



We'll cook for you, it's kind of our thing!

GETTIN' DELICIOUS UP IN HERE

We are thrilled that you are considering Continental Catering for your upcoming event! Choosing your caterer is an important decision and we understand how difficult it can be. Our menus have been designed with an array of different flavors and presentations so we can customize your choices to your style. Now if you do not find exactly what you want, then we will curate a menu just for you!

Our mission is to create a memorable event that tells your story, relieves you of stress, and elevates and energizes the experience for your guests.

With over 40 years of experience catering events of all styles and sizes, both corporate and social, we can provide your guests with the quality and service they deserve. Our commitment is to work with your goals, add a dash of passion, sprinkle in our creativity, mix in lots of delectable flavors, and top it all off with awesome guest service!

Become a part of our foodie family – call us and let us make DELICIOUS happen!



continental
CATERING

8238 PARKWAY DRIVE, LA MESA, CA 91942 | 619.698.3500 | WWW.CONTINENTALCATERINGSD.COM

HORS D'OEUVRES

Hors D'oeuvres are priced by the piece. Minimum order per item is 20 pieces.



FROM THE OCEAN

Ahi Poke \$4.00

sushi grade ahi tossed in sesame oil and citrus ponzu, wakame seaweed, wasabi aioli, scallions
choice of: spoon, taro taco or cucumber slice

Lomi Lomi Style Salmon \$4.25

candied ginger slaw, garlic sriracha aioli, cilantro
choice of: spoon, taro taco or cucumber slice

Surf and Turf Skewer \$4.25

shrimp and sirloin marinated in roasted garlic and fresh herbs served with red chimichurri

Seared Crab Cakes \$6.50

blue crab, romanesco, citrus slaw

Coconut Shrimp \$3.50

pineapple-mango sauce

Garlic Shrimp Shot \$4.25

cucumber, jicama, radish, salsa verde, tajin

Ginger Salmon Chopstick \$4.75

tamari infused horseradish

Fresh Fish Ceviche \$3.75

fresh seasonal white fish, pico de gallo, chipotle crema, blue corn chip

Thai Green Curry Crab Bisque \$5.75

blue crab, lemongrass, spicy green curry

Seared Ahi Chopstick \$3.75

boom-boom sauce, togarashi

ON THE WING

Mini Chicken & Waffles \$3.25

crispy popcorn chicken tossed in habnero hot honey, mini corn waffle, maple butter

Mini Chicken Pot Pie Vou-la-Vent \$3.75

chicken, peas, carrots, potatoes, herb crouton

Chicken Skewer \$3.75

choice of:

lemon with shallot chardonnay crème & chimichurri
tandori with cilantro mint chutney
buffalo with blue cheese dressing
wrapped in candied bacon with buttermilk dressing

Caribbean Jerk Chicken Bite \$3.75

mango chutney, plantain chip

Duck Confit \$4.25

duck confit, whipped boursin, red onion marmalade

Mini Chicken Sopa \$3.25

roasted ancho chicken, black beans, orange serrano slaw

ON THE HOOF

Shaved Beef Tenderloin \$4.50

parmesan frico, horseradish aioli, scallions

Short Rib Flauta \$4.00

short rib, red mole, avocado crema, cilantro

Korean BBQ Beef Brochette \$3.50

gochuchang drizzle, scallions

Bacon Jam \$2.75

brioche crisp, whipped goat cheese, chive

Crispy Pork Bao \$4.75

char siu pork, hoisin sauce, pickled daikon and cucumber, sesame seeds

Twiced Baked Mini Potato \$3.25

redskin potato, sour cream, crispy pork belly, chives

Al Pastor Lamb Lollipop \$7.80

grilled pineapple chimichurri, cilantro

Continental Classic Stuffed Mushroom \$2.75

bacon-onion ragout, smoked gouda, toasted bread crumbs

Charcuterie Cone \$8.25

chef choice two meats and 2 cheeses, grapes, olive, lavosh

Greek Meatball \$4.75

beef, mint, oregano, lemon, spicy tzatziki

Silver Dollar Short Rib Slider \$4.00

braised short rib, caramelized onion aioli, arugula

Staffing, Rental Costs, Administrative Fee, and Applicable Taxes not included in above pricing.

HORS D'OEUVRES

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FROM THE FARM

Apple Brie Brûlée Spoon \$2.95

chai apple compote, candied pecans, brie

Avocado Toast \$3.25

multi-grain bread, avocado mousse, lemon oil, radish, microgreens

Basil Pesto Arancini \$3.95

spicy arrabiata sauce, parmesan, basil

Endive Leaf \$3.75

cambazola, smoked tomato chutney

Curried Cauliflower Samosa \$4.85

potato, peas, mango chutney

Deviled Eggs \$2.75

salsa macha

Heirloom Carrot Crudité \$3.75

baby carrots, local crudite, chef's seasonal hummus, sunflower seeds. crispy quinoa

Italian Parmesan Pocket \$3.95

red bell pepper, caramelized onion, artichoke pesto, arugula, fontina, asiago

Jicama Ceviche \$3.75

avocado, cucumber, lime, bell pepper, blue corn tortilla chip

Mediterranean Bruschetta \$2.95

tomato, olive, capers, lemon, dill

Traditional Bruschetta \$2.95

tomato, garlic, basil, evoo, balsamic glaze

White Bean Bruschetta \$2.95

roasted garlic, tuscan kale, truffle oil

Strawberry Biscuit \$3.00

fresh strawberries, honey whipped goat cheese, balsamic reduction

Gazpacho Shooter \$2.75

cucumber, apple and serrano
beet hibiscus and citrus
yellow bell pepper and turmeric

