

Mark's

**Quality Meats &
Gourmet Seafood**

**See New
Items
Inside...**

*Prime Meats & Gourmet Seafood
Wholesale to the Public*

FREE HOME DELIVERY

*Our goal is to provide the highest quality foods,
delivered to your home, for your convenience.*

Quantities vary per item.



Phone 516.330.4221

Email GCG108@verizon.net

MARK SEIGEL

President

INQUIRE ABOUT YOUR FREE GIFTS

M E A T S

- Cooked Pot Roasts
- Buffalo Burgers
- Sirloin Burgers
- Bourbon Steaks (Sirloin)
- Teriyaki Steaks (Sirloin)
- Filet Mignon
- Filet Mignon wrapped with Bacon
- New York Strip Steaks
- Ribeye Steaks on the Bone
- Flanksteaks
- Porterhouse Steaks
- Hanger Steaks Marinated in a Teriyaki Sauce
- Skirt Steaks
- Chateaubriand
- Ground Sirloin
- Combo Ground Beef (Veal Pork, Beef)
- Prime Rib Roasts
- Tenderloin Tips (Stir Fry)
- Silvertip London Broil
- Silvertip London Broil in a Peppercorn Sauce
- Teriyaki Silvertip London Broil
- Meat Balls / Turkey Meat Balls
- Hot Dogs
- Pinwheels (Beef, Chicken or Pork)

K A B O B S

- Teriyaki Filet Mignon Kabob Marinated (No Veggies)
- Filet Mignon with Vegetables
- Plain Chicken Kabobs with Vegetables
- Marinated Chicken Kabobs with Vegetables
- New* • Shrimp Kabobs (Scampi or Teriyaki Sauce)
- New* • Chicken Kabob Marinated in Teriyaki or BBQ Sauce (No Veggies)
- New* • Steak Kabob Marinated in Teriyaki or BBQ Sauce (No Veggies)

P O U L T R Y

- Chicken Wings (BBQ or Spicy)
- Boneless Chicken Wings
- Chicken Fingers
- Chicken Stirfry
- Popcorn Chicken
- Chicken Cutlets
- New* • Chicken Burgers
- Chicken Sausage
- Grilled Chicken Cutlets
- Chicken Parmesan
- New* • Lemon Chicken Cutlets
- Fully Cooked BBQ Chicken Cutlets
- Ground Turkey
- New* • Turkey Burgers
- Cooked and Halved Duck (With an Orange Sauce)
- Fried Chicken
- Turkey London Broil Marinated in a Dijon Sauce/Herbs
- New* • Chicken Pot Pies
- Roasted Chickens (Halves)

S T U F F E D P O U L T R Y

- Breaded Chicken Stuffed with:
 - Kiev
 - Cordon Bleu
 - Asparagus and Cheese
 - Broccoli and Cheese
- Chicken Florentine in a Pastry Puff

S E A F O O D

- Pistachio Crusted Salmon
- Grouper
- Salmon Burgers
- Wild Salmon
- Teriyaki Wild Salmon
- Artic Char
- Swordfish
- Teriyaki Chilean Sea Bass
- Chilean Sea Bass
- Sushi Grade Tuna
- Sesame Crusted Tuna
- Orange Roughy
- Red Snapper
- Halibut
- Mahi-Mahi
- Dover Sole
- Breaded Flounder
- Panko Crusted Tilapia
- Tilapia
- Tilapia Parmesan
- Branzino

S H E L L F I S H

- Breaded Shrimp (Shrimp Tempura)
- Popcorn Shrimp
- Stuffed Shrimp (All Lump Crabmeat)
- Nantucket Scallops / Sea Scallops
- Maryland Crab Cakes (All Lump Crabmeat)
- Plain Lobster Tails
- Butterflied Lobster Tails (Butter & Garlic)
- Jumbo Uncooked Shrimp
- Jumbo Cooked Shrimp (Shrimp Cocktail)
- New* • Shrimp Scampi
- New* • Shrimp Teriyaki
- Alaskan King Crab Legs
- Seafood Scampi (Shrimp, Scallops and Crabmeat Stuffed in a Clam Shell)
- Jumbo Baked Chopped Clams

P O R K , V E A L , L A M B

- Double Thick Lamb Chops
- Veal Stew
- New* • Veal Cutlets
- Veal Parmigiana
- Pounded Veal Chops on the Bone
- Rib Veal Chops
- French Pork Chops
- Leg of Lamb
- Baby Lamb Chops
- Rack of Lamb
- Stuffed Pork Chops
- Baby Back Ribs Uncooked or Cooked and Marinated
- Honey Baked Spiral Hams
- Breakfast Sausage
- Pork Tenderloin
- Pulled Pork Casseroles (Cooked & Marinated)

M I S C E L L A N E O U S & H O R S D ' O E U V R E S

- Pizza Logs (Stuffed with Pepperoni & Mozzarella)
- Pizza Bagels
- Deep Dish Pizza
- Pizza (Flatbread)
- Hors D'oeuvres (Assorted Mini)
- Breaded Eggplant Medallions
- Mozzarella Sticks
- Eggplant Rolatini
- Veggie Burgers
- Vegetable Lasagna / Meat Lasagna
- Assorted Quiches
- Shrimp Dumplings
- Chicken Teriyaki Dumplings
- Pork Dumplings
- New Vegetable Dumplings
- Vegetable Spring Rolls

PLEASE INQUIRE ABOUT PRICES AND QUANTITIES FOR ITEMS THAT INTEREST YOU.

