



# Craft Food Delivered

FOR YOUR CORPORATE OR IN-HOME  
SAFE DINING EXPERIENCE

Life is too short not to party - So, let's get started!

Whether you need lunch for your team or a micro wedding for 30 people we can make your dining experience safe and awesome.

Choose from the variety of selections below

- let us know any special requests
- we will package your delicious food individually for safe dining
- tell us if you want delivery or pickup
- and voila! An absolutely yummy experience is created!!

All prices subject to applicable local taxes. For delivery to one location there is a \$125 delivery charge for up to 15 miles. Every mile over 15 an additional \$3 per mile will apply. For delivery to multiple locations please give us detailed address information and we will give you a quote. Or you can arrange for a pickup time at the Continental kitchen in La Mesa.

All prices are based on a minimum order of 20. If your group is under 20 ask about our Chef's selections for the day.

(619) 698-3500

[www.ContinentalCateringSD.com](http://www.ContinentalCateringSD.com)



*continental*

CATERING



# party in a box

individually packaged per person in a custom craft box with a Continental Catering brand logo.

custom theme ties and branded tags available at an additional cost of \$1.50 per box.

prices based on minimum order of 20 total boxes.

(2 selections with a minimum of 10 each plus vegetarian as needed)

## **CRAFT CLASSIC**

**\$22.00 PER PERSON**

CHOICE OF ITALIAN MEAT HOAGIE, HAM & SWISS, ROAST BEEF & CHEDDAR, TURKEY & PROVOLONE OR GRILLED VEGETABLE SANDWICH / POTATO CHIPS / WHOLE FRUIT / CHOCOLATE CHIP COOKIE

## **PB&J.**

**\$21.25 PER PERSON**

BRIOCHE / CHUNKY PEANUT BUTTER / NATURAL ALMOND BUTTER / JELLY / MARSHMALLOW / BANANA / CELERY STICKS / PEANUT BUTTER PRETZELS / PEANUT BUTTER COOKIES

## **TRATTORIA**

**\$27.00 PER PERSON**

FONTINA, SALAMI, GRAPES / GRILLED ROSEMARY CHICKEN SANDWICH, FRESH MOZZARELLA, ROMA TOMATO, AND GARLIC AIOLI / PASTA PRIMAVERA SALAD / ITALIAN COOKIES

\*SUBSTITUTE GRILLED PORTOBELLO MUSHROOMS & RED PEPPERS FOR VEGETARIAN OPTION

## **SO CAL**

**\$29.50 PER PERSON**

FRESH CUT MELON / TURKEY ON SOURDOUGH, AVOCADO, JACK CHEESE, SWEET BASIL PESTO / CALIFORNIA CRUNCH SALAD / MULTIGRAIN CHIPS / LOADED BROWNIE

## **WESTCOAST BANH MI**

**\$28.75 PER PERSON**

VIETNAMESE RICE ROLL / ROAST BEEF ON FRENCH ROLL, SMOKED GOUDA CHEESE, SLIVERED VEGETABLES, CILANTRO AIOLI / FRESH FRUIT SALAD / TERRA CHIPS / ALMOND COOKIES

## **FIESTA**

**\$24.50 PER PERSON**

FRUIT WITH TAJIN / LATIN CHICKEN TORTILLA WRAP WITH CHIPOTLE AIOLI / TORTILLA CHIPS & SALSA / CINNAMON SUGAR COOKIES

## **CALI COBB**

**\$27.75 PER PERSON**

CRUDITÉ WITH HUMMUS / COBB SALAD, BUTTER LETTUCE, SEASONAL GREENS, ARUGULA, GRILLED CHICKEN, CANDIED BACON, HARD-BOILED EGG, AVOCADO, CRUMBLED BLUE CHEESE, TEARDROP TOMATOES, BALSAMIC VINAIGRETTE / ROLL & BUTTER / LOADED BROWNIE