Tomato Basil Bisque \$3.50

grilled cheese triangle

Vegetable Summer Roll \$4.75

variety of vegetables, rice paper, choice of: sweet chili sauce or peanut sauce

Elote Shooter \$3.25

roasted corn, mexican crema, cilantro, cotija, hot cheeto dust, rice chicharron

Burrata Spoon \$3.25

grilled seasonal fruit, hababero hot honey, burrata, mint

Mushroom Velouté \$3.75

truffle whip, crispy onions

Portabello Bao \$4.75

portabello mushrooms, crisp marinated vegetables

Beet Tartare \$3.00

beets, dijon, shallot, crème fraîche, potato chip, chive

STATIONS

Stations priced per person. Minimum order per station is 25 people.

Continental Cheese Display \$18.50

cheddar, pepper jack, smoked gouda, whipped herbed cheese, chef's selection of two artisan cheeses, seasonal chutney, roasted nuts, dried and fresh fruits, baguettes and variety of crackers

gluten free crackers available by request

**add on warm brie with seasonal accoutrements \$3.25*

Continental Charcuterie \$17.95

sopressata, prosciutto, capicola, genoa salami, spanish chorizo, chefs pickles, garlic aioli, bourbon cherry chutney, whole grain mustard, crackers, pretzel bread, baguette

Mediterranean Display \$13.50

traditional roasted garlic hummus, seasonal hummus, italian cheese torte, olives, dried dates, colorful crudité and fresh grapes, pita chips, lavosh

Chips and Guacamole \$9.95

fresh guacamole, pico de gallo, house made salsa verde, roasted corn salsa, corn tortilla chips

Chips and Dip Trio \$9.95

spinach artichoke dip, classic onion dip, pimento cheese, pita chips

Classic Mashed Potato Bar \$10.95

creamy brown butter mashed potatoes, bacon jam, chives, sour cream, caramelized onions, sautéed mushrooms, truffle dust, cheddar cheese

Greengrocer \$12.95

roasted pear salad: artisanal mixed greens, roasted pears, raspberries, candied pecans, gorgonzola, balsamic vinaigrette
with displays of grilled and marinated vegetables

Ancho Chicken Martini \$10.00

roasted shredded chicken, ancho chile red sauce, cheesy hominy grits, chipotle crema, cilantro, green onions

**substitute ancho shrimp for \$2.50*

**add smoking gun for action station \$3.50*

Baja Martini \$10.75

fajita style chicken, red and green peppers, corn cake, toppings: shredded cabbage, cheddar, chipotle crema, cilantro, guacamole, salsa verde, roasted salsa, pico de gallo

Salad Bar \$14.00 choose 3

caesar: romaine, parmesan frico, blistered cherry tomato

baby wedge: bacon crumble, tomato, blue cheese dressing, balsamic reduction

mediterranean chop: chickpeas, cucumber, grape tomato, chard, shaved red onion, kalamata olive, broccoli, fresh herbs, white wine vinaigrette

hearty greens: young greens, baby spinach, purple kale, dried figs, toasted walnuts, shaved fennel, blue cheese, roasted shallot vinaigrette

house garden: mixed greens, cucumber, roma tomato, carrot, croutons, ranch dressing, balsamic vinaigrette

grilled vegetable arzo: roasted lemon vinaigrette

Caribbean Fire Pot \$13.75

jerked chicken, sautéed vegetables, sambal sauce, red beans and rice, hot sauce bottles
**substitute shrimp for additional \$2.50*

Barrio Street Tacos \$15.75 choice of 2 proteins

carne asada, pollo asada, cauliflower al pastor, tequilla lime shrimp served with rice and black beans
toppings: cotija, lime, chipotle crema, avocado crema, corn tortillas, pickled jalapenos, onions & cilantro, roasted salsa, salsa verde, pico de gallo

El Gaucho \$14.95

santa maria beef tri-tip, house-smoked turkey, house chimichurri, grain mustard, red onion jam, fresh corn tortillas, roasted cauliflower, zucchini, baby tomatoes

**substitute dinner rolls for tortillas by request*

Empanadas \$14.95

guajillo braised pork, ancho chicken & potato, and black bean & corn empanadas, served with cilantro rice, esquites cups, salsa verde, roasted salsa

BBQ Mac Attack \$15.50

pulled pork, grilled corn salsa, classic mac & cheese, fried onions, scallions, house whiskey bbq sauce



STATIONS

Stations priced per person. Minimum order per station is 25 people.

Risotto \$16.50

roasted mushroom medley with lemon, mascarpone, fresh herbs, chefs choice of seasonal vegetables

**add garden salad and breadsticks upon request*

Pacific Rim \$19.00

char siu pork belly, korean fried chicken, vegetable chowmein, sweet chili sauce, hoisin sauce, sriracha

Kabob-ulous \$17.75 choose one

mediterranean: garlic lemon chicken kabob, greek meatball kabob, grilled eggplant kabob, served with tzatziki and couscous

mexican: al pastor chicken kabob, carne asada sirloin kabob, chipotle vegetable kabob, served with cilantro serrano crema and mexican style rice
thai: coconut lime chicken kabob, weeping tiger beef kabob, green curry vegetable kabob, served with thai chili sauce and cold thai noodle salad

