

Decieving Deserts

Baked fresh without sugar or white flour.

	Serves 8	Serves 12
Stella Style New York Ricotta Cheesecake	-	\$50
for Fresh Berry Topping add \$15		
Stella Style New York Ricotta Pumpkin Cheesecake	-	\$50
Praline Pumpkin Pie	\$38	-
Strawberry Shortcake	\$38	\$56
Rachel's Marvelous Macaroons	\$32	\$48
Pumpkin Pound Cake	\$32	-

We use *Splenda* in place of white sugar.

Fresh Baked Goods

No flour or sugar used. Served with cinnamon butter and cream cheese.

	1/2 Dozen	1 Dozen*
George's Gorgeous Macadamia Nut Muffins	\$18	\$35
Rachel's Raspberry Muffins	\$18	\$35
Christian's Banana Nut Muffins	\$18	\$35
Blueberry Muffins	\$18	\$35
Coconut Macaroon Muffins	\$18	\$35
Blueberry Silver Dollar Pancakes	-	\$18
Maple Pecan Silver Dollar Pancakes	-	\$18
Cinnamon Toast Silver Dollar Pancakes	-	\$18

*When ordering 1 Dozen muffins, you may choose 2 different varieties if you like.

Simply Snacks

Made fresh.

	By The Pound
Nutty Muddy Trail Mix.....	\$18
Boiled Spiced Edamame.....	\$18
Herb Boursin Cheese Spread.....	\$18
Renee's Roasted Cinnamon Candied Nuts.....	\$18

It's In The Bag

Perfect for on the go or fun corporate functions.

Bag Lunches \$12 each, minimum 8
Choose from: BLT Roll-Up, Cubano, or Chicken Salad Wrap.
Includes boiled spiced edamame, macadamia nuts, coconut macaroons and crystal light.

Please allow us 48 hours notice to prepare your order. **203-226-6974**

Major Credit Cards Accepted



For more details visit us at:
www.stellastyle.com



Party Platters **////TO GO>** *Stella Style!*

No bulky chafing dishes or sterno needed because all meals are served family style on decorative platters, wood cutting boards, or mirrors decked out Stella Style with fresh herbs and plenty of colorful garnish.

All meals are ready to go, just heat and serve in the same containers!

We do it all, so you don't have to.

Gift Certificates
Available

Cooking Stella Style

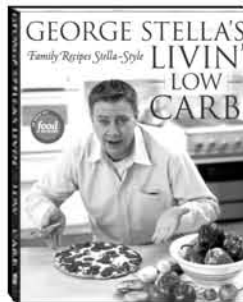
All our food is naturally Low Carb. We only use the freshest foods and make everything from scratch after your order is placed, and never prepared ahead of time.

We don't use any white flour or sugar in our foods. Our baked goods are made with Almond Flour and Soy Flour and we always use Splenda in place of sugar.

About George Stella

Six years ago, professional chef George Stella weighed 470 pounds, and doctors told him to lose weight or lose his life. After hearing about the low carb lifestyle, he decided to give it a try and his rapid success inspired his wife and two sons to join him. Together, the family has now lost an astonishing 580 pounds!

Now, Chef Stella shares the secrets to his success with others all around the world. He and his family live in Norwalk, Connecticut.



George's first book, *Livin' Low-Carb Family Recipes Stella Style* from Simon & Schuster is available in book stores everywhere.

His second book hits the shelves January 2006.



George Stella is host of *Low Carb and Lovin' It* on Food Network

Weekends at 9:00 AM

Visit www.stellastyle.com for more information.



We always use fresh healthy foods, including organically grown available upon request. All our sauces, dressings, breadings, and even dry spice mixes are made from SCRATCH by us, so none of our foods will contain any additives, trans-fats or sugars!

foodnetwork Chef
George Stella's

PARTY PLATTERS ////TO GO>

Catering & Family-Style Meals



Chef George Stella, star of the hit Food Network show *Low Carb and Lovin' It* now brings his healthy, no sugar or flour, fresh made Comfort Foods straight to your next party or family dinner table!

All meals are ready to go, just heat and serve!