## **SAY CHEESE!**

**\$25.50 PER PERSON**

BRIE, CHEDDAR, MOZZARELLA, SAGE DERBY / CRUDITÉ WITH HUMMUS / DRIED FRUITS / MIXED HERB OLIVES / JAM / BAGUETTE / PITA CHIPS / CHOCOLATE DIPPED SHORTBREAD COOKIES

\*ADD CHARCUTERIE MEATS FOR ADDITIONAL \$6.00

## **MEZZE**

**\$24.25 PER PERSON**

TRADITIONAL HUMMUS AND ROASTED RED PEPPER HUMMUS / CRUDITÉ / GOAT CHEESE MOUSSE / PITA CHIPS / LAVOSH / MIXED HERB OLIVES / FRESH CUT FRUIT / BAKLAVA

## **GREEN GROCER**

**\$24.75 PER PERSON**

CHOICE OF ONE OF THE FOLLOWING: GOAT CHEESE, ASPARAGUS AND MUSHROOM WRAP OR ROASTED TOFU BANH MI OR GRILLED VEGETABLE AND QUINOA SALAD / PITA CHIPS & BABAGANOUSH / FRESH CUT FRUIT / VEGAN COOKIES

## **OHANA**

**\$25.50 PER PERSON**

HAWAIIAN SWEET BREAD HAM & CHEESE SLIDER / HAWAIIAN SWEET BREAD SHRIMP SALAD SLIDER / TRADITIONAL MACARONI SALAD / MAUI ONION KETTLE CHIPS / PINEAPPLE UPSIDE-DOWN CAKE



# the perfect picnic

individually packaged per person in craft to go bags with a Continental Catering themed logo. custom theme ties and branded tags available at an additional cost of \$1.50 per box.

prices based on minimum order of 20 total picnic bags

(2 selections with a minimum of 10 each plus vegetarian as needed)

## **CALIFORNIA DREAMIN'** **\$34.00 PER PERSON**

PROSCIUTTO, SALAMI, AND CHEF'S CHOICE OF 3 CHEESES / GRILLED VEGETABLES / SOUTHWEST BEEF SLIDER / PESTO GRILLED CHICKEN SLIDER / FRESH CUT FRUIT / WHITE CHOCOLATE COOKIES

## **CALIFORNIA COMFORT** **\$37.00 PER PERSON**

ARTISAN CHEESES / GOURMET DEVEILED EGGS / COLD POACHED SALMON / GRILLED CHICKEN SALAD / CONTINENTAL PEAR SALAD / ROASTED TRI-POTATO SALAD / WHOLE GRAIN ROLL / FLATBREADS & LAVOSH / BLONDIE

## **CALIFORNIA COUNTRY** **\$33.00 PER PERSON**

FRIED CHICKEN / DEVEILED EGGS / COLESLAW / SOUTHWEST CORN SALAD / BACON POTATO SALAD / FRESH FRUIT WITH TAJIN / APPLE COBBLER BAR





# desk top treat box

individually packaged per person in craft boxes with Continental Catering themed logo. custom theme ties and branded tags available at an additional cost of \$1.50 per bag. prices based on minimum order of 20 total boxes (must order 10 per type)

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## PEANUT POWER

**\$18.50**

PEANUT BUTTER PRETZELS / PEANUT BUTTER COOKIES / PEANUT BUTTER CRUNCH / PEANUT M&M'S / SWEET AND SALTY GRANOLA BAR / SAVORY PEANUTS / TOFFEE PEANUTS

## TIKI TIME

**\$22.00**

CHOCOLATE MACADAMIA COOKIE / LAYERED COCONUT CRUNCH BAR / BANANA CHIPS / CHOCOLATE COVERED DRIED PINEAPPLE / TROPICAL TRAIL MIX / MAUI ONION POTATO CHIPS