It's Italian for 'Pillow' \$16.00

pork belly gnocchi ragu with wild mushrooms, shrimp pesto cream gnocchi with sundried tomato, vegetarian gnocchi with roasted tomato ratatouille, garlic-parmesan bread sticks

La Plancha \$16.00

barbacoa and mozzarella quesadilla, green chili, mango and cheese quesadilla, chicken amarillo and manchego quesadilla, roasted corn salsa, pico de gallo, salsa verde, sour cream

Pasta and More Pasta \$12.75

penne pasta (gluten free), gemelli pasta, bolognese sauce, vegan pesto primavera, grated parmesan, red pepper flakes, breadsticks

Piece-A-Paella

meat \$19.50

saffron rice, grilled chicken, spanish chorizo, sweet peppers, onions, tomatoes, roasted garlic, fresh herbs, paprika aioli, roasted vegetables

seafood combo \$24.50

saffron rice, shrimp, clams, grilled chicken, spanish chorizo, stuffed squash blossoms, sweet peppers, onions, tomatoes, roasted garlic,

fresh herbs, paprika aioli, roasted vegetables
vegetarian \$18.00

saffron rice, stuffed squash blossoms, sweet peppers, onions, tomatoes, roasted garlic, fresh herbs, paprika aioli, roasted vegetables

Elote Bar \$9.50

grilled corn with topping bar including meican crema, mayo, hot cheetos, cilantro, cotija, green onion, chili powder and hot sauce bar

Poke 5-0 \$22.50

hawaiian style poke with sushi-grade ahi, poke glaze, citrus pozu, boom-boom sauce, wakame seaweed salad, edamame, nori, cucumber, seasoned sushi rice

upgraded toppings available

Tuscan Table \$13.75 choose 3

brie, fig, and prosciutto flatbread: with arugula pesto,
buffalo chicken flatbread: with caramelized onions, blue cheese ranch and green onions
mediterranean grilled veggie flatbread: with tahini drizzle (vegan)
mexican flatbread: bean spread, chorizo, jack cheese, avocado crema, pico de gallo (can be made vegan)
hot honey flatbread: pepperoni, sausage, ricotta, hot honey drizzle
cheese lovers flatbread: white sauce, 3 cheeses, basil served with toppings: shaved parmesan, calabrian chili oil

Classic Slider \$12.00

single waygu beef patty, american cheese, pickles, diced onion, ketchup, mustard, served with kettle chips
social style (secret sauce & grilled onions) available by request

Bunz \$16.50

IPA braised short rib slider with gorgonzola & crispy onions, fried chicken slider with pickled coleslaw & roasted garlic aioli, served with potato wedges, ketchup and ranch



STATIONS



Stations priced per person. Minimum order 25 people.

SMALL PLATE STATIONS

Filet \$17.95

with purple cauliflower puree, chimichurri and grilled asparagus

Lemongrass Coconut Curry \$12.50

served over rice

add chicken or shrimp \$2.00

Roasted Salmon \$16.25

with an orange saffron emulsion, sweet corn puree topped with fennel salad

Roasted Halibut \$16.50

with sweet corn puree, baby marble potato, corn succotash, citrus herb salad, beurre blanc sauce

Guajillo Braised Short Rib \$16.00

with romesco sauce, poblano hominy grits, seasonal vegetables

Crab Cake \$16.25

with sweet corn puree, citrus slaw, broccolini

Grilled Flat Iron \$16.00

with smashed potatoes, asparagus, mustard cream

Citrus Salmon \$18.25

oven roasted salmon, toasted fennel, buttery citrus sauce, wild rice

The Heartland \$16.00

red wine braised beef short rib, roasted garlic demi, fried onions, garlic mashed potatoes

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STATIONS

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CARVING STATIONS

all stations include dinner rolls, butter and one side

Santa Maria Rubbed Tri-Tip \$19.50

roasted garlic demi, red chimichurri, house steak sauce

Classic Rosemary Rubbed Beef Tenderloin \$26.95

red wine demi, horseradish cream, citrus chimichurri

Sage Crusted Pork Loin \$17.95

apple butter, bacon jam, mustard cream

Citrus Roast Turkey Breast \$15.95

house gravy, orange cranberry compote

SIDES

garlic mash potato

rice pilaf

grilled vegetables

creamy herb polenta

house green salad

ACTION STATIONS

Mongolian Beef \$16.50

chowmein style noodles, bell peppers, onion, snap peas, broccoli, baby corn, water chestnuts, carrots, marinated beef, with ginger and mongolian bbq sauce served with peanut sauce and sambal sauce

Build Your Own Grilled Cheese \$13.95

classic white and sourdough bread, a variety of cheeses including sharp cheddar, american, gouda, pepper jack, mozzarella, blue cheese and brie, toppings to include bacon, tomato, caramelized onions, apple slices and sautéed mushrooms, sauces to include pesto, dijon, sriracha and garlic aioli

Griddled Corncakes \$14.50

topped with bbq pork or bbq jackfruit and a tangy slaw

Mozzarella Pulling \$10.95

toppings include pesto, grape tomatoes and fresh basil

Philly Cheesesteak \$15.25

soft rolls filled with piping hot ribeye steak cooked with bell peppers and onions with provolone cheese and optional cheese wiz

Mini Parmesan Wheel Pasta \$21.95

classic cacio e pepe made in front of guests inside parmesan wheel served with a fresh arugula bistro salad

Woodfire Pizza \$14.95

variety of toppings with fresh dough

PLATED SALADS

Plated Meal Price includes Salad selection, Artisan Rolls, Butter, Water, Coffee, and Tea Service.
Customize your meal by adding Cocktail Hour hors d'oeuvres or a Dessert course.



