

La Prima Catering

2017 Menu

May 2017

Item	contains				
	nuts	vegetarian	vegan	gluten free	egg
Breakfast					
assorted pastry buffet					
muffins	some flavors	X			X
croissants		X			X
danish	some flavors	X			X
donut holes		X			X
caffee latte cookies		X			X
banana bread	X	X			X
zucchini bread	X	X			X
cherry bread	X	X			X
apple nut bread	X	X			X
pumpkin raisin bread		X			X
bagels (without spreads)			X		
ultimate pastry assortment					
almond croissant	X	X			X
maple bacon donut					X
chocolate coffee cake	X	X			X
raisin swirls		X			X
sunnyside tart		X			X
bagel bar with smoked salmon					
individual egg stratas					
spinach, mushroom & swiss		X			X
bacon, cheddar, green onion					X
egg white, black bean, peppers, cheese		X			X
breakfast burritos					
cowboy					X
egg & avocado corn salsa		X			X
egg & cheese		X			X
spinach & feta		X			X
morning sliders					
bacon, egg & red pepper					X
sriracha steak and egg					X
roasted tomato, egg, pesto	X	X			X
egg white, mushrooms & swiss		X			X
breakfast sandwiches					X
western omelette calzone		X			X
traditional french toast		X			X
belgian waffles		X			X
full breakfast					X
scrambled eggs		X		X	X
home fried potatoes			X	X	
bacon				X	

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	nuts	vegetarian	vegan	gluten free	egg
sausage links				X	
apple stuffed with oatmeal		X		X	
apple cinnamon bread pudding	X				X
french toast muffins	X	X			X
cold breakfast					
fruit platter - small, medium, large			X	X	
fruit salad			X	X	
quinoa fruit salad	X		X	X	
whole fruit			X	X	
energy bites	X		X	X	
super food bars	X		X	X	
biscuits with butter & jam		X			
cheddar, bacon and leek biscuits					
bacon wrapped bananas				X	
yogurt parfait bar				X	
smoothies			X	X	
bottled juices - Tropicana			X	X	
fresh orange juice			X	X	
coffee & tea					
Sandwiches					
classic sandwiches & wraps					
South Street Hoagie					
Grilled Chicken					x (bread)
Roast Beef and Cheddar					x (spread)
Ham and Swiss					x (spread)
Roasted Turkey and Havarti					x (spread)
Home-Style Chicken Salad					X (bread, dressing)
Lemon-Pepper Tuna Salad					X (bread, dressing)
Smoked Mozzarella, pesto and roasted tomatoes	X	X			
Portobello Mushroom Sub			X		
Mediterranean Hero		X			X
Smoked Turkey Wrap					x (spread)
Turkey Barbecue Wrap					
Grilled Chicken Verde Wrap					x (spread)
Roast Beef Blue Cheese Wrap					x (spread)
Pan Fried Eggplant Wrap		X			X
Roasted Vegetables and Hummus Wrap			X		
Garden Salad Wrap			X		

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	nuts	vegetarian	vegan	gluten free	egg
signaure sandwiches					
Sweet Chili Shrimp Salad Wrap					x (dressing)
Flank Steak & Havarti Sub					x (spread)
Ham & Gruyere on Pretzel Roll					
Black Forest Ham & Brie					x (spread)
Grilled Chicken Avocado Wrap					x (spread)
Buffalo Chicken Wrap					x (spread)
Cajun Chicken and Havarti					x (spread)
Smoked Turkey, Brie and Apple					x (spread)
Caprese	x				
Grilled Vegetable Wrap			x		
ny deli sandwiches					
The Empire State					x (spread)
The Broadway					x (spread)
Knuckle Sandwich					x (spread)
The Long Islander					x (spread)
The King of Queens					
Little Italy Hero					
Jones Beach Vegetarian		x			x
The Carnegie					
Fried Bologna Sandwich					x (bread)
hot sub bar					
vegetarian caponata (cheese on the side)			x		
cheesesteak					
parmesan chicken					
meatballs & onions					x
sausage & peppers					
turkey barbecue					
sandwich spreads					
honey mustard		x		x	x
lemon caper mayonnaise		x		x	x
horseradish dill dressing		x			x
chipotle mayo		x		x	x
pesto	x	x		x	
bbq sauce (<i>Ken's Cannonball</i>)			x	x	
blue cheese dressing (<i>Ken's</i>)		x		x	x
red pepper spread		x		x	
red pepper hummus			x	x	
mayonnaise		x		x	x
tomato basil relish			x	x	
<i>Frank's</i> buffalo sauce		x		x	