We do it all, so you don't have to.

We only use fresh & delicious naturally Low Carb ingredients.



Call
203-226-6974
to place an order

Please order at least 48 hours in advance as all food is shopped for and prepared fresh daily.

Major Credit Cards Accepted

37 Saugatuck Ave Westport, Connecticut 06880 Fax: 203-226-5347

Visit www.stellastyle.com for more information including Photos and Nutrition Facts.

Gift Certificates
Available

Appetizer Platters

One size platter perfect for butler passed.

	Serves 8-10	Additional Pieces
Grilled Teriyaki Ginger Chicken Satays	\$44	\$2 each
Chicken Pesto Skewers	\$44	\$2 each
with Marinara sauce		
"If You Had Wings"- chicken wing drumettes	\$38	\$1 each
Naked, Hot, Mild or Jamaican Jerk with Blue Cheese and Celery		
Key West Crab Cakes	\$78	\$3.50 each
with mustard sauce		
Jumbo Shrimp Cocktail	\$78	\$3.50 each
with home made sugar-free cocktail sauce		
Buffalo Shrimp Cocktail	\$78	\$3.50 each
tossed in mild or hot wing sauce		
Clams Casino	\$44	\$2 each
Grilled Teriyaki Sesame Tuna Skewers	\$78	\$3.50 each
with fresh melon salsa		
Jamaican Jerk Sea Scallop Brochettes	\$78	\$3.50 each
with summer squash salsa		
Jamaican Jerk Shrimp Brochettes	\$78	\$3.50 each
Bacon Wrapped Teriyaki Scallops	\$78	\$3.50 each
Smoked Salmon Pinwheels	\$55	\$2.50 each
Crab Stuffed Mushrooms	\$44	\$2 each
Pork Souvlaki Kebobs	\$65	\$3 each
with Easy Tzatziki Sauce		
Refreshing Fruit Kebobs	\$44	\$2 each
with Fresh Raspberry Fruit Dip		
Grilled Cilantro Vegetable Kebobs	\$44	\$2 each

Cold Buffet Platters

Ready to serve!

	Serves 8-10	Serves 18-20	Add. Persons
Gourmet Cheese and Fruit Display	\$75	\$149	\$7.50
Antipasto Cutting Board	\$85	\$169	\$8.50
Real whole Italian dried meats, cheeses and vegetables			
Fresh Fruit, Berries and Yogurt Dip	\$50	\$99	\$5
Vegetable Crudités Basket	\$40	\$79	\$4
with herb ranch dressing			
Maryland Spiced Peel and Eat Shrimp	\$65	\$129	\$6.50
Smoked Salmon Array	\$65	\$129	\$6.50
Lettuce Wrap Sampler Platter	\$50	\$99	\$5
Cubano, BLT Roll-Ups and Chicken Salad			
Sliced Roasted Turkey Breast	\$60	\$119	\$6
with herb mayo and home made sugar-free cranberry relish			
Tequila Marinated London Broil	\$85	\$169	\$8.50
with horseradish cream sauce			
Grilled Rosemary Ginger Pork Tenderloin and Peaches	\$85	\$169	\$8.50
Sliced Jamaican Jerk Pork Loin	\$75	\$14	\$7.50
with summer squash salsa			
Herb Roasted Sliced Beef Tenderloin	\$120	\$239	\$12
with whole grain mustard sauce			
Cilantro Grilled Vegetables	\$45	\$89	\$4.50

Party Sized Casseroles & Family Style Meals

No chaffing dishes or sterno needed; just heat and serve!

