette with Fresh Mozzarella & Basil

Cheese & Sausage Platter with Cabot Cheeses,  
Nodines Sausages & Crackers

Assorted cheeses : Brie, Gouda, Edam, Saga Blue,  
Chevre, Cheddar with assorted crackers & flatbreads

Empanadas (puff pastry) filled with:  
Chicken Pot Pie, Mushroom & pepper or spinach & feta

Teriyaki Chicken Satay with:  
Asian or Mango & Apricot dipping sauces

Corn Chips & Black Bean Salsa  
(Blackbeans, Corn, Tomato, Red Onion, Cilantro)

Coconut Shrimp - Oven Baked shrimp dredged in flour with  
southwestern seasonings, sweet milk and coconut

Beef Tenderloin on toasted French baguette with Horseradish  
Cream Sauce

Creamy Deviled Eggs

Assorted Fruit Kabobs

Meatball Skewers Peppers and Onions

Old Fashion Italian Meatballs & Tomato Sauce.

Ham & Swiss Melted on a Mini Buttermilk Biscuit

Ham, Beef or Turkey sliced & served with a toothpick  
(10 slices per wrap)

Pigs (mini hot dogs) in a Blanket of Puff Pastry

Quiche made to please your palate:  
(bacon, asparagus, mushrooms, onion, tomato, scallions,  
spinach, broccoli, peppers, carrots, etc.)

Shrimp & Cocktail Sauce

Smoked Salmon triangles on pumpernickel with dill cream  
cheese

Steamed clams (Steamed in Beer or Garlic and Butter)

Stuffed Mushrooms with Parmesan, Breadcrumbs & Herbs  
OR with Andouille Sausage, Parmesan, Breadcrumbs Herbs

Tomato Salsa & Tortillas

Vegetable Cornucopia with a bread bowl of spinach dip:  
Cucumbers, colored peppers, mushrooms, carrots,  
broccoli, grape tomatoes, celery, cauliflower

Cucumber, Tomato & Cilligene Mozzarella Kabobs  
marinated in herb dressing

### Salads

Romaine lettuce, cheese shreds and croutons with Caesar Dressing..

Cucumber, Tomato & Scallion with Italian Vinaigrette Dressing

Mixed Baby Greens, Tomatoes, Carrots, Cucumber

Mixed Greens, Tomato, Cucumber, Radish, Scallion, Pine Nuts & Red Wine Vinaigrette

Mixed Baby Greens, Grape Tomatoes, Cucumbers, Mango, Craisins, with Honey Mustard Dressing

Mixed Baby greens, thin red onion, sliced pears, honey roasted walnuts, crumbled aged cheddar with a maple vinaigrette

Dressings: Balsamic, Caesar, Honey Mustard, Italian, Ranch, Red Wine Vinaigrette

## Soup

Creamy Butternut Squash Soup \*Seasonal\*

Traditional Chicken Noodle Soup

Beef Chili with Ground Beef, Tomatoes, Peppers & Onions.

Chili with Seasonal Vegetables, Beans & Tomato

Chunky Corn Chowder

Cream of Asparagus \*Seasonal\*

Cream of Broccoli

Gazpacho \*Seasonal\* Fresh Diced Tomato, Onions, Celery & Cucumber Served Cold in their Natural Juice Broth.

Traditional Ham & Pea Soup, Creamy with Bits of Ham.

\*Seasonal\* Pumpkin

Chunky Vegetable Beef Soup with Seasonal Vegetables.

## Dinner Breads

Breadsticks with Garlic Butter

Buttermilk Biscuits

Cheddar Cheese Buttermilk Biscuits

Sweet Corn Bread with Bits of Homegrown Corn

Sweet Corn Bread with Bits of Homegrown Corn and Jalapeno Peppers

Sweet Corn Casserole  
(also known as Corn Pudding) served hot.

## Side Dishes

Baked Beans with Molasses, Maple Syrup, & Bacon

Baked Potatoes with assorted toppings -  
(cheese, sour cream, bacon, chives, broccoli, etc.)

Broccoli Salad with cashews, sunflower seeds, red onion,  
Ramón noodles, mayonnaise, and red wine vinegar

Chestnut Stuffing - Butter, Celery, Onion, Carrots, Home  
Grown Chestnuts \*Seasonal\*

Curry Chicken Salad - w/ Crasins, Celery and Mayonnaise.

Cole Slaw - Sweet w/ Cabbage, Carrots, Pineapple & Celery  
Seed.

Israeli Cous Cous with Tomato, Corn & Basil  
OR with Sautéed Seasonal Vegetables

Cranberry Orange Relish

Cranberry Sauce or Apple Sauce

Fruit Salad: variety of seasonal fruits

Cold Green bean Salad

Baked Macaroni with Cabot Cheddar Cheese

Mashed Yukon Gold Potatoes

Noodle Kugel - Cooked Egg Noodles with Sweet Custard &  
Pineapple, with a Gram Cracker Crumble Topping

Mediterranean Orzo Pilaf with Tomato, Corn & Basil OR with  
Tomato, Spinach & Feta crumbles

Pasta Salad: Sundried Tomato, Pine Nuts, Black Olives, Broccoli, Celery, Onion, and Carrots, seasonal vegetables. Can be dressed with Pesto, Vinaigrette or Mayo.

