



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 administrative fees.

All prices are based on a minimum order of 20.

Delivery Fee Minimum: \$150

Staffing Prices:

Event Manager \$395 for 2 hours, \$470 for 3 hours

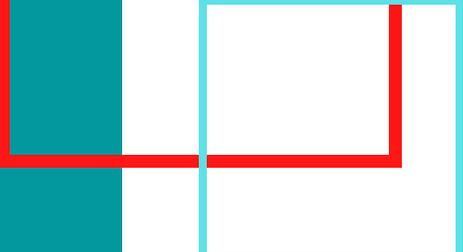
Waitstaff \$275 for 2 hours, \$350 for 3 hours

(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.

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

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



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

MIXED GREENS, 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 - 5oz protein
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)

lunch portion - 4oz protein
dinner portion - 6oz protein

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 (2 PIECES PER PERSON)

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 \$42.00

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

SHRIMP COCKTAIL \$80.00

HOMEMADE COCKTAIL SAUCE (5 PIECES PER PERSON)

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 \$60.00

BERRIES, PINEAPPLE, MELON, HONEY YOGURT DIP

HERBED CHEESE BALL \$42.00

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

HAWAIIAN HAM SLIDERS \$80.00

AGED CHEDDAR, PINEAPPLE JAM (2 PIECES PER PERSON)

TBLT SLIDERS \$86.00

TURKEY, BACON, LETTUCE, TOMATO, GARLIC AIOLI (2 PIECES PER PERSON)

GUACAMOLE \$55.00

TRADITIONAL CORN TORTILLA CHIPS

ROSEMARY STUDED 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 (3 PIECES PER PERSON)

BAKED BRIE EN CROUTE \$45.00

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

MARYLAND STYLE CRAB CAKES \$115.00

BLUE CRAB, OLD BAY, SRIRACHA REMOULADE (3 PIECES PER PERSON)

SWEET & SOUR MEATBALLS \$64.00

MEATBALLS, SWEET & SOUR SAUCE, GREEN ONIONS (2 PIECES PER PERSON)

CLASSIC BEEF SLIDERS \$80.00

AMERICAN CHEESE, PICKLES, KETCHUP, MUSTARD (2 PIECES PER PERSON)

SHORT RIB SLIDERS \$92.00

SHORT RIB, GORGONZOLA, GRILLED ONION (2 PIECES PER PERSON)

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



sweets & snacks

price based on minimum order of 20
or 2 dozen.

prices listed are per person.

COOKIES BY THE DOZEN \$18.00

CHOICE OF ONE FLAVOR:

CHOCOLATE CHIP, SALTED CARAMEL, MAPLE BACON OATMEAL, SPICY CHOCOLATE, LAVENDER LEMON SHORTBREAD, PEANUT BUTTER FRITO, DULCE DE LECHE, LEMON COOLER, CHOCOLATE ROYALE, OATMEAL RAISIN, SUGAR, SNICKERDOODLE, WHITE CHOCOLATE MACADAMIA NUT, CINNAMON CHURRO, DOUBLE DARK CHOCOLATE

DESSERT BARS BY THE DOZEN \$20

CHOICE OF ONE FLAVOR:

BROWNIES, BLONDIES, RASPBERRY STRUDEL, APPLE CRUMBLE, MARSHMALLOW POTATO CHIP, COCONUT CRUNCH, LEMON, S'MORES, DULCE DE LECHE BROWNIES, FLOURLESS CHOCOLATE BROWNIES

BAGS OF CHIPS \$2.00 EACH

SALT, BBQ, SOUR CREAM & ONION

WHOLE FRUIT \$1.75 EACH

DRINKS

BOTTLED WATER

\$2.95 EACH

ASSORTED SODAS:

COKE, DIET COKE, SPRITE

\$2.95 EACH

