



## Family Meals

One sure way to please a crowd and ease the burden of meal preparation is to have the Market prepare your meals for you.

Our Family Meal Menu is extensive, and offers something for everyone, including full breakfast, sandwich platters, beach picnic packs or multi-course dinners. We can prepare your meals for pick-up or delivery.

### Lasagna & Pastas

served with garlic bread

#### Spaghetti & Meatballs

*House-made meat balls in a slow simmered tomato sauce.*

Half Pan - \$40.00 Full Pan - \$65.00

#### Vegetable Primavera

*Zucchini, squash, red onion, bell peppers, asparagus and mushrooms in a garlic white wine herb sauce on whole wheat penne.*

Half Pan - \$35.00 Full Pan - \$60.00

#### Grilled Chicken Alfredo

*House made garlic Alfredo sauce with grilled chicken on spaghetti.*

Half Pan - \$45.00 Full Pan - \$70.00

#### Beef Lasagna

*Homemade tomato sauce, fresh ricotta, herbs & mozzarella.*

Half Pan - \$40.00 Full Pan - \$65.00

#### Vegetarian Lasagna

*Homemade tomato sauce, zucchini, squash, bell peppers, mushrooms, fresh ricotta, herbs & mozzarella.*

Half Pan - \$35.00 Full Pan - \$60.00

#### Lobster Mac 'n Cheese

*This crunchy, crispy, lusciously cheesy, and it's loaded with delightful plump chunks of sweet lobster in our delicious Ginger Béchamel sauce.*

Half Pan - \$75.00 Full Pan - \$150.00

#### Shrimp Scampi

*Whole shrimp with tomatoes, sautéed with our signature garlic sauce.*

Half Pan - \$50.00 Full Pan - \$80.00

#### Beef Stroganoff

*Strips of chuck roast simmered with onions and mushrooms, then flavored with our special sour cream sauce.*

Half Pan - \$45.00 Full Pan - \$70.00

All family meals require a minimum of 24 hours notice. If you would like something sooner than that, call us anyway. We may have something for you. In addition, the Market has a selection of frozen Family Meals.

*All prices are subject to change without notice.*

*Order on-line or give us a call.*

[www.MaritimeMarketBHI.com](http://www.MaritimeMarketBHI.com)

910-457-7450, ext. 2