Au gratin or "Scalloped" Potatoes.  
Creamy Layered Potato Casserole

Potato Salad with Celery, Onion, Eggs and Homemade Bread & Butter Pickles

Greek Quinoa (a gluten free grain) Salad served cold with Kale, Sautéed Seasonal Vegetables, Crasins dressed with a Plum Vinaigrette. OR served warm with Kale & Feta

Roasted Asparagus

Roasted Baby Potatoes with Herbs

Roasted Root Vegetables:  
(Parsnip, beets, turnip, rutabaga, carrot)

Salmon Salad with Red Onion

Tuna Salad with Celery Dressed in Mayonnaise or Vinaigrette.

Wild Rice with Feta Crumbles, Roasted Pecans, Crasins, Red & Green Peppers, Dressed in a Tarragon Vinaigrette.

Wild Rice with Mushroom & Carrots

Winter squash w/maple syrup & butter

# Entrées

## Beef / Pork

Classic Beef Stew  
with Carrots, Potatoes, Peas and Tomatoes

Roasted "In House" Beef Tenderloin  
w/ classic seasoning.

Taco Bar with shredded beef  
& accompanied by Chopped Tomato Salsa, Shredded  
Lettuce, Sour Cream, Chopped Onion, Taco Sauce,  
Tortilla Wrap or Hard Shell Taco

Kielbasa Peppers & Onions

Roasted Rosemary Pork Loin

Cider & Molasses Marinated "Country Style" Pork Ribs

Prime Rib Carving Station

Roasted "In House" Roast Beef Carving Station  
w/ Mushroom & Onion Gravy

Roasted "In House" Roast Pork

Nodines Roasted Ham - Sliced

Sweet or Spicy Sausage Peppers & Onions

Shepard's Pie  
with hamburger, Yukon Gold Mashed Potatoes and  
Homegrown Sweet Corn

## Seafood

Broiled Halibut with Horseradish & Panko Breadcrumb

Oven Roasted Salmon  
in Lemon, Olive Oil & Herbs

Oven Roasted Salmon  
with a side of Mango Avocado Salsa

Oven Roasted Pecan Encrusted Tilapia

## Vegetable

Eggplant Parmesan (Breaded & Oven Baked)

Greek Cheese Pie "Spanakopita"  
puff pastry crust filled with Feta & Spinach.

Quiche with vegetables & cheese 10" (4 servings) OR  
Made to please your palate (asparagus, mushrooms,  
onion, tomato, scallions, spinach, broccoli, peppers, etc.)

Roasted Eggplant

Roasted Root Vegetables with garlic & herbs

Green & Yellow Beans, carrot & mushroom sautéed with  
garlic & thyme

Vegetable Stir-fry

## Poultry

Boneless Chicken Breast

Boneless Chicken Breast with Molasses BBQ Sauce

Boneless Chicken Breast with Creamy Brandy & Artichoke  
Hearts

Boneless Chicken Breast with Orange Glaze

Boneless Chicken Breast with Strawberry Salsa

Boneless Chicken Breast with Teriyaki pineapple glaze

Chicken Parmesan (Breaded & Oven Baked)

Chicken Pot Pie with Buttermilk Dumplings

Nordine Chicken Sausage with Peppers & Onion

Fajita Bar with chicken mole or shredded chicken  
& accompanied by Chopped Tomato Salsa, Shredded Lettuce,  
Sour Cream, Chopped Onion, Taco Sauce,  
Tortilla Wrap or Hard Shell Taco

Orange Oven Roasted Chicken

Oven Roasted Chicken

Roasted Turkey with chestnut bread stuffing  
(Butter, celery, onion, carrot, chestnuts) and gravy

Roasted Turkey Breast - Roasted In House and Sliced

## Pasta

Pasta in Creamy Alfredo Sauce

Classic Baked Ziti with Tomato & Mozzarella

Buttered Pasta.

Classic Lasagna with Meat Sauce

Pasta Prima Vera:  
(Creamy Tomato Parmesan Sauce w/Broccoli, red pepper,  
carrot, sugar snap peas, asparagus, mushrooms, onion)

Sweet Sausage with Peppers & Onions Tomato Sauce

Shrimp sautéed in garlic & butter served over pasta

Vegetable Lasagna - Traditional Red Sauce with  
Zucchini & Carrots or Seasonal Vegetables

## Picnic Fair

Angus 6oz. Hamburgers & Buns

Hot Dogs & Buns

Platter of Assorted sandwiches...Sliced Fresh Roasted Turkey,  
Sliced Nodines Ham, & Sliced Roast Beef.

Provolone, cheddar & American cheeses. Kaiser Rolls, Egg  
Twist Rolls & Whole Grain Sliced Breads