## ENERGY BOOST

**\$19.50**

MULTIGRAIN CHIPS / HOMEMADE GRANOLA BAR / RAW ALMONDS / DRIED FRUIT / CHOCOLATE QUINOA BALLS / APPLE

## HAPPY HOUR

**\$22.00**

TORTILLA CHIPS & SALSA / BAR MIX / BBQ KETTLE CHIPS / SPANISH PEANUTS / PORT WINE CHEESE SPREAD WITH CRACKERS / SEA SALT CARAMEL BROWNIE





# salads

\$8.00 each

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served in individual containers.  
perfect addition to a hot bowl or plate  
for a complete meal.  
prices based on minimum order of  
20 total.  
(2 selections with a minimum of 10 each)

## **ROASTED BEET AND GOAT CHEESE**

EVOO, GOAT CHEESE, HONEY, FRESH DILL

## **CALI CRUNCH**

GARBANZO BEANS, CUCUMBER, GRAPE  
TOMATOES, SWISS CHARD, RED ONION,  
KALAMATA OLIVES, BROCCOLI,  
LIGHT VINAIGRETTE

## **MEDITERRANEAN CHOP**

CHICKPEAS, CUCUMBER, GRAPE  
TOMATOES, CHARD, SHAVED RED ONION,  
KALAMATA OLIVES, BROCCOLI, FRESH  
HERBS, WHITE WINE VINAIGRETTE

## **ROASTED PEAR**

YOUNG GREENS, ROMAINE, ROASTED  
PEARS, CANDIED PECANS, GORGONZOLA  
CHEESE, BALSAMIC VINAIGRETTE

## **CONTINENTAL CAESAR**

CHEESY CROUTONS, LEMON WEDGE,  
HOUSEMADE DRESSING

# bowls

portion sized for lunch.

to serve at dinner add \$5 per bowl

prices based on minimum order of

20 total bowls.

(2 selections with a minimum of 10 each,  
plus vegetarian as needed)



## **SOUTHERN COMFORT**

**\$17.25 PER BOWL**

MAC AND CHEESE, BBQ PULLED PORK,  
BUTTERED BROCCOLI

## **KOREAN MEATBALL**

**\$17.25 PER BOWL**

JASMINE RICE, KOREAN GOCHUJANG  
MEATBALLS, SPICY EDAMAME

## **CARIBBEAN**

**\$17.25 PER BOWL**

RICE AND BLACK BEANS, SHREDDED JERK  
CHICKEN, SOFRITO, ROASTED VEGETABLES

## **MEDITERRANEAN**

**\$17.25 PER BOWL**

QUINOA PILAF, HERB ROASTED CHICKEN,  
OVEN ROASTED TOMATO, FETA

## **PERUVIAN**

**\$17.25 PER BOWL**

RICE AND BLACK BEANS, PERUVIAN  
GRILLED CHICKEN

## **SEARED AHI TUNA**

**\$19.50 PER BOWL**

SUSHI RICE, SEARED AHI TUNA,  
BOOM BOOM SAUCE, PICKLED GINGER,  
SPIRAL CARROTS, SEAWEED SALAD

## **MOROCCAN VEGGIE**

**\$16.25 PER BOWL**

RICE MEDLEY, MOROCCAN VEGETABLE  
STEW, ROASTED PEPPERS

## **TOFU FRIED RICE**

**\$17.25 PER BOWL**

TAMARI ROASTED TOFU, FRESH GINGER,  
HOISIN, FURIKAKE





# plates

served with roll and butter.

prices based on minimum order of 20 total plates.  
(2 selections with a minimum of 10 each, plus vegetarian as needed)

