

Side Dishes

Roasted Potatoes (v, gf) \$35/\$65

Well-seasoned russet potatoes roasted with yellow onions and olive oil

Mashed Potatoes (gf, v/o) \$35/\$65

Eggplant Caponata (v, gf) \$45/\$80

Roasted whole cloves of garlic, cherry tomatoes, bell peppers, Kalamata olives, capers, olive oil, balsamic, herbs

Mixed Vegetables (v, gf) \$35/\$65

Garlic Green Beans (v, gf) \$35/\$65

Lemon-Dill Cauliflower (v, gf) \$35/\$65

Lemon zest, fresh garlic, dill, lemon-pepper, olive oil

Buffalo Cauliflower (v, gf) \$40/\$75

Coconut Creamed Kale (v, gf) \$40/\$75

Garlicky Kale (v, gf) \$40/\$75

White wine, lots of fresh garlic, sautéed onions, lemon-pepper, olive oil

Indian Rice (v, gf) \$45/\$80

Basmati rice, cashews, raisins, coconut milk, Indian spices, coconut oil

Coconut Rice (v, gf) \$40/\$75

Vegetable Brown Rice (v, gf) \$35/\$65

Butternut Squash & Kale Quinoa 45/80

Roasted butternut squash, quinoa, sautéed kale and red onions, lemon, garlic and sage

Baked Beans (gf, v/o) \$45/\$80

Pinto beans and sliced Franks in a sweet and mildly spicy tomato sauce

Sandwich Platters

***Sandwiches come on your choice of bread with a protein, a cheese, lettuce and tomato. Sides of mayo and mustard available upon request**

\$5.99 per person

Proteins:

hummus (v) | tuna salad
chicken salad | chickpea salad (v)
oven roasted chicken | oven roasted turkey
smoked turkey | black forest ham
Applewood smoked ham | pastrami
roast beef | pepperoni | salami

Cheeses:

American | sharp cheddar | Swiss
monterey jack | mozzarella | provolone
feta | vegan mozzarella | pepper jack

Bread:

multigrain (v) | Portuguese rolls (v)
spinach wrap (v) | gluten free multigrain
gluten free wrap

The Common Bond Market

40 Huntington Street, Shelton, CT 06484

Phone: 203-513-8200 Fax: 203-538-5484

Hours: Mon.-Fri. 7am - 8p

Sat. 8am - 8pm

Sun. 10am - 6pm



TheCommonBondMarket.com

Catering Menu



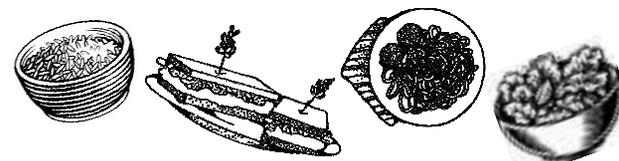
Salads • Entrees

Side Dishes

Sandwich Platters

*“There is no sincerer love
than the love of food.”*

-George Bernard Shaw



As always feel free to ask if you have any questions or requests. We're happy to make any of your favorites in catering portions with advance notice. Additionally, let us know if you have any allergies or dietary restrictions and we will do our best to accommodate you. We use organic, seasonal and local ingredients whenever possible ☺

Prices reflect half tray and full tray sizes. Half trays feed 8-12 people while full trays feed 16-20. We can supply you with plates, plastic ware and napkins for a charge of \$2 per person.

***Organic*All Natural*Made From Scratch**

v- vegan **gf**- gluten free **v/o**- vegan option
gf/o- gluten free option

Salads

Garden Salad (v, gf) \$30/60

Mixed greens, cherry tomatoes, bell peppers, cucumbers and shredded carrots, with a house made balsamic vinaigrette

Add cheddar (v/o) \$8/16

Add hummus (v) \$8/16

Cajun Chicken Salad (gf) \$55/\$100

Baked chicken breast with Cajun seasoning, black bean corn salsa, arugula and romaine, with a house made cilantro lime dressing

Cranberry Feta Salad (gf) \$45/\$80

Crumbled feta, dried cranberries, walnuts, cucumbers and romaine, with a house made apple cider dressing

Tuna Salad (gf) \$55/\$100

Tuna salad, hard boiled eggs, Kalamata olives, red onion, and mixed greens, with a house made balsamic vinaigrette

Cobb Salad (gf) \$65/\$120

Baked chicken breast, crispy bacon, bleu cheese, egg salad, red onion, cherry tomato, and romaine, with house made apple cider dressing

