

Blue Mermaid Catering

Gluten Free Options

Blue Mermaid Salad

Mixed greens, banana, mango, onions and peppers with lemon pepper vinaigrette 3.50 per person

Spinach Salad

Baby spinach, Bermuda onions, dried cranberries, goat cheese dressed with chipotle honey vinaigrette and candied pecans
4.00 per person

Add your favorite protein to any salad

Chicken 4 Salmon 6 Shrimp 7 Scallops 8 Steak 7

Gluten Free Assortment

Choose three items 13.99 per person

Island Lettuce Cups

Boston bib lettuce leaves served with ginger tamari marinated chicken
and our mango thai herb salad Tofu option

New World Paella

Chicken, shrimp, sausage and mussels sauteed with curried rice Vegetarian option available

Mermaid Seafood Taco

Pan seared sesame-encrusted haddock with wasabi cream and
mango napa cabbage slaw in a blue corn tortilla cup
Tofu option

Fresh Vegetable Spring Roll

Refreshing julienne vegetables, mixed greens, rice noodles and candied ginger in a
cool rice paper wrap served with Island peanut dipping sauce

Polenta Napoleon

Crispy polenta layered with herbed goat cheese, fresh tomato
& watercress pesto topped with a zesty marinara.

Island Chicken Pad Thai

A traditional Thai preparation of rice noodles, spicy peanut sauce and chicken.
garnished with fresh cilantro, roasted peanuts and lime
Tofu Option

Dessert* (not gluten free)

Cookies and Brownies

Diablo Chocolate Brownies and Craisin Oatmeal cookies
Add 3.00 per person

Gourmet Sweet Buffet

chef's selection of mini cakes, tarts and treats
Add 5.00 per person

*gluten free addition **flourless chocolate tort**

