

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

SALADS

CHICKEN CAESAR

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

1/2 TRAY - \$45
FULL TRAY - \$85

TEMPEH CAESAR

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

1/2 TRAY - \$40
FULL TRAY - \$75

TRECOLORE

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

1/2 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.

1/2 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.

1/2 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

SIDES

OVEN ROASTED VEGGIES

1/2 TRAY - \$30
FULL TRAY - \$55

MACARONI SALAD

1/2 TRAY - \$45
FULL TRAY - \$85

POTATO SALAD

1/2 TRAY - \$50
FULL TRAY - \$95

CAPRESE PESTO PASTA SALAD

1/2 TRAY - \$45
FULL TRAY - \$85

BCT MEDLEY

1/2 TRAY - \$40
FULL TRAY - \$75

GARBANZO TAHINI SALAD

1/2 TRAY - \$45
FULL TRAY - \$85

BROCCOLI RABE

1/2 TRAY - \$30
FULL TRAY - \$55

1/2 TRAY SERVES: 6-8
FULL TRAY SERVES: 12-16

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



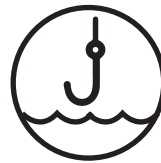
VEGAN



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