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	nuts	vegetarian	vegan	gluten free	egg
salad dressings					
marinade - flank steak			X	X	
marinade - lemon oregano			X	X	
sauce - roasted red pepper			X	X	
sauce - olive tapenade			X	X	
sauce - tahini			X	X	
salad dressing - asian			X	X	
salad dressing - garlic tahini dressing		X		X	
salad dressing - tomato basil vinaigrette			X	X	
salad dressing - creamy balsamic dressing		X		X	X
salad dressing - white balsamic dressing		X		X	X
salad dressing - orange blossom		X		X	
salad dressing - italian dressing		X		X	
salad dressing - caesar				X	X
salad dressing - santa fe (black bean & corn salad)			X	X	
salad dressing - Ken's Ranch		X		X	X
salad dressing - Ken's Blue Cheese		X		X	X
deli salads					
deli cole slaw		X		X	X
deli macaroni salad		X			X
deli potato salad		X		X	X
*****allergens for dressings served on the side are listed separately*****					
lighter side salads					
fruit salad			X	X	
garden salad (salad is vegan, some dressings are not)		X	can be	X	
caesar salad					
citrus spinach salad		X		X	
greek salad		X		X	
root vegetable salad		X		X	
chipotle potato salad with bacon				X	X
roasted potato salad vinaigrette		X		X	X (dressing)
bow tie pasta primavera			X		
lemon vegetable pasta		X			X (dressing)
pasta tomato and corn		X			X (dressing)
signature side salads					
mesclun with sugared walnuts & blue cheese	X	X		X	
baby spinach with strawberries & pecans	X	X		X	
tomato, basil & feta		X		X	
quinoa salad			X	X	
chopped vegetable salad			X	X	
cheddar & apple	X	X		X	X (dressing)
mango and jicama			X	X	

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	nuts	vegetarian	vegan	gluten free	egg
couscous with feta and roasted veggies		X			
gemilli pasta with pesto mayonnaise	X				
pesto pasta salad	X	X			X (dressing)
quinoa fruit salad	X		X	X	
roasted grape salad	X	X		X	
gourmet sides					
grilled vegetable assortment			X	X	
grilled vegetable salad		X		X	
fresh mozzarella with tomatoes and basil		X		X	
chicken fettuccini with dill					X (dressing)
tortellini primavera		X			X
sweet potato mango salad	X		X	X	
grilled asparagus with roasted tomatoes			X	X	
pappardelle pasta salad		X			X
potato and edamame salad			X	X	
other sides					
individual chips			X	X	
energy bites	X		X	X	
super food bars	X		X	X	
Soups & Hot Sides					
green beans with almonds	X	X		X	
roasted broccolini			X	X	
seared baby bok choy			X	X	
roasted portobello mushrooms			X	X	
carrot souffle		X			X
corn pudding		X			X
baby potatoes			X	X	
garlic mashed potatoes		X		X	
roasted potatoes			X	X	
baked potato bar		possible	possible	X	
macaroni & cheese		X			
rice pilaf				X	
whole grain blend			X		
roasted cauliflower			X	X	
farro with wild mushrooms		X			
soups					
new england clam chowder					
maryland crab				X	
french onion					
chicken noodle					
chicken tortilla				X	
corn chowder					

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	nuts	vegetarian	vegan	gluten free	egg
tomato and basil		X		X	
roasted red pepper		X			
mushroom bisque		X			
minestrone			X	X	
pink lentil			X	X	
hot & sour soup		X		X	X
breads ala carte					
breads - dinner rolls			X		egg wash
breads - focaccia		X			
breads - baguette			X		
breads - 7 grain			X		
breads - raisin walnut	X		X		
breads - epi stalk			X		
breads - knot rolls		X			
breads - sweet potato rolls		X			X
breads - jalapeno corn bread		X			X
Entrée Platters					
flank steak				X	
beef tenderloin				without rolls	
cajun chicken				X	
red pepper salmon				X	
lemon oregano chicken				X	
seared tuna with black rice				X	
Entrée Salads					
black and blue steak salad				X	
asian beef salad				X	
mediterranean chicken salad				X	X
grilled chicken caesar					
cobb salad				X	X
skinny chicken with baked lemon tofu				X	
taco salad with southwestern chili					
taco salad with white turkey chili					
taco salad with vegetable chili			X	X	
taco salad with sweet potato chili			X		
chef's salad				X	X
roasted portobello mushroom salad		X			X (croutons)
Hot Entrées					
fajitas - beef				without tortillas	
fajitas - chicken				without tortillas	
fajitas - mushroom		X		without tortillas	
fajitas - shrimp				without tortillas	
grilled skewers - beef					

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Item	contains				
	nuts	vegetarian	vegan	gluten free	egg
grilled skewers - chicken					
grilled skewers - shrimp					
crab cakes					x
salmon with brown sugar soy glaze				x	
beef brisket with guinness gravy					
chicken saltimbocca				x	
chicken dijonaise					
lemongrass chicken				x	
lentil loaf with mushroom gravy			x	x	
quinoa stuffed peppers		x		x	
vegetable gratin	x	x		x	
orange rosemary chicken				x	
napa chicken				x	
MD crab pot pie					
etouffee					
grain & vegetable bowl		x			x
mahi mahi	x			x	
tuna tacos				without tortillas	
flat iron steak with chimichurri sauce				x	
calzones - italian					egg wash
calzones - chicken					egg wash
calzones - spinach		x			
calzones - cheese steak					egg wash
chili - southwestern					
chili - white turkey					
chili - vegetarian			x	x	
chili - sweet potato			x		
lasagna - cheese		x			x
lasagna - meat					
lasagna - vegetable		x			x
lasagna - turkey					
baked ziti - classic		x			
chicken parmesan with pasta					
eggplant parmesan		x			x
Hot Buffet					
hot buffet side -roasted potatoes			x	x	
hot buffet side -jasmine rice		x		x	
hot buffet side - long grain rice		x		x	
hot buffet side - brown rice		x		x	
hot buffet side - pasta			x		
hot buffet - florentine sauce with meat					