## **SOUTH OF THE BORDER**

**LUNCH \$19.50/DINNER \$22**

SEASONED BEEF AND CHICKEN FAJITAS, BLACK BEANS, SPANISH RICE, PEPPERS, ONIONS

## **MOM'S MEATLOAF**

**LUNCH \$19.50/DINNER \$22**

MOM'S MEATLOAF, LOCAL MUSHROOM GRAVY, MASHED POTATOES, BUTTERED BROCCOLI

## **ITALIAN**

**LUNCH \$18.50/DINNER \$20.75**

PENNE PASTA, BASIL PESTO, SUN DRIED TOMATOES, ROASTED MEDITERRANEAN VEGETABLES

## **TIKKA-SPICED CHICKEN BREAST**

**LUNCH \$20.75/DINNER \$24.25**

APPLE-FENNEL-DATE RELISH, TOASTED FARRO, KALE, ROASTED VEGETABLES

## **BOURBON GLAZED SALMON**

**LUNCH \$26.50/DINNER \$34.50**

BOURBON GLAZED SALMON, VERMOUTH CHERRIES, ORANGE GREMOLATA, WILD RICE PILAF, BLACKENED GREEN BEANS

## **THE CONTINENTAL**

**LUNCH \$23/DINNER \$27.75**

RED WINE BRAISED SHORT RIB, MASHED YUKON POTATO, ROASTED VEGETABLES

## COLD APPETIZERS

### GOURMET DEVEILED EGGS \$33.00

SMOKED SALMON, CANDIED JALAPENO, CRUNCHY BACON

### ARTISAN CHEESES \$98.00

CHEF'S SELECTION OF 6 GOURMET ARTISAN CHEESES, FIG CHUTNEY, ROASTED NUTS, FRESH AND DRIED FRUITS, BAGUETTE, FLATBREADS, LAVOSH