Pasta Salad \$38/\$64

Spiral pasta, crumbled feta, black olives, cherry tomato, red onion, red wine vinegar, basil, olive oil

Potato Salad (v, gf) \$35/\$60

Yukon Gold potatoes, Vegenaise, Tofutti sour cream, apple cider vinegar, dill, red onion, celery

Entrees

Meat

***All of our meat is grass fed, all natural, and antibiotic/nitrate free**

Chicken Parmesan (gf/o) \$65/\$120

Breaded chicken breast pan fried in small amount of olive oil then topped with house made marinara sauce, mozzarella, parmesan and fresh parsley

Mediterranean Chicken (gf) \$65/\$120

Chicken Cutlets pan seared and simmered with artichokes, sundried tomatoes, Kalamata olives, spinach, roasted garlic, herbs, olive oil

Lemon Chicken (gf/o) \$65/\$120

A favorite, simple recipe. Breaded chicken, broth, lemon and sea salt

BBQ Pulled Chicken (gf) \$65/\$120

Shredded chicken breast, caramelized red onions and bell peppers simmered in bbq sauce that's only as sweet or spicy as you like it!

Sausage & Peppers (gf) \$65/\$120

Italian Pork Sausage with red onion, green and red bell peppers sautéed in a little balsamic and olive oil, fresh parsley and crushed red pepper

Meatballs (gf/o) \$65/\$120

Your choice of ground beef or turkey mixed with seasoned whole wheat bread crumbs, garlic, onion, herbs and baked. Topped with house made marinara and parmesan cheese

Pasta

***All pasta dishes are made with semolina pasta but can be made with gluten free brown rice or quinoa pasta upon request**

Mediterranean Pasta (v) \$55/\$100

Penne tossed with artichokes, chickpeas, tomatoes, Kalamata olives, spinach, capers, garlic, olive oil and Italian herbs

Baked Penne (v/o) \$45/\$80

Penne with marinara, spinach, mozzarella and parmesan

Lasagna (v/o) \$55/\$100

Noodles layered with marinara, ricotta, spinach, mozzarella and parmesan

6 Cheese Mac n' Cheese \$45/\$80

Penne pasta in a creamy cheese sauce and topped with seasoned whole wheat bread crumbs

Pasta (continued)

Buffalo Mac n' Cheese \$45/\$80

Spiral pasta in a mild Buffalo cheese sauce topped with cheddar cheese and scallions

Vegan Mac n' Cheese \$45/\$80

Spiral pasta in a creamy dairy free cheese sauce (contains almond milk)

Chick-un Alfredo (v) \$65/\$120

Penne pasta, soy chick-un, broccoli and sundried tomatoes in a vegan cream sauce, topped with parmesan

Vegan

***All vegan dishes are made without meat, dairy, eggs or honey and prepared thoughtfully to avoid cross contamination**

Eggplant Rollatini (gf) \$55/\$100

Thinly sliced, seasoned and baked eggplant rolled up with tofu ricotta, topped with house made marinara, vegan parmesan and fresh parsley

Spaghetti Squash Carbonara (gf) \$65/\$120

Spaghetti squash tossed with a creamy cashew sauce, soy chick-un, tempeh bacon, peas, onion, lemon zest and parsley

Neatballs Marinara (gf) 55/100

House made soy neatballs with marinara, and parmesan

Tofu-Lentil Loaf (gf) \$55/\$100

A savory loaf made of local tofu, French lentils, gluten free oats, onion, tomatoes, carrots, bell peppers, garlic and herbs. Served with mushroom gravy.

Tempeh Piccata (gf) \$55/\$100

Tempeh cutlets pan fried in a small amount of olive oil and simmered in a light lemon sauce with capers

Seitan "Beef" & Broccoli \$55/100

Locally made seitan and lots of broccoli in a brown sauce. Pairs well with our vegetable brown rice or coconut rice.

Chana Masala (gf) \$45/\$80

Chickpeas simmered in tomato, onion, lime juice, cilantro and spices. Pairs well with our Indian rice.

Kelp Noodle Pad Thai (gf) \$65/\$120

Kelp noodles w/ sautéed cabbage and onions tossed with a Thai peanut sauce, shredded carrots, scallions and chopped peanuts.

Shepard's Pie \$65/\$120

Locally made seitan, mushrooms, onions, carrots and peas in a savory gravy topped with a layer of roasted corn and a top layer of mashed sweet potatoes (contains almond milk)