



BOSTON SALADS

& Prepared Foods

Traditionally tasteful
deli salads, sides,
entrees & desserts.

bostonsalads.com



POTATO SALADS & SLAWS

CHEF'S POTATO & EGG

Tender chunks of potato, chopped eggs, onions and jullienne carrots in our house mayonnaise dressing.



CHEF'S POTATO & EGG

GERMAN POTATO

Sliced red bliss potatoes in a vinaigrette dressing with bell peppers, scallions, and chopped smoky bacon. Can be enjoyed cold or warm!



GERMAN POTATO

COLE SLAW

Classic freshly shredded cabbage and carrots in a lightly sweetened mayonnaise dressing.



COLE SLAW

COUNTRY COLE SLAW

This no-mayo slaw features fresh cabbage, half-moon sliced carrots, cucumbers, and diced red bell pepper in a vinaigrette dressing.

CREAMY CHOPPED SLAW

Twice-chopped cabbage and carrots in a sweetened mayonnaise dressing.

POTATO SALAD

Diced white potatoes with chopped onions in our classic mayonnaise dressing.

IDAHO BAKED POTATO

Long-cut russet potatoes in a sour cream & mayonnaise dressing with shredded cheddar cheese, chopped smoky bacon, and fresh scallions.

DEVILED EGG POTATO

Chopped potatoes and boiled egg, diced celery and onion in a mustard dill mayonnaise with a touch of paprika.



DEVILED EGG POTATO

REDSKIN POTATO

Red bliss potatoes in our mayonnaise dressing with onions and dill weed.



REDSKIN POTATO

PASTA & GRAINS

ASIAN SESAME NOODLE

Authentic lo mein noodles, soy sauce, sesame oil, bell peppers, carrots, a dash of cayenne pepper and a touch of honey for a slightly sweet and spicy dish that can be served warm or cold.



ASIAN SESAME NOODLE

BACON RANCH PASTA

A new favorite featuring radiatore pasta, ranch dressing, and chopped smoky bacon.

BUFFALO CHICKEN WITH ROTINI

Chicken breast marinated in spicy buffalo sauce, with tri-color rotini pasta.

CHEDDAR MACARONI

Penne pasta, shredded cheddar cheese, diced bell peppers in a sour cream & mayo dressing.

CHEESE TORTELLINI

Tender cheese-filled tortellini in an Italian dressing with red onion, bell peppers, and black olives.



CHEESE TORTELLINI

CONFETTI COUS COUS

Pearl shaped cous cous pasta with edamame beans, bell pepper and corn in a light vinaigrette dressing.

CREAMY PASTA ITALIANO

Radiatore pasta, bell peppers, shredded carrots in a creamy Italian-style mayo dressing.

ELBOW MACARONI

Classic elbow macaroni, relish and diced bell peppers in a mayo dressing.



ELBOW MACARONI

GREEK PASTA

Penne pasta, tomatoes, zucchini, summer squash, peppers, olives and feta in a vinaigrette dressing.



GREEK PASTA

MEDITERRANEAN BOWTIE

Farfalle bowtie pasta, black olives, red bell peppers, feta cheese, and creamy Caesar dressing.

MEDITERRANEAN ORZO

Tender orzo, Kalamata olives, diced carrots, celery, bell peppers, and feta cheese in a cider vinaigrette with a touch of lemon.

PASTA PRIMAVERA

Tri-color rotini pasta, broccoli florets, julienne carrots, black olives and bell peppers tossed in an Italian dressing.

PESTO TORTELLINI

Cheese-filled tortellini in a pesto dressing with chopped spinach and bell peppers.

ZINFANDEL BOWTIE PASTA

Farfalle pasta, diced carrots, celery, black beans and bell peppers tossed in a zinfandel vinaigrette dressing.

SPECIALTY SALADS

ANTIPASTO

Ready to mix in your own pastas, cheese, and meats – this base features sliced onions, bell peppers, black olives, chickpeas, and pepperoncini in an Italian dressing.

ARTICHOKE

Quartered artichokes, sliced banana pepper rings, and julienne red and green pepper strips in an Italian dressing.

BARBECUE BAKED BEANS

Vegetarian white beans, red bell peppers and onions in a molasses and brown sugar barbecue sauce with a hint of chili powder.



BEET & ONION

Sliced red beets and onions in a sweetened cider vinaigrette.

COWBOY CAVIAR

A festive blend of black beans, corn, bell peppers, vine-ripened tomatoes, and green chilies in a seasoned red wine vinaigrette dressing.

CRANBERRY ORANGE SAUCE (fall seasonal)

Sweetened cranberry relish with fresh chopped oranges.

CUBAN BLACK BEAN

Black beans, corn, bell peppers, onions in a red wine vinaigrette with a touch of cayenne pepper.

MARINATED ROASTED RED PEPPERS

Whole roasted marinated red bell peppers.