### CALIFORNIA CHARCUTERIE \$121.00

SOPPRESSATA, PROSCIUTTO, CAPICOLA, SEASONAL SAUSAGE, TAPENADE, FIG JAM, ASSORTED MUSTARDS, BAGUETTE, FLATBREADS

### TRADITIONAL CHEESES \$70.00

CHEDDAR, JACK, SWISS, HARVARTI, MUENSTER, BLEU CHEESE, GRAPES, CRACKERS, BAGUETTE

### CHILLED BRIE \$80.00

FRENCH BRIE, TOPPED WITH SWEET & TART CRANBERRY-APPLE RELISH WITH CRACKERS

### SHRIMP COCKTAIL \$80.00

HOMEMADE COCKTAIL SAUCE

### SMOKED SALMON PLATTER \$115.00

LEMON, ONION, CAPERS, HARD-BOILED EGG, FRESH DILL, RYE BREAD

### MEZZE PLATTER \$80.00

TRADITIONAL HUMMUS, ROASTED RED PEPPER HUMMUS, GOAT CHEESE MOUSSE, OLIVES, DRIED DATES, PITA CHIPS, LAVOSH

### CRUDITE PLATTER \$64.00

LEMON POPPY HUMMUS, FRESH GARDEN VEGETABLES

### FRESH FRUIT PLATTER \$64.00

BERRIES, PINEAPPLE, MELON, HONEY YOGURT DIP

### HERBED CHEESE BALL \$52.00

BASIL, CHIVE, THYME, PINE NUT CRUST, CRISP CRACKERS

### CRAB DIP DISPLAY \$103.00

CRISP SAVORY CRACKERS

### HAWAIIAN HAM SLIDERS \$80.00

AGED CHEDDAR, PINEAPPLE JAM



## appetizer shareables

all items serve 10 people

### TBLT SLIDERS \$86.00

TURKEY, BACON, LETTUCE, TOMATO, GARLIC AIOLI

### GUACAMOLE \$55.00

TRADITIONAL CORN TORTILLA CHIPS

### ROSEMARY STUDED GOAT CHEESE \$58.00

BLACK PEPPER, SEASONAL JAMS, MOSTARDA, CROSTINI, CRACKER

## HOT APPETIZERS

### BACON WRAPPED SCALLOPS \$115.00

DILL BUTTERMILK DIP

### BACON WRAPPED SHRIMP \$103.00

DILL BUTTERMILK DIP

### BAKED BRIE EN CROUTE \$92.00

FRENCH BRIE WHEEL IN FLAKY PASTRY, BROWN SUGAR, PECAN TOPPING WITH CRACKERS

### MARYLAND STYLE CRAB CAKES \$115.00

BLUE CRAB, OLD BAY, SRIRACHA REMOULADE

### SWEET & SOUR MEATBALLS \$64.00

MEATBALLS, SWEET & SOUR SAUCE, GREEN ONIONS

### CLASSIC BEEF SLIDERS \$80.00

AMERICAN CHEESE, PICKLES, KETCHUP, MUSTARD

### SHORT RIB SLIDERS \$92.00

SHORT RIB, GORGONZOLA, GRILLED ONION

### CHEESE FONDUE \$98.00

GRUYERE, GREEN APPLE, STRAWBERRIES, CRISP VEGETABLES, FRESH BREAD

### ROASTED LEMON SPINACH ARTICHOKE DIP \$55.00

PINE NUTS, FRIED GARLIC, CROSTINI



# entree

## sharables

price based on minimum order of 20 people.  
(10 people per selection)

prices listed are per person.

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### BEEF

#### **BEEF TRI-TIP \$15.50**

MODERN TIMES STOUT DEMI, CHIMICHURRI, HOUSE STEAK SAUCE

#### **BLACK PEPPER CRUSTED PRIME RIB \$23.00**

ROAST GARLIC JUS, HORSERADISH CREAM

#### **GOCHUJANG PRIME RIB \$23.00**

BLACK GARLIC JUS, WASABI CREMA

#### **ROSEMARY ROASTED BEEF TENDERLOIN \$24.00**

PORT WINE DEMI, HORSERADISH CREAM, ITALIAN SALSA VERDE

### POULTRY

#### **HARVEST CHICKEN \$10.00**

OVEN ROASTED CHICKEN BREAST, FRESH LEMON,  
CHARDONNAY BUTTER SAUCE

#### **SAGE ROASTED TURKEY BREAST ROULADE \$9.75**

DUCK BUTTER, TURKEY GRAVY, RED ONION MARMALADE

#### **WHOLE ROASTED TURKEY \$138.00**

CITRUS AND HERB BRINE, SLOW ROASTED TO PERFECTION, SERVED  
ON A BED OF FRESH HERBS (12-15 LBS)

### PORK

#### **HERB CRUSTED PORK LOIN \$14.00**

WHOLE GRAIN MUSTARD CREAM, GREEN APPLE RELISH

#### **CHIPOTLE ROASTED PORK SHOULDER \$9.25**

ACHIOTE LIME SAUCE, GREEN APPLE-CORIANDER CHUTNEY

#### **BROWN SUGAR GLAZED HAM \$9.25**

ROASTED PEAR PORK JUS, CHARRED PINEAPPLE RELISH

### VEGETARIAN

#### **CHARRED EGGPLANT \$9.25**

CANNELLINI BEANS, LENTILS, SWEET PEPPER-ROASTED TOMATO  
RAGOUT, TUSCAN KALE, CRISPY SPICED CHICKPEAS

#### **ROASTED CAULIFLOWER STEAK \$9.25**

LEMON TAHINI SAUCE, PINENUTS, CURRANT FREEKEH



# sides

price based on minimum order of 20.  
(10 people per selection)

prices listed are per person.



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## **ROASTED BRUSSELS SPROUTS \$4.75**

BACON MAPLE DRESSING

## **BALSAMIC GRILLED VEGETABLES \$4.75**

EGGPLANT, ZUCCHINI, YELLOW SQUASH, RED ONION, RED BELL PEPPER

## **ROASTED ROOT VEGETABLES \$4.75**

RED & GOLD BEETS, PARSNIP, CARROT

## **CHARRED BROCCOLINI \$4.75**

PESTO, SUNDRIED TOMATOES, PARMESAN

## **ROASTED CUMIN BABY CARROTS \$4.75**

FETA, PEPITAS

## **GREEN BEANS PROVENCALE \$4.75**

FRESH HARICOT VERTS, GARLIC, TOMATO, OLIVE OIL

## **GLAZED SWEET POTATO \$5.25**

BOURBON MAPLE GLAZE

## **MASHED SWEET POTATOES \$5.25**

CHIPOTLE

## **HERB AND CHEESE DAUPHINOISE \$5.25**

## **ROSEMARY ROASTED FINGERLING POTATOES \$5.25**

## **GARLIC MASHED POTATOES \$5.25**



# from the smoker

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## **WHOLE TURKEY \$138.00**

