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

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

TEMPLE'S SALAD 🌿
OUR FRESH MIX OF ARUGULA, RADICCHIO, AND ENDIVE SERVED WITH LIGHTLY TOASTED PUMPKIN SEEDS & BALSAMIC VINAIGRETTE.
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

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

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)

MEATBALLS 🍅
CHOICE OF:
• TURKEY MEATBALLS WITH TOMATO SAUCE
• BEEF MEATBALLS WITH TOMATO SAUCE
• CHICKEN BUFFALO BALLS WITH RANCH DIPPING SAUCE
1/2 TRAY $45
FULL 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 �gende
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

NUTRITION KEY

ORGANIC

VEGAN

MADE WITHOUT GLUTEN

ANTIBIOTIC FREE

LINE CAUGHT

GRASS FED

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