



The insatiable
BUSINESS
of
FOOD

Our Easy Entertaining menus with platters and trays to go are ideal for East Enders who want to host their own affairs. A selection of your favorite dishes are available for pick up and delivery. This represents a sample of our offerings. If you want something different, just ask. Our team of chefs can create any dishes that you dream about!

Our Chefs are committed to serving truly seasonally-inspired cuisine. Therefore, some of our items are only available at certain times of the year. Host Platters are served at room temperature. Host Trays are delivered hot with reheating instructions. Buon Appetito!

**If you know food,
you must know us!**

Contact us at:
631.377.3353

Visit us online at:
WWW.INSATIABLEEATS.COM



PLATTERS & TRAYS

| APPETIZERS |

HALF
TRAYS

ANTIPASTI MISTO bocconcini mozzarella, cured meats, olives, tomatoes	104
ARANCINI MESSINESE crispy risotto balls, meat ragu	36
ARANCINI FORMAGGIO crispy risotto balls, bechamel, mozzarella	30
BAKED CLAMS OREGANATA	73
TRIO OF BRUSCHETTA chicken mousse pate, wild mushrooms, tomato	69
BURRATA fresh mozzarella, heirloom tomatoes	110
CALAMARI FRITTI fried calamari, pomodoro sauce	99
CALAMARI FRITTI ARRABBIATA fried calamari, spicy pomodoro sauce	99
EGGPLANT ROLLATINI roasted eggplant, pomodoro sauce	70
FRITTO MISTO fried calamari, shrimp, basil aioli	105
GRIGLIATA MISTA grilled calamari and shrimp, dipping sauce	110
GRILLED OCTOPUS fresh herb Mediterranean marinade	110
GNOCCO FRITTO fluffy fried dough bites, bufala mozzarella, prosciutto	42
MOZZARELLA IN CAROZZA fried mozzarella cheese sandwich, side of pomodoro sauce	36
STEAMED MUSSELS red, white or fra diavolo style	69
POTATO CROQUETTES crispy mashed potatoes bites, gorgonzola cheese	36
POLPETTE DI MARCO chicken, sausage and short ribs meatballs	87
STUFFED MUSHROOMS roasted and stuffed with herb bread crumbs, mushrooms	77
SALUMI BOARD Italian cured meats, imported cheese, accompaniments	87

| SALADS |

ARUGULA & MUSHROOM baby arugula, farm mushrooms, shaved parmesan cheese creamy balsamic dressing	58
CLASSIC CAESAR romaine, parmesan, house croutons, fresh anchovy dressing	58
GIARDINIERA organic greens, seasonal vegetables, creamy balsamic dressing	58
INSALATA CAPRESE fresh mozzarella, heirloom tomatoes, basil pesto drizzle	61
ROASTED BEETS & GOAT CHEESE seasonal greens, creamy balsamic dressing	61
MIXED SEAFOOD calamari, octopus, scallops, shrimp, citrus vinaigrette	119
TRI-COLOR arugula, endive, radicchio, tomatoes, aged balsamic dressing	89

| PASTA |

HALF
TRAYS

Pick Your Signature Sauce & Fresh Pasta	
ALLA NORMA roasted eggplant, basil tomato sauce	99
ALLA VODKA creamy pomodoro sauce, Add Prosciutto \$8	99
AMATRICIANA guanciale roasted, tomato, red pepper flakes	99
BOLOGNESE signature meat ragu	99
BROCCOLI GARLIC & OIL	65
CON SARDE anchovies, onions, golden raisins, pine nuts, sardines, wild fennel	125
COSTOLA BREVE braised short rib ragu	110
GHIOTTA capers, green olives, onions, raisins, tomatoes, swordfish	125
GORGONZOLA imported gorgonzola, cream, parsley	99
NERO DI SEPIA black squid & cuttlefish, tomato sauce	99
PESTO basil, garlic cloves, pine nuts, parmesan cheese	99
PESTO TRAPANESE almond, basil, plum tomatoes, pecorino cheese	99
POMODORO basil, tomato sauce	65
POLPETTINI & POMODORO meatballs, tomato sauce	99
PRIMAVERA roasted seasonal vegetables, tomato	95
SALCICCIA E BROCCOLI broccoli, sausage, garlic and oil	99
FRUTTI DI MARE calamari, clams, mussels, shrimp (red, white or fra diavolo)	125
SICILIAN LASAGNA mini meatballs, tomato sauce, bechamel, mozzarella	95

