



***Carmines***  
Gourmet Market &  
La Trattoria Restaurant

**Carmines's Gourmet Market  
has been serving  
South Florida for over 45 years.**

**We are a 10,000 Square foot  
Gourmet Market specializing in  
Prime Meats, Fresh Seafood, Organic Produce,  
Imported Cheeses and Deli,  
Fresh on the premise Bakery and a  
Prepared Foods Department with over  
100 items to choose from daily and an  
extensive Gourmet Grocery &  
a large Wine Department.**

**Our Inflight Menu is not limited to the items  
listed just ask our Catering Department  
for any special request you might have!**

**Our Italian Restaurant La Trattoria is open  
7 days a week from 11:00 to 10:00 we have  
10-12 chefs on hand at all times to service all  
of your catering needs we have all the ingredients  
on hand so we are able to offer a larger variety  
and a fresher product than anyone else.  
Our delivery charge is \$40.00, we are fast and  
efficient with drivers and vans available  
from 8-7 everyday.**

**\*10% service charge is added to all orders.**

**We would like a 24hr notice but we do  
understand that things come up at the  
last minute and we will do our best  
to accommodate your needs there is a 100.00  
after hour service charge for orders with  
less than a 24hr notice.**

**Please Call our Catering Department at  
(561) 775-0105 ext. 117 or  
Email: catering@carmines.com**



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# **Inflight Menu**



**Servicing  
Palm Beach Airport  
Stuart Airport**

**2401 PGA Blvd  
Palm Beach Gardens, FL  
(561) 775-0105  
ext.117**

# APPETIZERS

\*6pc minimum on the items sold by the each

**Conch Fritters 3.00ea**  
with an Orange Wasabi Dipping Sauce

**Mini Smoked Chicken Quesadillas 3.00ea**

**Crostini Appetizers 4.00ea**  
Filet Mignon, Seared Ahi Tuna, Fig & Goat Cheese or Gorgonzola & Pinenuts

**Prosciutto 6.00ea**  
wrapped Melon or Asparagus

**Smoked Salmon Points 4.50ea**

**Chicken or Vegetable Spring Rolls 4.00ea**

**Prime Beef Cocktail Meatballs** mini 3.50ea large 8.00ea  
with side of our famous marinara sauce

**White Meat Chicken Tenders 5.00ea**  
with side of housemade BBQ sauce

**Lollipop Lamb Chops 15.00ea**  
with a mint yogurt dip

**Ahi Tuna Tartar 5.00ea**  
sushi tuna served on a cucumber slice

**Mini Lobster Cakes 6.00ea**  
with a Remoulade sauce

**Mini Crab Cakes 3.50ea**  
with a Key lime Mustard Sauce

**Caprese or Fruit Skewers 5.00ea**

**Breaded Fresh Mozzarella Sticks 5.00ea**  
with side of our housemade marinara

**Breaded Eggplant Rollatini 7.00ea**

**Shrimp Cocktail Jumbo 6.50ea**

**Fresh Stone Crab Claws** mkt price

**Smoked Fish Dip 8.99** 1/2 lb.

## Platters

 for 2 or 5 people

**Imported Cheese & Fruit or Cheese Platter 35.00/70.00**

**Fresh Fruit Platter 30.00/60.00**

**Antipasto Platter 35.00/70.00**

**Olives, Salami & Hummus 30.00/60.00**

**Vegetable Crudite Platter 25.00/50.00**

**XL Shrimp Cocktail Platter 40.00/80.00**

**Sushi, Sashimi and Sushi Rolls available (ask for menu)**

\*Extra Garnishing and Platter charges maybe added

# DESSERTS & SWEETS

**Mini Pastries 4.50ea**

Cannoli's, Napoleons, Baklava  
Éclairs, Cream Puffs, Key Lime or Tiramisu Tarts

**Cake Slices 8.00ea or Tarts 8.95ea**  
Chocolate Beast, Carrot, Coconut Cake, Cheesecake  
Fruitti Di Bosco, Tiramisu (house specialty)  
Peanut Butter or Chocolate Mousse Tower  
Red Velvet or Chocolate Lava Tart

**Cookies 5.00 & Brownies 8.00ea**  
Chocolate Chip, Oatmeal Raisin, Heath Bar Crunch  
White Chocolate Macadamia Nut,  
Pignoli Cookies, Black & Whites,  
Chocolate or Almond Biscotti & Double Chocolate Brownies,  
Lemon Squares, Chocolate Mousse or Peanut Butter Squares