CITRUS HERB BRINE, HICKORY SMOKE, BOURBON GRAVY  
(12-15 LBS)

## **KANSAS STYLE HALF CHICKEN \$8.75**

SIGNATURE SWEET RUB, KANSAS BBQ SAUCE

## **TEXAS STYLE BRISKET \$15.00**

SALT & PEPPER RUB, 18-HOUR COOK, CIDER SWEET BBQ SAUCE

## **SANTA MARIA RUBBED TRI-TIP \$15.25**

OAKWOOD SMOKE, LIGHT TANGY BBQ

## **STICKY PORK BELLY \$10.50**

BROWN SUGAR CURE, FRUITWOOD SMOKE, HOISIN GLAZE

## **WEST CAROLINA PORK SHOULDER \$10.50**

HICKORY SMOKE, TANGY CIDER MOP, CAROLINA SAUCE





# snacks, sweets & treats

individually packaged.

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prices based on minimum order of  
20 total jars.  
(must order 5 per type)

perfect as an appetizer course  
or an add-on snack.

## DIPPING JARS

**\$6.00**

**MESQUITE CHICKEN DIP /**  
SERVED WITH ARTISAN  
CRACKERS

**SPINACH + ARTICHOKE DIP /**  
SERVED WITH ARTISAN  
CRACKERS

**TRADITIONAL HUMMUS/**  
SERVED WITH PITA CHIPS

## SWEETS + TREATS

CHOCOLATE CHIP COOKIE

**\$2.00 EACH**

SNICKERDOODLE COOKIES

**\$2.00 EACH**

SIGNATURE LOADED BROWNIE

**\$3.50 EACH**

BAG OF CHIPS

**\$2.00 EACH**

WHOLE FRESH FRUIT

**\$1.75 EACH**

FRESH CUT FRUIT BOWL

**\$3.50 EACH**

## DRINKS

BOTTLED WATER

**\$2.95 EACH**

ASSORTED SODAS:

COKE, DIET COKE, SPRITE

**\$2.95 EACH**

# seasonal party in a box

individually packaged per person in a custom craft box with a seasonal themed logo.  
custom theme ties and branded tags available at an additional cost of \$1.50 per box.  
prices based on minimum order of 20 total boxes (2 selections with a minimum of 10 each plus vegetarian as needed)

available february 4 - may 30

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## LOVERS LUNCH \$29.50 PER PERSON

SLICED TENDERLOIN AND CHEDDAR SLIDERS / BRIE WITH RASPBERRIES AND LAVOSH / CALIFORNIA CRUNCH SALAD / CHOCOLATE DIPPED STRAWBERRIES / HEART-SHAPED SUGAR COOKIE

## LEPRECHAUN LUNCH \$26.50 PER PERSON

COLD CORNED BEEF ON RYE / DILL PICKLES / COLESLAW / KETTLE CHIPS / PUB MIX / GUINNESS BROWNIE

## SPRING INTO SPRING \$27.00 PER PERSON

GREEN GODDESS CHICKEN SALAD ON SPROUTED WHEAT BREAD / FRESH BERRIES / BAKED CHIPS / CRUDITE WITH PEA HUMMUS / LEMON BAR

## PASSOVER \$31.00 PER PERSON

COLD GRILLED SALMON WITH RAITA / MATZAH / QUINOA AND GRILLED VEGETABLE SALAD / ALMOND BUTTER AND RICE CRACKER / FRESH FRUIT / MACAROONS  
(AVAILABLE MARCH 27-APRIL 4 ONLY)