SALAD SELECTIONS

(select one)

Arugula and Frisee

fresh berries, blue cheese, candied pecans, balsamic vinaigrette

Caesar

blistered cherry tomatoes, black pepper parmesan frico, caesar dressing

Citrus Salad

grapefruit, avocado, hearts of palm, tarragon vinaigrette

Sicilian

arugula, oranges, shaved fennel, pomegranate seeds, citrus vinaigrette

Hearty Greens

young greens, baby spinach, purple kale, dried figs, toasted walnuts, shaved fennel, blue cheese, roasted shallot vinaigrette

Roasted Pear

young greens, romaine, roasted pears, gorgonzola, candied pecans, raspberries, balsamic vinaigrette

Mediterranean Chop

chickpeas, cucumber, grape tomatoes, chard, shaved red onion, kalamata olives, broccoli, fresh herbs, white wine vinaigrette

Summer Salad

butter lettuce, grilled peaches, shaved manchego, champagne peach vinaigrette
**available May - September only*

Heirloom Caprese

watermelon radish, fresh mozzarella, olive tapenade, basil vinaigrette

Baby Wedge

crispy baby iceberg lettuce, bacon jam, cherry tomato, pickled onions, creamy blue cheese dressing

Roasted Beet

mixed greens, whipped goat cheese, candied pecans, balsamic dressing

Roasted Moroccan Carrot

house made roasted garlic labneh, lemon oil, mint, arugula, toasted sesame

Greek Orzo

marinated olives, cucumber, roma tomato, red onion, feta cheese, fresh herbs, oregano lemon vinaigrette

PLATED MEALS

Plated Meal Price includes Salad selection, Artisan Rolls, Butter, Water, Coffee, and Tea Service.
Customize your meal by adding Cocktail Hour Hors D'oeuvres or a Dessert course.



PLATED ENTRÉES

Prosciutto Stuffed Chicken \$36.95

fontina cheese, prosciutto and caramelized onions stuffed in an airline chicken breast with arugula pesto on a bed of polenta served with seasonal vegetables

Sunday Chicken \$34.95

airline roasted chicken rubbed with roasted garlic, thyme, and lemon served with chicken demi, brown butter mashed potatoes and creamy lemon rainbow chard

Parmesan Crusted Chicken \$32.00

garlic herb potatoes and pomodoro served with seasonal vegetables

Mushroom Chicken \$34.50

bourbon braised chicken thigh on a bed of mushroom pilaf with black peppercorn bourbon gravy served with seasonal vegetables

Apple Cider Brined Chicken \$34.50

on a bed of sweet corn puree with patty pan succotash, smashed potatoes and romesco

Toasted Fennel Citrus Salmon \$44.95

oven roasted salmon, buttery citrus sauce, crisp shaved fennel, forbidden rice, seasonal vegetables

Roasted Sea Bass \$68.00

with roasted heirloom cherry tomatoes, mint chimichurri and white bean puree served with seasonal vegetables

Grilled Mahi Mahi \$50.95

coconut rice, grilled pineapple habanero salsa and yellow pepper coulis served with seasonal vegetables

Salmon 'Old Fashioned' \$46.00

bourbon glaze, sweet vermouth cherries, orange gremolata and potato puree served with seasonal vegetables

Tiger Shrimp \$44.50

red mole, rainbow carrots and forbidden rice

Lobster Ravioli \$50.00

with sweet pea crema, asparagus and chili threads

Continental Classic Short Rib \$44.95

red wine demi and garlic mashed potatoes served with seasonal vegetables

California Crafted Short Rib \$44.95

IPA hazy briased short rib with IPA mustard cream, orange parsley gremolata and mashed potatoes served with seasonal vegetables

Tuscan Short Rib \$45.95

red wine briased, polenta, broccolini, arugula pesto and roasted garlic demi

Grilled Flatiron \$49.95

duck fat roasted potatoes, blue cheese caramelized onion butter and micro salad served with seasonal vegetables

Filet \$56.00

with brown butter mashed potatoes, seasonal vegetables and choice of sauce: red wine demi, bourbon peppercorn or chimichurri

Beef Ravioli \$32.00

with spicy ariabata sauce, roasted peppers, ricotta and basil

PLATED MEALS

Plated Meal Price includes Salad selection, Artisan Rolls, Butter, Water, Coffee, and Tea Service.
Customize your meal by adding Cocktail Hour hors d'oeuvres or a Dessert course.



VEGETARIAN ENTRÉES

Grilled Eggplant \$28.25

cannellini beans, lentils, tuscan kale, roasted tomato ragout, creamy dill sauce (vegan)

Roasted Cauliflower Steak \$30.95

lemon tahini sauce, pine nut, currant freekeh with seasonal vegetables (vegan)

Garlic Cauliflower Steak \$32.95

garlic herb butter, mashed potatoes, mushroom demi with seasonal vegetables

Butternut Ravioli \$36.00

brown butter sage reduction, roasted butternut, pomegranate seeds, pepitas and kale

Stuffed Pasilla Pepper \$30.75

mixture of vegetables, cheese, corn, cilantro, rice with roasted cumin tomatoes and seasonal vegetables