BUCATINI thin spaghetti like pasta with hole
FETTUCCINE flat, thick pasta
FUSILLI corkscrew pasta
LINGUINE long flat thin pasta
PACCHERI large, flat, broad pasta
RIGATONI tubular shaped pasta
SPAGHETTI long thin pasta
TAGLIATELLE long, spaghetti like ribbon pasta
GNOCCHI handmade potato dumplings
RAVIOLI thin pasta dough pockets with fillings



PLATTERS & TRAYS

| MEAT |

Served with insatiable sides, artisan dinner rolls

HALF TRAYS

CHICKEN	99
VEAL	139
FRANCESE lemon beurre blanc sauce	
MARSALA mushrooms, marsala wine reduction	
PALLIARD fresh herb marinade	
PARMIGIANA mozzarella, pomodoro sauce	
PICCATA lemon, white wine, capers	
SCARPARELLO sausage, onions, peppers, tomatoes	
SORRENTINO eggplant, prosciutto, mozzarella, marsala	
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CHICKEN ROULADE choice of stuffing: chicken mousse, mushroom mousse, spinach & fontina, roasted pepper & goat cheese	154
CHICKEN SALTIMBOCCA spinach and prosciutto	154
SEARED DUCK cherry port wine reduction	209
BRISKET OF BEEF horseradish crème fraiche, crispy onions	198
ROASTED PORK LOIN mushroom sauce	140
FILET MIGNON borolo wine reduction (pistachio crusted opt'l)	252
PRIME RIB-EYE au jus or bernaise sauce	222
SKIRT STEAK Argentinian chimichurri sauce	222
ITALIAN SAUSAGE & PEPPERS	94
ROASTED RACK OF LAMB au jus	194
BRAISED SHORT RIBS red wine and tomato ragu	194
VEAL CHOP grilled or milanese	194

| SEAFOOD |

Served with insatiable sides, artisan dinner rolls

HALF TRAYS

JUMBO LUMP CRAB CAKES chipotle mayo or creole remoulade	144
RED SNAPPER capers, olives, tomatoes, white wine	192
POACHED CHILIAN SEA BASS wild fennel crust	274
GRILLED SALMON champagne mustard sauce	134
POACHED SALMON creamy dill sauce	134
RED SNAPPER MARE CHIARO tomato, white wine sauce	134
STUFFED SOLE crab stuffing, lemon buerre blanc sauce	192
SWORDFISH INVOLTINI citrus buerre blanc sauce	216
YELLOWFIN TUNA black & blue or crusted	216
LOBSTER POT PIE lobster, artichokes, asparagus, saffron veloute, savory pie crust	186
FILET OF SOLE OREGANATA lemon fresh herbs, parmesan, buerre blanc sauce	134

| SHRIMP |

Served with insatiable sides, artisan dinner rolls

HALF TRAYS

FRA DIAVOLO spicy pomodoro sauce	144
FRANCESE lemon butter white wine sauce	144
SCAMPI OR OREGANATA herb bread crumbs, white wine sauce	144
MARE CHIARO tomato, white wine sauce	144
MARINARA basil pomodoro sauce	144
PARMIGIANA mozzarella, pomodoro sauce	144

| CARVING TRAYS | \$149 (6-8 PEOPLE)

Served with Palm Rolls

Bone-In Fresh Ham	pineapple chutney
Pork Loin	apple compote, roasted fennel
Free-Range Turkey	cranberry relish, goblet gravy
Corned Beef	grain mustard, sauerkraut
Top Round Roast Beef	horseradish sauce
Whole Wild Salmon	creamy dill sauce



