



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, delivery and service charge.

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



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 DEVILED 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 / DEVILED 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)

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

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

HAWAIIAN HAM SLIDERS \$80.00

AGED CHEDDAR, PINEAPPLE JAM

TBLT SLIDERS \$86.00

TURKEY, BACON, LETTUCE, TOMATO, GARLIC AIOLI

GUACAMOLE \$55.00

TRADITIONAL CORN TORTILLA CHIPS

ROSEMARY STUDDERED GOAT CHEESE \$58.00

BLACK PEPPER, SEASONAL JAMS, MOSTARDA,
CROSTINI, CRACKER

appetizer shareables

all items serve 10 people



HOT APPETIZERS

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

CRAB DIP DISPLAY \$103.00

CRISP SAVORY CRACKERS

entree

sharables

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

prices listed are per person.

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.



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

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.

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

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)