PLATED KIDS MEALS

Chicken Fingers \$20.75

sides of macaroni and cheese, corn, ketchup, ranch dipping sauce

Hamburger \$20.75

tater tots, corn, ketchup, mustard

Hot Dog \$20.75

tater tots, baked beans, ketchup, mustard

ENTRÉE DUETS

Surf-N-Turf \$56.95

beef tenderloin filet with port wine demi-glace, preserved lemon shrimp scampi, caper berries, point Reyes blue cheese, yukon gold potato mash

The Continental Duet \$50.95

braised short rib, red wine demi-glace, garlic roasted shrimp, whipped yukon potatoes

Land and Sea \$48.50

parmesan crusted chicken breast and pan seared salmon, forbidden rice, shaved brussels, chicken jus, balsamic glaze, toasted basil crumb

Farmhouse Feast \$52.50

prosciutto wrapped sage chicken, chianti braised short rib, butter poached fingerling potatoes, creamy fontina sauce, house demi-glace

Seaside Sizzle \$54.25

grilled beef flat iron steak, chesapeake style crab cake, oven roasted corn salad, fried smashed potatoes, whole-grain mustard cream

The Perfect Pair \$60.95

porcini dusted petite filet, lemon-thyme roasted salmon, caramelized fennel and onion, baby carrots, red lentils, bone marrow butter, garlicky gremolata

Rib and Reef Duo \$56.75

braised beef short rib with red wine demi-glace, salmon filet, sweet vermouth cherries, whipped yukon potatoes

BUFFETS

Minimum 30 people, priced per person. Buffets include Artisan Rolls and Butter, Water, Coffee, and Tea Service. Customize your meal by choosing either Cocktail Hour hors d'oeuvres or a Dessert for an additional cost.



THE CONTINENTAL BUFFET \$50.95

Roasted Pear

young greens, romaine, roasted pears, candied pecans, gorgonzola, raspberries, balsamic vinaigrette

Caesar

blistered cherry tomatoes, black pepper parmesan frico, classic caesar dressing

Classic Short Rib

housemade red wine demi-glace

Prosciutto Stuffed Chicken

fontina cheese, prosciutto and caramelized onions stuffed in an airline chicken breast with arugula pesto

Garlic Mashed Potatoes

Fresh Seasonal Vegetables

may substitute one entree for:

Toasted Fennel Citrus Salmon

oven roasted salmon, buttery citrus sauce, crisp shaved fennel

CALIFORNIA VINEYARD \$48.95

Vegetable Grazing Display

grilled and marinated vegetables, spritzed with olive oil and herbs

Vineyard Salad

field greens, roasted grapes, dried cranberries, goat cheese, candied pecans, white balsamic vinaigrette

Pan Seared Salmon

roasted tomato, shallots, capers

Sunday Chicken

airline roasted chicken rubbed with roasted garlic, thyme, and lemon served with chicken demi

Herb Roasted Potatoes

Fresh Seasonal Vegetables

SOCAL MEX \$47.95

Cilantro Caesar Salad

crisp corn tortilla strips, toasted pepitas, chopped romaine, queso añejo, spicy caesar dressing

Esquites Salad

roasted corn kernels, green onion, fresh cilantro, lime, cotija cheese, pickled jalapeños and carrots

Sopes

choice of 2 proteins:
pollo asada, carnitas, fajita vegetables,
upgrade to tequila lime grilled shrimp *additional \$2.95*
served with orange citrus slaw, crema, cotija and pickled red onions

Borracho Beans

Mexican Rice

Chips & Salsa Bar

roasted salsa, salsa verde, pico de gallo, guacamole with corn tortilla chips

BUFFETS

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DAY AT THE SPA \$49.95

Spa Salad

baby greens, mint, cucumber, sliced asparagus, crispy quinoa, lemon vinaigrette

Baby Heirloom Tomatoes

fresh basil vinaigrette, pickled red onions, fresh mozzarella pearls

Pan-Seared Salmon

arugula pesto, superfood greens, white balsamic-gold raisins, cauliflower purée

Grilled Fennel Chicken Breast

cucumber, tomato, olive salad with lemon gremolata

Ancient Grains

farro, bulgur, arugula, mint, dill, toasted walnuts, sunflower seeds

Tuscan Kale & Roasted Vegetables

Multi-Grain Rolls

with unsalted butter

RUSTIC COMFORT \$48.95

Baby Wedge Salad

crispy iceberg lettuce, bacon jam, cherry tomato, pickled onions, creamy blue cheese dressing

Baked Potato Salad

red skinned potatoes, green onion, cheddar, broccoli florets, bacon crumbles, sour cream dressing

BBQ Bone-In Chicken Quarters

in house made root beer bbq sauce

Sliced Smoked Brisket

with house steak sauce, smoked tomato compote and chimichurri

BBQ Baked Beans

Corn Cobettes

with spiced butter

Cornbread

with honey butter

MEDITERRANEAN CRUISE \$52.00

Aegean Chop Salad

chickpeas, cucumber, grape tomatoes, chard, pickled red onion, kalamata olives, broccoli, fresh herbs, feta, red wine vinaigrette

Roasted Carrot Salad

mint, garlic, mediterranean olive oil

Preserved Lemon Chicken

greek yogurt, cucumber raita, fresh oregano, pickled red onion

Marinated Tilapia Puttanesca

oven roasted tomatoes and sweet peppers, kalamata olives, oregano, onions, vegetable broth