Thank you for the opportunity to introduce my company to you.

I deliver food to many of your friends & neighbors.

Call me, or I will contact you to discuss your food needs.



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on GCG108@verizon.net

MARK SEIGEL
President



New Hors
D'oeuvres

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- New • Filet Mignon Satay's
- Mini Lobster Scampi Puffs
- Chicken Satays
- New • Mini Kobe Burger
- New • Chicken Sliders
- Spanikopita
- Cocktail Franks
- New • Beef Wellington in a Pastry Puff
- Mini Quiches
- Brie & Raspberry Filo Puffs
- Filet Mignon Wrapped in Bacon
- Scallops Wrapped in Bacon
- Crab Claws (Cooked & Cracked)
- Mini Crab Cakes (All Lump Crabmeat)
- Crab Wontons
- New • Shrimp, Scallops and Lobster Meat in a Clam shell

**Assorted vegetable hor'd (mushroom and leeks, roasted vegetables, carmelized onions, feta cheese and sundried tomatoes in a pastry puff, spanikopita.*

COOKING INSTRUCTIONS

Always preheat oven first.

Assorted Vegetable Hors D'oeuvres in Puff Pastry- Preheat oven to 400 degrees. Place on Non stick baking pan and bake from frozen approximately 25 minutes.

Beef Wellington Hors D'oeuvres- Preheat oven to 400 degrees. Place Hors D'oeuvres on non Stick baking pan and bake from frozen approximately 20 minutes or until golden brown.

Bourbon Steaks and Teriyaki Steaks- Defrost and broil approximately 3-4 minutes per side

Brie and Raspberry in Fillo dough- Place Hors D'oeuvres on baking pan ½" apart. Bake from frozen at 400 degrees for 12-15 minutes or until golden brown. Watch closely -do not overcook! Let stand a few minutes before serving.

Chicken Fingers/Chicken Wings - Bake from frozen 15-20 minutes at 350 degrees

Chicken Lemon/Grilled Chicken / BBQ Chicken Cutlets (all fully cooked)- Bake from frozen approximately 15- 20 minutes at 350 degrees or BBQ from frozen 5 minutes each side medium heat. Do not overcook chicken is fully cooked.

Chicken Parmesan- Bake from frozen 30 minutes at 400 degrees

Chicken Satay- Preheat oven to 375. Place frozen chicken skewers on a non stick baking pan. Optional step: For maximum browning brush each skewer with a mixture of vegetable oil and Soy sauce. Bake 10-15 minutes or until an internal baking temperature reaches 165 degrees.

Chicken Stuffed- Bake from frozen 35-40 minutes at 400 degrees

Cocktail Franks- Bake from frozen for approx. 15 minutes at 350 degrees

Crab Cakes- Bake from frozen for 20-25 minutes at 400 degrees

Crab Cakes Mini - Bake from frozen for approx. 12-15 minutes at 400 degrees

Dumplings- Steam from frozen for approx. 5 minutes or pan fry approx 4 minutes each side

Filet Mignon- Defrost & broil for 7 minutes on one side, turn & cook 304 minutes on the other side for med/med rare.

Kobe Sliders / Chicken Sliders- Remove from plastic when frozen. When defrosted pan fry or broil or BBQ approximately 3- minutes per side. **Do not overcook!**

Lobster Scampi in Pastry Puff- Preheat oven to 400 degrees. Place Hors D'oeuvres on non stick baking pan and bake from frozen for approximately 15 minutes.

Mozzarella Sticks- Bake from frozen 7-9 minutes at 425 degrees

Scallops wrapped in Bacon- Defrost scallops in refrigerator. Preheat oven to 400 degrees. Place Scallops on baking sheet ½ inch apart. Bake 16-18 minutes or until bacon appears lightly browned and done. Also great on the grill!

Shrimp Jumbo Cooked- Rinse under cold water until defrosted and put on a bed of ice for an hour until firm

Shrimp Pouches-Place pouches in warm water until shrimp are defrosted. Place shrimp in pan and stir fry for approx. 6 minutes until cooked

Shrimp Uncooked -Rinse under cold water until defrosted. Pat off water and cook as desired.

Ribs- Bake from frozen for approx. 40 minutes at 400 degrees or Barbecue from frozen for 10 minutes each side on medium heat

Tilapia Parmesan/Breaded Flounder- Bake from frozen for approx. 20-25 minutes at 400 degrees

Turkey Meatballs/Meatballs- Place frozen meatballs in a pot of sauce and simmer for 15-20 minutes

Wild Salmon/Teriyaki Salmon & Seabass Teriyaki- Preheat oven to 400 degrees. Bake for appx. 20 minutes, or BBQ at medium heat appx. 15 minutes.

COOKIES : Preheat oven to 350, bake from frozen for approximately 16-18 minutes.

****IF YOU NEED ANY ADDITIONAL INSTRUCTIONS PLEASE CONTACT ME**

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