

APPETIZERS

MINI CRABCAKES

CHEF JOHN'S FAMOUS CRAB CAKES IN MINIATURE FORM, SERVED WITH OUR HOMEMADE CHIPOTLE MAYO DRESSING ON THE SIDE.

SMALL (15) \$60
LARGE (30) \$110

SPRING ROLLS

SPRING ROLLS (HALVED) ON A PLATTER, SERVED WITH A GINGER-TAMARI DIPPING SAUCE.

SMALL (30 HALVES) \$50
LARGE (60 HALVES) \$90

CRUDITE PLATTER

FRESH-CUT ORGANIC VEGETABLES WITH YOUR CHOICE OF CHIPOTLE MAYO, SCALLION DRESSING, GUACAMOLE, AND/OR RT HUMMUS.

SMALL \$45 (CHOOSE 2 DIPS)
LARGE \$75 (CHOOSE 3 DIPS)

DIPS & CHIPS

YOUR CHOICE OF WHITE BEAN HUMMUS, BLACK BEAN DIP, GUACAMOLE, AND/OR RT HUMMUS SERVED WITH ORGANIC CORN CHIPS.

SMALL \$35 (CHOOSE 2 DIPS)
LARGE \$65 (CHOOSE 3 DIPS)

SALADS

CHICKEN CAESAR

RT'S #1 SALAD- ENJOY THIS TRADITIONAL CAESAR SALAD WITH GRILLED CHICKEN, AGED PARMESAN, GF CROUTONS & CAESAR DRESSING ON THE SIDE.

½ TRAY - \$45
FULL TRAY - \$85

TEMPEH CAESAR

OUR VEGAN TWIST ON OUR TRADITIONAL CAESAR, INCLUDING PAN-SAUTEED TEMPEH AND VEGAN PARMESAN.

½ TRAY - \$40
FULL TRAY - \$75

TRECOLORE

A FRESH MIX OF ARUGULA, RADICCHIO, AND ENDIVE SERVED WITH LIGHTLY TOASTED PUMPKIN SEEDS & BALSAMIC VINAIGRETTE.

½ TRAY - \$40
FULL TRAY- \$75

BABY KALE

THIS COMBO OF BABY KALE, RED ONION, SAUTEED CHICKPEAS, FETA AND LEMON-HONEY DRESSING IS THE PERFECT VEGETARIAN ADDITION TO ANY MEAL.

½ TRAY - \$40
FULL TRAY - \$75

CRANBERRY CASHEW KALE

A TRIED AND TRUE FAVORITE DISH OF RISING TIDE'S CUSTOMERS - THIS SALAD FEATURES LIGHTLY MASSAGED KALE LEAVES IN OUR HOMEMADE CASHEW DRESSING.

½ TRAY - \$40
FULL TRAY - \$75

SANDWICH/WRAP PLATTER

YOUR CHOICE OF OUR SIGNATURE HALF-SANDWICHES ON A PLATTER:

ROAST BEEF SANDWICH

D'ARTAGNAN WAGYU ROAST BEEF, AGED CHEDDAR, & ARUGULA, WITH A HORSERADISH AIOLI

GRILLED CHICKEN SANDWICH

GRILLED CHICKEN WITH FRESH MOZZARELLA, PEPPERS, & PESTO MAYO

TLTA SANDWICH

TEMPEH, LETTUCE, TOMATO, & AVOCADO WITH A GARLIC VEGAN MAYO

TURKEY CHEDDAR SANDWICH

TURKEY, SHARP CHEDDAR, LETTUCE, & TOMATO WITH CHIPOTLE MAYO

CHICKEN SALAD & BACON SANDWICH

CHICKEN SALAD, BACON, LETTUCE, & TOMATO

TUNA SALAD SANDWICH

SUSTAINABLY-CAUGHT TUNA SALAD WITH LETTUCE & TOMATO

CHICKEN SALAD WRAP

CHICKEN SALAD, LETTUCE, & TOMATO ON A WHOLE WHEAT WRAP

MIX & MATCH

SMALL (8 HALVES) \$55
LARGE (16 HALVES) \$100

1/2 TRAY SERVES: 6-8

FULL TRAY SERVES: 12-16

SIDES

OVEN ROASTED VEGGIES   

½ TRAY - \$30
FULL TRAY - \$55

MACARONI SALAD  

½ TRAY - \$45
FULL TRAY - \$85

POTATO SALAD   

½ TRAY - \$50
FULL TRAY - \$95

CAPRESE PESTO PASTA SALAD

½ TRAY - \$45
FULL TRAY - \$85

BCT MEDLEY   

½ TRAY - \$40
FULL TRAY - \$75

GARBANZO TAHINI SALAD   

½ TRAY - \$45
FULL TRAY - \$85

BROCCOLI RABE   

½ TRAY - \$30
FULL TRAY - \$55

**DON'T SEE WHAT YOU'RE
LOOKING FOR?**

ANY OF OUR REGULARLY AVAILABLE
DELI ITEMS CAN BE MADE IN HALF
AND FULL TRAY PORTIONS

READY TO PLACE YOUR ORDER?

**PLEASE PLACE ORDERS
AT LEAST 24HRS IN ADVANCE**

CALL US

(516)676-7895

STOP IN

42 FOREST AVENUE
GLEN COVE, NY 11542

PLACE YOUR ORDER ONLINE

RISINGTIDEMARKET.STOREBYWEB.COM

NUTRITION KEY



ORGANIC



VEGAN



MADE WITHOUT
GLUTEN



ANTIBIOTIC
FREE



LINE
CAUGHT



GRASS
FED