Israeli Couscous

granny smith apples, fresh mint, toasted pistachio, goat cheese cream

Roasted Vegetables

yellow and green squash, eggplant, artichoke hearts, tomatoes, fresh fennel

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PACIFIC PALATE \$47.95

Vegan Larb Salad

bean thread noodles, mae ploy sweet chili dressing, young greens

Pineapple Slaw

napa cabbage, green onion, matchstick carrots, cilantro, mint

Chicken Adobo

braised chicken, peppercorns, garlic

Gochujang Smoked Brisket

kimchi ketchup

Roasted Tofu

chinese long beans, hokto kinoko mushroom sauce

Jasmine Rice

lemongrass, pickled ginger, nori strips

Sauteed Daikon Carrots

thai basil, sesame seeds

ITALIAN RIVIERA \$53.95

Tuscan Chop Salad

chickpeas, cucumber, grape tomatoes, tuscan kale, shaved red onion, green olives, cauliflower, fresh herbs, provolone, red wine vinaigrette

Baby Tomato Caprese

petite tomatoes, fresh basil, mozzarella ciliegine, pearl pasta, white balsamic vinaigrette

Chicken Marsala

fresh sage, marsala pan jus

Chianti Braised Beef Short Ribs

house made chianti demi-glace

Grilled Eggplant

cannellini beans, lentils, tuscan kale, roasted pepper-tomato ragout

Mushroom Risotto

cremini mushrooms, roasted garlic, fresh herbs

Fresh Seasonal Vegetables

DESSERTS



BUFFET DESSERTS

Strawberry White Chocolate Cake \$6.95
white chocolate mousse, fresh strawberries, berry compote, sponge cake, white chocolate curls

Signature Loaded Brownies \$5.95
butterscotch, white chocolate, pretzels, peanut butter, marshmallow

Vegan Chocolate Avocado Mousse \$2.00
dark chocolate, orange gelee, cardamon
full size available for \$6.95

Mini Cinnamon Churros \$4.75
caramel sauce

Double Chocolate Espresso Cake \$6.95

Seasonal Panna Cotta \$2.00, full size \$6.95

Assorted Minis \$5.95
mango pomegranate, nutella cappuccino, duo chocolate mousse, matcha green tea, pink guava

Chef Crafted Shooters \$6.95
rotating seasonal flavors

Mini Donuts \$5.25
with fudge dipping sauce

Lava Cakes & Cobblers \$4.75
dark chocolate lava cakes, peach cobbler, apple crumble

Freshly Baked Cookie Bar \$5.75
chocolate royale, sweet lemon

Novelty Ice Creams \$5.95

S'mores Mini Bite \$3.00
graham crumb crust, fudgy brownie center, marshmallow meringue topping

Italian Mini Pastries \$6.95
chocolate hazelnut crunch, pistachio, tiramisu, white chocolate lemon cone, white chocolate

PLATED DESSERTS

Lemon Berry Parfait \$7.95
fresh berry compote, limoncello pound cake, fresh lemon custard

Pavlova Cupcakes \$6.95
with fresh berries

Inverted Crème Brûlée \$7.95
with salted caramel and chocolate shavings

Tiramisu Mousse Cake \$6.95
tiramisu cake, cocoa powder, chocolate sauce drizzle

Strawberry White Chocolate Cake \$6.95
white chocolate mousse, berry compote, fresh strawberries, sponge cake, white chocolate curls

Seasonal Fruit Tart \$6.95
sweet tart crust, pastry cream, fresh fruit

Flourless Chocolate Cake \$8.95
cherries jubilee, espresso reduction, bourbon whip, chocolate curls

Grilled Pound Cake \$7.00
with seasonal grilled fruit and whipped cream

Triple Chocolate Mousse Cake \$7.95
with berry coulis

Trio of Desserts \$9.95
chocolate ganache torte, tres leches shot, new york cheesecake with berries

Brownie Mousse Parfait \$7.95
decadent house made brownie, layered with chocolate mousse, bourbon whipped cream, caramel, chocolate sauce, brownie crumble

Crème Brûlée Tart \$6.95
creamy creme crulee in a crisp buttery crust with seasonal berries

LATE NIGHT SNACKS

All sweets and snacks are self-serve displays. Must be ordered for a minimum of 20 people.



CAKE

Custom Cake

6 inch cake with 2 layers \$50.00 each

6 inch cake with 3 layers \$65.00 each

cake choice:

vanilla, chocolate, red velvet, carrot, funfetti

filling choice:

fresh berries, chocolate mousse, vanilla mousse,
fruit preserves, classic buttercream

frosting choice:

vanilla buttercream, cream cheese, chocolate buttercream,
brown butter buttercream, berry buttercream

includes basic design:

smooth edges, wave design, classic borders

extras:

custom fillings, florals, detailed designs or colors, writing
additional cost for each extra

LATE NIGHT SNACKS

Flavored Popcorn \$2.95 per person
cheese, butter, & kettle corn
each served in to-go bags
(minimum 20 of each flavor)

Soft Pretzel Bites \$4.95 per person
beer cheese, mustard
served in bamboo boats

Cereal Bar \$6.95 per person
milks and 3 favorite cereals

Classic Slider \$4.50 each
choice of one: beef patty, buffalo chicken, or bbq pork,
served with american cheese, pickles, ketchup, mustard

Mini Nacho Boats \$3.95 per person
corn tortilla chips, nacho cheese, pickled jalapenos,
pico de gallo

Walking Taco Frito Pie \$4.95
three bean chili, green onions, sour cream,
cheddar cheese

Mini Street Tacos \$4.50
pollo asada and carne asada
with guacamole and pico de gallo