## Breakfast Items

**Frittata Italiano 25.95**

Omelet made Italian Style with Sausage, Peppers, Potatoes & Onions

**Omelet Florentine 23.95**

Spinach, Artichoke Hearts, Scallions & Provolone Cheese

**Omelet Americana 23.95**

Ham, Cheddar Cheese, Peppers & Onions

**Crabmeat Omelet 32.95**

Fresh Lump Crabmeat, Artichoke Hearts, Fresh Tomato & Basil

**Vegetable Omelet 23.95**

Roasted Red Peppers, Onions, Arugula, Fresh Tomatoes & Goat Cheese

**4 Cheese Omelet 23.95**

Reggiano Parmigiana, Fresh Mozzarella, Imported Provolone & Goat Cheese

**Eggs with Truffles & Mushrooms 32.95**

Scrambled Eggs, Black Truffles, Porcini Mushrooms & White Truffle Oil

**Smoked Salmon Plate 25.95**

Fresh Scottish Salmon, Capers, Hard Boiled Eggs, Red Onion, Cream Cheese  
with Bagel, Pumpernickel or Rye Bread

**Side of Sausage, Bacon or Ham available 8.00** extra

## Also Available

Fresh Baked Muffins, Danish, Croissants or Bagels  
Assorted Greek, Coconut milk, lowfat & whole milk Yogurts  
and Asst. Granolas regular & GF.

## Breads and Rolls

Italian, French, whole wheat, multigrain, brioche, sourdough,  
pretzel bread and rye available.

# Sandwiches

- Fresh off the bone Turkey Breast 18.95**  
**Prime Roast Beef 16.95**  
**Tuna or White Meat Chicken Salad 15.95**  
**The Carmine Combo 15.95**  
Ham, Genoa Salami, Capicola, Pepperoni & Provolone  
**The Godfather 16.95**  
Parma Prosciutto, Fresh Mozzarella, Arugula, Tomato & Roasted Red Peppers  
**The Milano 16.95**  
Grilled Chicken Breast, Provolone, Lettuce, Tomato, Onion, Pesto on a Focaccia  
**Roast Beef & Blue Cheese 17.95**  
Fresh Sliced Rare Roast Beef, Saga Blue Cheese & Horseradish sauce on Rye Toast  
**Black Forest Ham and Brie on a French Baguette 16.95**  
**Corned Beef or Pastrami on Fresh Rye Bread 16.95**  
**Grilled Fresh Vegetables in a wrap 16.95**  
**The Bobby Caesar 16.95**  
Grilled Chicken Breast, Bacon, Provolone & Romaine with Caesar Dressing on Sourdough
- We have White, Rye, Wheat, French, Kaiser, Ciabatta and Italian breads or Wraps available. In addition to these sandwiches we have a large selection of Imported & Domestic Meats and Cheeses.**

# Gourmet Pizzas

14" - 6 slices

\*All pizzas can be done on Flatbread if requested.  
Cauliflower or Gluten Free Crust available for 5.00 extra.

- Cheese Pizza 19.95**  
**Pizza Margherita 21.95**  
Fresh Mozzarella, Fresh Tomatoes & Basil  
**Pizza Florence 21.95**  
Artichoke Hearts, Spinach, Fresh Tomatoes & Mozzarella White Pizza  
**Pizza Di Pollo 22.95**  
Grilled Chicken, Broccoli, Sundried Tomatoes & Mozzarella White Pizza  
**Pizza Bianca 22.95**  
Mozzarella, Goat Cheese, Fresh Tomatoes & Pesto Sauce White Pizza  
**Pizza Gardens 21.95**  
Broccoli, Yellow Squash, Mushrooms, Peppers & Mozzarella White Pizza  
**Meat Lovers 22.95**  
Sausage, Meatballs, Pepperoni, Tomato Sauce & Mozzarella  
**Pizza Pepperoni 21.95**  
Pepperoni, Tomato Sauce & Mozzarella  
**Grandma Pizza 21.95**  
Tomato sauce, fresh Mozzarella and basil

