



### Gluten Free Menu

We take several special steps to ensure no cross contamination for your safety:

- All surfaces are pre cleaned and sanitized
- All cleaning products (sponges, rags) new
- All pans and utensils are dedicated gluten free only
- All food products are certified gluten free

Italian comfort food direct to your table...

### Custom Meal Prep Menu 2022

Please note we offer generous portions (typically feeds two) with free delivery for all orders in Nassau County just call or text (516) 554-3221

For catering orders for parties of four or more please call us anytime  
Looking for something specific? Custom menu orders welcome (extra charge may apply)

#### About us

Mary, Jennie and Louise taught us all we know about great Italian cooking, standing on chairs as kids stirring the sauce, not gravy. Mary took the family passion forward for decades with Mary's Kitchen prepared foods. The little girl on the left is so proud to bring the love and comfort of the family recipes to you once again. We are certified for safe food handling, safe food management and fully insured. Certified American Council on Exercise Food Nutrition Specialist, 2022.

Let us share our food love & comfort with you at your family table.

Call (516) 554-3221

Email [fmfamily@icloud.com](mailto:fmfamily@icloud.com)

Visit our website [www.frommaryskitchen.com](http://www.frommaryskitchen.com)



Proud member Long Island Food Council

Are we celebrating a special occasion?  
 Let us know we'll decorate packaging and help make it a festive celebration!  
 GLUTEN FREE Options – all items on this menu are safe to enjoy.

Orders are generous in size, will serve two. Questions? Don't hesitate to ask 516 554 3221

Looking for something different? Just ask! Custom Orders accepted; small charge may apply.

#### ANTIPASTI (FOR TWO)

TOMATO BRUSCHETTA WITH CAULI TOASTS	\$16
CAPRESE CLASSIC MOZZARELLA TOMATO BASIL BALSAMIC DRIZZLE	\$16
BURRATA PROSCIUTTO AND FIG ON MIXED GREENS	\$18
PROSCIUTTO MELON SKEWERS (6) WITH BALSAMIC DRIZZLE	\$22
STUFFED MUSHROOM CAPS (12) (GARLIC PARSLEY CHEESE GLUTEN FREE BREAD CRUMB STUFFING)	\$22
SICILIAN CAPONATA (EGGPLANT AND VEGETABLES) WITH CAULI TOASTS	\$24
BOCCONCINI PROSCIUTTO TOMATO SKEWERS (6) WITH BALSAMIC DRIZZLE	\$24

#### SALADS (FOR TWO) TOP WITH GRILLED CHICKEN BREAST +\$8, GRILLED SALMON FILET +\$8 OR SHRIMP (6) +\$12

CAESAR ROMAINE WITH SHAVED PARMESAN, CAESAR DRESSING	\$16
SPRING GREENS TOMATO CUCUMBER RADISH RED ONION, BALSAMIC OR VINAIGRETTE	\$16
HEALTHY TIK TOK CHOPPED CABBAGE, SPINACH, TOMATO, AVOCADO, CUCUMBER, RED ONION, VINAIGRETTE	\$24

#### GLUTEN FREE PASTA (FOR TWO) PENNE OR LINGUINE OR ZUCCHINI ZOODLES WITH

FRESH HOMEMADE MARINARA	\$18
VODKA SAUCE WITH PANCETTA	\$20
MARINARA WITH BEEF AND PORK MEATBALLS (4) FOR EXTRA MEATBALLS ADD \$2 PER MEATBALL	\$24
BOLOGNESE (BEEF AND PORK <b>OR</b> CHICKEN) WITH A TOUCH OF CREAM	\$24
PUTTANESCA (ANCHOVY, KALAMATA OLIVE, CAPER, TOMATO)	\$24

#### ENTREES (FOR TWO)

GLUTEN FREE BREADED FRIED CHICKEN CUTLETS (4-5)	\$24
CHICKEN PARMIGIANA (4-5 CUTLETS) (MARINARA MOZZARELLA & ROMANO CHEESES)	\$30
CHICKEN FRANCESE (4-5 CUTLETS) (LEMON GARLIC BUTTER SAUCE)	\$30
CHICKEN MARSALA (4-5 CUTLETS) (MUSHROOM MARSALA WINE)	\$32
MEATBALLS IN MARINARA (8)	\$28
EGGPLANT ROLLATINI (RICOTTA, MOZZARELLA & ROMANO FILLING WITH MARINARA)	\$24
ROASTED SALMON FILLETS (2)	\$30
SHRIMP PARMIGIANA	\$36
AIR FRIED BREADED FLOUNDER FILLETS (2)	\$36
SHRIMP SCAMPI (BUTTER GARLIC LEMON)	\$36

#### COMPLETE MEALS (FOR TWO)

EGGPLANT ROLLATINI (8), ½ LB PASTA MARINARA AND SIDE SAUTEED SPINACH	\$48
HALF POUND PENNE WITH MARINARA, MEATBALLS (4) AND SIDE SALAD	\$48
HALF POUND PENNE PUTTANESCA WITH SHRIMP (6), SIDE SALAD	\$48
CHICKEN MARSALA, GARLIC MASHED YUKON GOLDS AND ROASTED BROCCOLI	\$56
ROASTED SALMON FILET (2), VEGETABLE AND RICE STUFFED PEPPERS WITH MARINARA	\$56
AIR FRIED BREADED FLOUNDER (2), MASHED SWEET POTATO AND SIDE SAUTEED MUSHROOMS	\$56
PAN SEARED BRANZINO OR SNAPPER (2 FILETS), ROASTED BABY POTATO AND ASPARAGUS	\$56

Looking for something in particular? No problem! Just let us know.

Flowers to accompany the delivery? We're here to do the legwork for you. Small mixed bouquet wrapped in plastic \$20; dozen roses \$24

Personal message to the recipients – we'll include complimentary! Food is  - let us bring it to someone special for you.