SWEET TREAT STATIONS

Brownie Sundae \$9.25 per person
house made warm triple chocolate brownies, hot fudge,
strawberries, vanilla ice cream

Gimme S'mores \$6.95 per person
chocolate-dipped waffle cones, toasted marshmallow,
chocolate chip trio

Waffle Sticks \$6.95 per person
sweet belgian style waffle skewers, sugary sprinkles,
colorful cereal crumbles, hot fudge, raspberry coulis,
caramel sauce

Crêperie \$10.50 per person
crêpes, mascarpone-ricotta, fresh berries,
spiced apple compote, nutella spread, whipped cream,
powdered sugar, jams, fruit preserves

Boozy Donut Holes \$9.75 per person
glazed donut holes, bananas foster, vanilla ice cream

Croffle Bar \$8.95
topping include whipped cream, chocolate shavings,
fresh berries, caramel sauce, crème anglaise, sprinkles

Strawberry Shortcake \$8.95
pound cake, biscuits, fresh strawberries, whipped cream
add boozy whipped cream \$2.00

Truffles \$9.99
milk and dark chocolate shells, choice of 2 fillings
and 3 garnishes
add a custom logo box \$2.00

COCKTAIL HOUR PACKAGES

Food served for a 1 ½ hour period. Minimum order is 25 people. Each party package is priced per person.



URBAN HAPPY HOUR \$30.50

HORS D'OEUVRES

Garlic Shrimp Shot

cucumber, jicama, radish, salsa verde

Thai Green Curry Crab Bisque

blue crab, lemongrass

Avocado Toast

rustic multi-grain bread, lemon agrumato, watermelon radish, microgreens

Korean BBQ Beef Brochette

kimchi ketchup

STATIONS

Street Food Station

pork belly taco, wagyu beef slider, portabello bao

BUBBLES AND BITES \$41.50

HORS D'OEUVRES

Apple Brie Brûlée Spoon

candied pecans

Smoked Duck Canape

maple smoked thigh, blueberry jam, rosemary crostini

Seared Crab Cakes

blue crab, remoulade sauce

Seared Ahi Wonton

garlic lime aioli, candied ginger slaw, scallions

Mediterranean Bruschetta

tomato, olive, basil, savory crostini, evoo

Shaved Beef Tenderloin

parmesan crisp, roasted garlic aioli, scallions

Fines Herbes Lemon Chicken Skewer

shallot chardonnay crème

STATIONS

Artisan Cheese and Charcuterie Display

chef's selection of six gourmet artisan cheeses and charcuterie, fig chutney, roasted nuts, fresh and dried fruits, baguette, flatbreads

REDS, BLENDS, AND RUSTIC BITES \$31.00

HORS D'OEUVRES

Basil Pesto Arancini

spicy arrabiata sauce, italian cheeses, panko

Shaved Beef Tenderloin

parmesan crisp, roasted garlic aioli, scallions

Fines Herbes Lemon Chicken Skewer

shallot chardonnay crème

Mediterranean Bruschetta

tomato, olive, basil, savory crostini, evoo

White Bean Crostini

whipped cannellini spread, roasted garlic, fresh thyme

Braised Beef Spoon

barolo short rib, creamy mascarpone, polenta, italian salsa verde

STATIONS

Tuscan Table

brie, fig and prosciutto flatbread, spicy sausage, roma tomatoes, buffalo mozzarella and fresh basil flatbread, spinach, mushrooms, and caramelized onion flatbread, calabrian chili oil, shaved parmesan

COMPLIMENTARY

WE ARE PLEASED TO OFFER THESE COMPLIMENTARY SERVICES

- Customized menus as requested
- Site visit and walk through with clients and vendors
- Event Timelines and Diagramming
- Rental Equipment coordination
- Coordination with Reception Venue
- House owned white china, silverware, and tabletop glassware
(if size of event permits)
- House line of disposables if china is not needed
- Ivory, White or Black Napkins
- Discount on all Continental Catering owned linens
- Buffet linens and table-scaping aligned with your colors and theme
- For weddings: Cutting and Service of your Cake
- Table Numbers and Stands

OUR COMMITMENT TO SUSTAINABILITY

We value our great Earth and work hard to be as sustainable and fresh as possible. We contribute to our local economy by purchasing from local farms, artisans, and fisheries whenever possible. We are always mindful of our presence in the community and contribute to both local and regional charities. We have a robust recycling program both on our campus and on-site.



SOME IMPORTANT ITEMS WE WANT TO SHARE WITH YOU



TASTINGS

Once your date is set and a venue is secured, we will arrange for a complimentary tasting for up to three guests.

Selections for your tasting are limited and your sales manager will discuss your options in detail with you.

Additional guests can be paid for with a credit card in advance at \$50 per guest. If you sign a contract within seven days of the tasting any additional guest fees will be deducted from your final bill.

Please schedule three weeks in advance.



CHILDREN & VENDOR MEALS

Children ages 5-12 will be charged at less 30% of the adult rate. Children over 12 are charged at the full rate. Ages 4 and under no charge. Meals will be from the buffet or one of the plated meal options unless a specialty children's meal is requested. Specialty children's meals are priced at \$18.00 with a minimum purchase of 5 meals.

Vendor meals will be offered at 30% per person.



EQUIPMENT AND SERVICE WARE

Standard white china, silver flatware, and two tabletop glasses are included. Upgraded china and glassware are available at an additional cost per person.

Our linens are available at a discount from typical rental linen fees to our contracted clients.