	Family Meal (serves 4) With 1 Hot Vegetable	Serves 8-10	Serves 18-20
Family Style Chicken	\$34	\$60	\$119
Tequila Chicken	\$38	\$70	\$139
with salsa picante and sour cream			
Easy Cheesy Chili Chicken	\$38	\$70	\$139
Chicken Parmesan	\$38	\$70	\$139
Breaded in Italian seasoned soy flour			
Herb Roasted Chicken Breast	\$38	\$70	\$139
Grilled Basil Marinated Chicken Breast	\$38	\$70	\$139
with cilantro butter			
Chili Turkey Burgers	\$34	\$60	\$119
with lettuce, tomato, and onion			
Black Soy Bean Chili	\$30	\$50	\$99
Chuck Pot Roast	\$42	\$80	\$159
with roasted onions, celery, and mushrooms			
Beef "Noodle-less" Lasagna	\$30	\$50	\$99
Uncle Al's Sausage and Peppers Casserole	\$34	\$60	\$119
Eggplant Parmesan	\$38	\$70	\$139
Breaded in Italian seasoned soy flour			
Blackened or Grilled Salmon	\$46	\$90	\$179
with Dill Butter			
Chili Rubbed Salmon	\$46	\$90	\$179
with Cool Cucumber Chipotle Chutney			
Roasted Pecan and Herb Crusted Salmon	\$46	\$90	\$179

Vegetable Casseroles

Heat and serve.

	Serves 8-10	Serves 18-20
Cauliflower "Mac" and Cheese Casserole	\$45	\$89
Green Beans Casserole	\$45	\$89
Cauliflower "Rice" Pilaf	\$45	\$89
BBQ Baked Soy Beans	\$45	\$89
Cauliflower Roasted Garlic "Mashed Potatoes"	\$45	\$89

Hot Vegetables

Heat and serve.

	Serves 8-10	Serves 18-20
Grilled Portabellas, Peppers and Squash	\$45	\$89
Balsamic Grilled Vegetables	\$45	\$89
Vegetables Casino	\$45	\$89
Southern Green Beans and Pecans	\$40	\$79
Zucchini, Yellow Squash and Tomato Fromage	\$45	\$89
Collard Greens, Roasted Peppers and Artichoke Sauté	\$40	\$79
Sautéed Spinach and Roasted Peppers	\$40	\$79
Roasted Vegetables	\$45	\$89
Summer Squash Sauté	\$40	\$79
Braised Texas Cabbage	\$35	\$69

Carving Ready Roasts

Just heat and slice to serve.

	Serves 8-10	Serves 18-20	Add. Persons
Roast Prime Rib Au Jus	\$110	\$219	\$11
with horseradish cream sauce			
Herb Roasted New York Strip Sirloin	\$110	\$219	\$11
with sautéed scampi mushrooms			
Fool Proof Roast Beef	\$85	\$169	\$8.50
with mustard sauce			
Herb Roasted Whole Beef Tenderloin	\$120	\$239	\$12
with sautéed scampi mushrooms			
Baked Ham with Maple Bourbon Glaze	\$65	\$129	\$6.50
Roasted Jamaican Jerk Pork Loin	\$75	\$149	\$7.50
with summer squash salsa			
Oven Roasted Turkey Breast	\$65	\$129	\$6.50
with home made sugar-free cranberry relish			

Super Salads

Ready to serve.

	Family Size serves 4	Serves 8-10	Serves 18-20	Add. Persons
Radicchio Salad	\$16	\$39	\$78	\$4
with raspberry vinaigrette				
Key West Caesar Salad	\$16	\$39	\$78	\$4
Ernie's Greek Salad	\$20	\$49	\$98	\$5
Stella Style Chefs Salad	\$20	\$49	\$98	\$5
Iceberg Prairie Salad	\$16	\$39	\$78	\$4
with smoky green chili ranch dressing				
Italian Marinated Vegetables	\$20	\$49	\$98	\$5
Waldorf Cole Slaw	\$16	\$39	\$78	\$4
Egg "Mock" Potato salad	\$24	\$59	\$118	\$6
made with cauliflower				
Cucumber and Tomato Salad	\$16	\$39	\$78	\$4
Spinach Salad	\$16	\$39	\$78	\$4
Tuna Salad	\$20	\$49	\$98	\$5
Chicken Salad	\$20	\$49	\$98	\$5

Indicates this item also available raw & ready for your grilling pleasure.

You may choose to have this item displayed on a mirror for additional deposit.

\$10 min. refundable deposit required on all glass platters, casserole dishes, baskets, and wood boards. (Additional deposit required for mirrors)

Please allow us 48 hours notice to prepare your order.

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