**Assorted Calzone 14.95 and up**  
Cheese, Pepperoni, Spinach & Sausage, Ham & Cheese

# Salads and Sides

- Caesar or Garden Salad 14.00pp**  
**Fresh Mozzarella, Tomato & Basil Stack 16.00pp**  
**Fresh Burrata and Tomato Salad 19.95pp**  
**Nantucket Salad 15.00pp**  
**Spinach or Tri-Color Salad 16.00pp**  
**BLT Salad 17.00pp**  
**Arugula and Prosciutto Salad 19.95ea**
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- Artichokes and Hearts of Palm 16.99**  
**Pasta Primavera 15.99**  
**Black Beans & Southwestern Corn Salad 15.99**  
**Bowtie Pasta, Provolone & Tomatoes 15.99**  
**Oriental Pasta Salad 15.99**  
**Penne Caprese Salad 15.99**  
**Mediterranean Orzo Salad 14.99**  
**Greek Pasta Salad 14.99**  
**Kale, Carrot & Walnut Salad 17.99**  
**Tuna, White Meat Chicken Salad 17.99**  
**XL Shrimp Salad 29.99**  
**Fresh Lobster Meat & Jumbo Shrimp Salad 42.99**  
**Roasted Asparagus & Mushrooms 16.99**  
**Portobello Mushrooms Marinated 17.99**  
**Broccoli Rabe with Roasted Garlic 16.99**  
**Kale and Feta Salad 17.99**  
**Roasted or Mashed Potatoes 12.99**  
**Organic Wild Rice and Cranberry 18.99**  
**Grilled Mixed Vegetables 18.99**  
**Sautéed Spinach 16.99**  
**Toasted Orzo with Mushrooms & Onion 15.99**  
**Broccoli or Green Bean Almondine 15.99**

\*All prices and items subject to change

# Entrees

- Chicken or Veal Parmigiana** 28.95/38.95<sup>ea</sup>  
**Chicken or Veal Marsala or Milanese** 28.95/38.95<sup>ea</sup>  
**Blackened or Grilled Chicken** 26.95  
**Chicken or Veal Francaise** 28.95/38.95<sup>ea</sup>  
**Chicken Scarpariello Boneless** 28.95<sup>ea</sup>  
**Chicken or Veal Saltimbocca** 29.95/38.95<sup>ea</sup>  
**Battuta di Pollo** 29.95  
Chicken Breast pounded thin & grilled  
**Veal Osso Buco** 45.95<sup>ea</sup>  
**Veal Scallopini Granchio** 42.95<sup>ea</sup>  
Jumbo Lump Crabmeat, Asparagus, Sundried Tomatoes in a White Wine Sauce  
**N.Y. Strip Pizzaiola** 49.95  
**“Prime” Filet of Ribeye** 49.95  
**Short Rib al Vino** 42.95  
Boneless Beef braised Short Ribs in a Chianti wine Reduction Sauce  
**Filet Mignon** 49.95  
with a Peppercorn or Barolo Sauce  
**Rack of Lamb** 59.95  
Pan Seared with a Rosemary Reduction  
**Snapper Francaise** 47.95  
**Sea Bass Marinaio** 49.95  
Lightly Breaded and Grilled  
**Sautéed Scallops** 46.95  
**Jumbo Lump Crab Cake** 32.95  
**Salmon Fillet, Poached or Grilled** 39.95  
**Salmon Senape** 42.95  
Grilled Wild Caught Salmon Fillet in a Dijon Mustard & Cream  
**Pan Seared Ahi Tuna Steak** 39.95  
**Grilled Calamari or Octopus** 24.95

\*All prices and items subject to change

# Pasta

Gluten Free or Whole Wheat Pasta Available

- Linguine White or Red Clam Sauce** 26.95  
**Risotto Zafferano** 36.95  
Shrimp, Arugula, Garlic and Saffron  
**Risotto alla Funghi** 38.95  
Porcini Mushrooms, White Wine & White Truffle Oil  
**Beef or Spinach Lasagna** 26.95  
**Sausage and Peppers** 25.95  
**Pappardelle Al Ragu di Short Rib** 39.95  
**Rigatoni alla Norma** 29.95  
Eggplant, Garlic, Onions in a Tomato Sauce topped with Goat Cheese  
**Rigatoni alla Vodka or Marinara** 25.95  
**Penne alla Caprese** 25.95  
Tossed with Garlic, Fresh Tomato, Basil & Fresh Mozzarella  
**Penne alla Puttanesca** 28.95  
Garlic, Onions, Capers, Anchovies in a Spicy Marinara  
**Penne Gamberini** 35.95  
Shrimp, Asparagus, Garlic & Crushed Red Peppers in White Wine Sauce  
**Spaghetti Bolognese or Aglio e Olio** 24.95  
**Gnocchi alla Fromaggi or Pesto** 29.95  
**Ravioli di Vitello** 39.95  
Filled with Braised Veal & Mushrooms in Thyme Sauce with a touch of cream .  
**Cheese & Spinach Ravioli** 28.95  
Filled with Spinach & Ricotta in a Butter Sage Sauce  
**Macaroni and Cheese** 21.95  
\*Grilled Chicken or Lobster meat can be added for extra \$  
**Eggplant Parmigiana** 26.95

# Soups

 8.95pt or 16.95qt

- Chicken & Rice, Pasta Fagiole, Beef Vegetable, Tomato-Basil, Lentil, Beef Chili, Chicken Noodle, Italian Wedding & Gazpacho**

Ask about our other daily special soups!