Rental equipment is at an additional fee for your reception and can be arranged through your preferred vendors, or we can arrange for these directly and add these to your invoice.

If you require additional rentals or equipment on the day of the event, they will be invoiced at an additional 20% late fee.



ALLERGY RESTRICTIONS

Dietary restrictions are taken with the utmost seriousness.

Allergy requests must be submitted at the 10-day guarantee date. While our kitchen is not an allergen-free environment, we do our utmost best to avoid any allergen cross-contamination.



STAFFING

In addition to your food cost, your full-service quote will include a staffing fee. This fee will take your specific needs, style, and length of event into consideration.

All events will have an Event Manager, a Culinary Lead, culinary staff based on menu chosen, wait staff, and a culinary steward for safety, sanitation, and cleaning.

Note that we must factor in 4 hours for set up and tear down outside of your event hours. While we will always try to accommodate our client's budgets, there are certain standards we feel that we must meet with our labor proposals. All personnel who will work more than 8 hours (including set up and tear down) will be charged at a higher rate due to overtime hours. For example, if your event is longer than 4 hours, you will incur some additional overtime staffing fees.

If an event is extended onsite beyond the contracted maximum event times you will be subject to additional labor hours per team member. These will be billed within 3 days of your event.

8238 PARKWAY DRIVE, LA MESA, CA 91942 | 619.698.3500

SOME IMPORTANT ITEMS WE WANT TO SHARE WITH YOU



BAR SERVICES

Complete packages are available for non-alcoholic, beer/wine, and full spirits. Wine glasses are included with our packages. High-grade disposable ware is complimentary.

Bar glassware offered at an additional \$3.95 per person.

To promote the safety and well-being of your guests, last pour will be 30 minutes before the end of your event for all events 2.5 hours or longer. And 15 minutes before for all events less than 2.5 hours. Water will be available to your guests during the last 15 minutes.



PLANNING & GUARANTEE

First, tell us your date, time, location, estimated attendance, likes, and desires. We will design a custom menu proposal for you, then we can chat further to set up planning, and schedule a tasting meeting.

Once the tasting is completed and you love us, you will be asked to sign a contract and provide a deposit within two weeks to secure your date. Remember your date is not confirmed, until we receive your deposit.

6 weeks before your event

you will be asked to update your estimated attendance, confirm your menu, and answer a series of tie-down questions so we can begin our final preparation phase.

14 days before your event

your menu is 100% confirmed so that our culinary team can begin preparations. No menu changes or substitutes will be permitted within the last 14 days. Adding new items will be considered on a case by case basis. However, at 72 hours prior to your event the menu is 100% confirmed, no changes will be accepted.

10 business days (Monday – Saturday)

prior to your event you will be asked for your guarantee. If we do not hear from you on the specified date, your original estimate shall be considered your guarantee.

You may not reduce your guarantee from that point on, but you will be able to add to it within reason up to 72 hours before your event.

If you absolutely need to add guests within the last 72 hours, we will do everything possible to accommodate you, but we may have to make some substitutions due to the short notice and there will be an additional 20% added to these items if we can make the addition. We prepare an average of 5% up to a maximum of 50 people.

Onsite you will have one of our experienced event managers work with your wedding coordinator, event planner or appointed representative to oversee all the details of your event catering.

SOME IMPORTANT ITEMS WE WANT TO SHARE WITH YOU



TAX, ADMINISTRATION FEE, GRATUITY & CREDIT CARD CONVENIENCE FEE

California sales tax will be added to all events.

The Administration Fee is non-negotiable and covers all additional administrative fees that are involved in the planning, developing, and execution of our catering operations.

Administration fee is subject to taxation.

If you have received exceptional service and would like to offer a gratuity/tip to our staff, they are always appreciated. Please feel free to submit it to your account sales manager or event manager, and they will distribute it evenly amongst the staff present. If you wish your gratuity to go to a specific team member, contact your sales manager, and please identify them by name. Or if you wish to have your gratuity applied to the general staff recreation fund, please send it by check to your sales manager with that designation.

A credit card convenience fee of 3% will be applied to all transactions. This fee is charged to cover the processing costs associated with credit card payments.



TERMS & CONDITIONS

25% deposit required with the initial contract to secure your date. 25% deposit required 4 months from the event date. If you book within 4 months from your date a 50% deposit will be required. Balance of the estimated charges will be tallied upon receipt of your guarantee 10 business days (Monday – Saturday) prior to your event. You will be responsible to submit the remaining balance in full no later than 7 business days (Monday – Saturday) prior to your event.

If a deposit or final payment is not received upon the due date, nor has there been a request for delay, the event may be subject to cancellation.

If you incur additional fees on the day of the event you will be billed accordingly within 3 business days. Overdue payments may incur a 10% late fee.

If you cancel 9 months or farther out from your event date, your deposit will be returned in full. If you cancel 6-9 months out from your date, your deposit will be returned less a 15% administrative fee. If you cancel 45 days-6 months out from your event date, your deposit will be returned less 50%. If you cancel within 45 days of your event, your deposit is non-refundable.



MINIMUMS & FEES FOR DELIVERY

\$75 Fee for up to 20 miles. Beyond 20 miles there is an additional charge of \$3.00 per mile.

For setup in addition to delivery there are additional fees.

MINIMUMS FOR FULL-SERVICE CATERING

\$600 in food sales for daytime, Monday through Friday.

\$1,000 in food sales for evenings, Monday through Thursday.

\$1,500 in food sales for Friday night or any time of day on Saturday or Sunday.