EDAMAME

Edamame beans, black beans, corn, diced red bell peppers and chickpeas in a vinaigrette dressing.

CUCUMBER MARINADE

Freshly sliced cucumbers, onions, red bell pepper, and julienne carrots in a sweetened vinaigrette.



FOUR BEAN

A mix of wax and green beans, kidney beans, and chickpeas in a sweetened vinaigrette dressing.

ITALIAN MARINATED MUSHROOMS

Button mushrooms in a seasoned Italian dressing.

OLIVE

A mix of Sicilian style pitted olives, black olives, pepperoncini, carrots and red bell peppers in a seasoned Italian dressing.

ROASTED CORN BRUSCHETTA

Roasted corn, black beans, and red bell pepper in a chipotle vinaigrette dressing.

TOMATO MOZZARELLA (summer seasonal)

Fresh mozzarella, grape tomatoes, crescent-cut cucumber and red onions in a balsamic vinaigrette dressing.



SANDWICH BOARD

ANGRY TUNA

Our classic tuna salad with a helping of hot pepper relish and sliced jalapeno peppers to wake up your taste buds.

BUFFALO STYLE CHICKEN

Featuring chicken breast marinated in Buffalo-style sauce, crescent cut celery, julienne carrots in a mayonnaise dressing.

CAPE COD CHICKEN

White meat chicken and sweetened dried cranberries in our classic mayo dressing.

CRANBERRY WALNUT CHICKEN

An irresistible blend of white meat chicken, sweetened dried cranberries and chopped walnuts, in our classic mayonnaise dressing.

DELUXE EGG

Chopped hard boiled eggs mixed with mayonnaise with a touch of salt and pepper.

DELUXE HAM

Diced ham, mayonnaise, sweet relish, and touch of stone ground mustard.

SEAFOOD

Tender surimi, mayonnaise, and diced celery with a touch of garlic salt.

SHRIMP & SEAFOOD SALAD

Tender cooked shrimp tossed with chunks of surimi and fresh celery in our classic mayonnaise dressing.

SWEET CURRY CHICKEN

Diced white meat chicken, mango chutney, golden raisins, in a curry mayonnaise dressing.

TUNA

A classic blend of tuna and freshly diced celery in our mayonnaise dressing.

WHITE MEAT CHICKEN

Chunks of all white meat chicken breast and fresh celery in a mayonnaise dressing.



SAVORY ENTREES & SIDES

CHICKEN BROCCOLI & PENNE

Penne pasta, grilled chicken, and broccoli florets in a creamy parmesan alfredo sauce.



CRANBERRY STUFFING (frozen)

Buttery croutons, cranberries, celery, onion and seasoning.

ITALIAN SAUSAGE, PEPPERS & ONIONS

Sliced Italian sausage, bell peppers and onions tossed in hearty marinara sauce.

MACARONI & BEEF

Seasoned ground beef, elbow macaroni, marinara sauce and spices.



MACARONI & CHEESE

Classic elbow pasta in a creamy cheddar sauce.

MEATBALLS IN MARINARA SAUCE

1 oz all beef meatballs and marinara sauce.



POULTRY STUFFING (frozen)

Classic stuffing mix with onions, celery and poultry seasoning.



SPINACH & FETA STUFFING (frozen)

Croutons, spinach, feta cheese and seasoning.

ZITI MARINARA

Tender pasta tossed with marinara sauce.



Safety is our #1 priority. Our facility is USDA, FDA, HACCP, and SQF Certified for Food Safety.

DESSERTS

MAPLE WALNUT BREAD PUDDING (frozen)

Brioche bread baked in a sweet egg custard drizzled with maple syrup and chopped walnuts.

PEACH CRISP (frozen)

Sliced peaches tossed in cinnamon sugar baked with a brown sugar oatmeal topping.

PUMPKIN BREAD PUDDING (fall seasonal) (frozen)

Cinnamon raisin bread baked in a sweet pumpkin & spice custard.

PUMPKIN PUDDING (fall seasonal) (frozen)

Vanilla pudding mixed with real pumpkin and spices.

STRAWBERRY RHUBARB CRISP (frozen)

Sweet strawberries and tart rhubarb tossed in cinnamon sugar baked with a brown sugar oatmeal topping.



NEW RETAIL CRISPS NOW AVAILABLE!

APPLE CRISP (frozen)

Sliced apples tossed in cinnamon sugar baked with a brown sugar oatmeal topping.

BLUEBERRY CRISP (frozen)

Blueberries tossed in cinnamon sugar baked with a brown sugar oatmeal topping.

BREAD PUDDING (frozen)

Cinnamon raisin bread baked in a sweet egg custard.

FRUIT AMBROSIA

A colorful blend of maraschino cherries, pineapple, and mandarin orange tidbits, tossed in a sweetened sour cream dressing with mini marshmallows and shredded coconut.



Our in-house bakery offers a variety of crisps and bread puddings that impress the most discerning chefs and home bakers.



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