PLATTERS & TRAYS

| INSATIABLE SIDES |

	HALF TRAYS
GRILLED ASPARAGUS	42
SAUTÉED SPINACH	42
SAUTÉED BROCCOLI	42
SAUTEED BROCCOLI RABE	42
ESCAROLE & BEANS	48
ROASTED STRING BEANS	42
ROASTED CAULIFLOWER	42
ROASTED POTATOES	36
MASHED POTATOES	36
TRUFFLED MASHED POTATOES	49
TRUFFLE FRIES	58
SIGNATURE MEATBALLS	58
CREAMED SPINACH	54
BRAISED BABY CARROTS	54
SAUTEED BOK CHOY	54
INDIAN CORN PUDDING	54
ROASTED BRUSSEL SPROUTS	54
ROASTED PORTOBELLO MUSHROOMS	54
SCALLOPED POTATOES	54
GLAZED BUTTERNUT SQUASH	54
ROASTED SEASONAL VEGETABLES	59
CARROT CAULIFLOWER MASH	59
LEEK & KALE CAULIFLOWER MASH	59
ROASTED CAULIFLOWER MASH	59
STRING BEAN GREMOLATA	59
CHEF'S MACARONI & CHEESE	59
LOBSTER MAC & CHEESE	79
ULTIMATE DUCK STUFFING	59
ULTIMATE VEGETARIAN STUFFING	49
KALE, SQUASH & PANCETTA PIE	59
LEMON ORZO OR MEDITERRANEAN COUSCOUS	59
QUINOA & WILD RICE OR VEGETABLE FARRO	59
HONEY NUT CORN BREAD (NUTS OPTIONAL)	29
ARTISAN DINNER ROLLS	11

| VEGETARIAN | \$99

Served with Artisan Dinner Rolls

EGGPLANT PARMIGIANA	
layered with mozzarella, pomodoro sauce	
EGGPLANT ROLLATINI	
rolled and filled with mozzarella, pomodoro sauce	
EGGPLANT BOATS	
roasted and filled with vegetable quinoa	
PASTA PRIMAVERA <i>gluten free on request</i>	
fresh pasta, seasonal vegetables	
ROASTED SEASONAL VEGETABLES	
Mediterranean grains of the day	

HALF TRAYS

| DESSERT | \$59

Italian Inspired Desserts

Dark or White Chocolate Profiteroles

Deconstructed Cannoli

Frutti Di Bosco Cake

Traditional Tiramisu

HALF TRAYS

| PLATTERS |

Beautifully Presented | Guest Grazing

| CHARCUTERIE | \$154 (6-8 PEOPLE)

Chef's Selection of Italian Cured Meats, Imported Cheese

(From Chef's Cheese Selection below)

Brasaola, Cacciatolino, Finocchietta, Mortadella, Porketta,

Prosciutto Di Parma, Soppressata, Speck

Served With Grissini Bread Sticks or Warm Bread Basket,

Extra Virgin Olive Oil, Whipped Butter

| IMPORTED CHEESE | \$142 (6-8 PEOPLE)

Chef's Selection of Imported Cheese with Fresh Fruit & Berries

Bufala, Caccio Tartufo, Gorgonzola, Parmesan, Pecorino

Provolone, Stracchino, Goat Cheese and Ricotta Salata

Fig Spread, Honey, Membrillo

Garnished with Nuts, Dried Fruit

Assorted Berries, Cantaloupe, Honeydew Melon, Golden

Pineapple, Seedless Red Grapes

Served with Flat Breads and Crackers

| MEDITERRANEAN | \$128 (6-8 PEOPLE)

Chef's Selection of Speciality Vegetable Offerings

Roasted Squash, Zucchini, Eggplant, Fennel, Mixed Marinated

Peppers, Feta Cheese, Chickpea Hummus, Greek Dolmas

& Tabbuleh

Served with Assorted Flatbreads and Pita Breads

| TUSCAN | \$147 (6-8 PEOPLE)

Chef's Selection of Bruschetta Bar Dips, Spreads & More

Marinated Artichokes, Olives, Mushrooms

Fresh Bocconcini, Tomato, Fresh Basil, Balsamic

Cannellini Bean Salad with Lemon, Herbs

Tomatoes Eggplant Caponata

Tomato Bruschetta with Red Onion, Olive Oil, Herbs

Stuffed Peppers in Extra Virgin Olive Oil

Served with Assorted Focaccia Breads