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	nuts	vegetarian	vegan	gluten free	egg
hot buffet - florentine sauce - vegetarian		X			
hot buffet - rosemary alfredo sauce with meat					
hot buffet - rosemary alfredo - vegetarian		X			
hot buffet - island curry with meat				X	
hot buffet - island curry - vegetarian			X	X	
hot buffet - cacciatore sauce with meat				X	
hot buffet - cacciatore sauce - vegetarian			X	X	
hot buffet - teriyaki sauce with meat					
hot buffet - teriyaki sauce - vegetarian		X			
hot buffet - pomodoro sauce with meat				X	
hot buffet - pomodoro sauce - vegetarian			X	X	
hot buffet - sherried mushroom sauce with meat					
hot buffet - sherried mushroom sauce - vegetarian		X			
hot buffet - provencal sauce with meat				X	
hot buffet - provencal sauce - vegetarian			X	X	
hot buffet - caponata sauce with meat				X	
hot buffet - caponata sauce - vegetarian			X	X	
Desserts					
cookies - chocolate chip		X			X
cookies - oatmeal raisin		X			X
cookies - peanut butter	X	X			X
cookies - double chocolate chip		X			X
cookies - sugar		X			X
cookies - café latte		X			X
cookies - carrot cake sandwich		X			X
cookies - chocolate cherry sandwich		X			X
cookies - lemon snaps		X			X
cookies - red velvet sandwich		X			
cookies - french macarons				X	X
beignets - chocolate hazelnut	X	X			X
beignets - fruit filled		X			X
chocolate dipped coconut mararoons		X			
cup cake - vanilla		X			X
cup cake - double chocolate fudge		X			X
cup cake - chocolate guinness		X			X
cup cake - lemon with cherry buttercream		X			X
chocolate rum cake	X	X			X
chocolate satin torte		X		X	X
cherry empanadas		X			
dessert bars - brownies		X			X
dessert bars - caramelita	X	X			X
dessert bars - cherry crumble			X		

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	nuts	vegetarian	vegan	gluten free	egg
dessert bars - chocolate pecan	x	x			x
dessert bars - lemon		x			x
dessert bars - marble brownies		x			x
dessert bars - peanut butter fudge	x	x			x
dessert bars - red velvet cheesecake		x			x
dessert bars - salted caramel chocolate chip		x			x
dessert bars - toffee nut	x	x			x
dessert bars - white chocolate almond	x	x			x
dessert bar truffles	x	x			x
dessert shots - bananas foster	x	x			x
dessert shots - chocolate mousse		x		x	x
dessert shots - key lime		x			x
dessert shots - salted caramel cheesecake		x			x
dessert shots - s'mores		x			x
dessert shots - strawberry shortcake		x			x
dessert shots - tiramisu		x			x
espresso chip madeleine		x			x
fruit skewers			x	x	
fruit platter			x	x	
petite cheesecakes		x		x	x
quinoa chocolate bites	x		x	x	
raspberry financiers		x			x
palmiers - chocolate dipped		x			
petite cheesecakes					
petite muffin - apple cinnamon					x
petite muffin - chocolate hazelnut	x				x
petite muffin - salted caramel	x				x
salted caramel pull apart bread	x	x			x
Appetizers					
Hot hors d'oeuvre					
arancini & red pepper tomato sauce		x			x
bac'n ribs (hot side)				x	
cajun barbecue shrimp				without bread	
cheesesteak cigars					
chicken chorizo taquitos					
chicken skewers - hoisin barbecue					
chicken skewers - honey mustard				x	
chicken skewers - red curry sauce				x	
chicken skewers - thai orange					
chicken wings - buffalo				x	
chicken wings - honey sriracha				x	
cocktail meatballs					x

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Item	contains				
	nuts	vegetarian	vegan	gluten free	egg
dumpling - chicken lemongrass					
dumpling - edamame			x		
dumpling - pork					
jalapeno chicken poppers					x
jerk chicken bites					
lamb meatball skewers	x				x
miniature calzones - cheesesteak					egg wash
miniature calzones - italian meats					egg wash
miniature calzones - spinach		x			
miniature crab cakes					x
risotto cakes		x		x	x
sliders - cheeseburger					
sliders - chicken mozzarella					
sliders - crab cake					
sliders - portobello mushroom			x		
spanakopita		x			x
stuffed foccacia rounds - chicken					
stuffed foccacia rounds - italian meats					
stuffed foccacia rounds - vegetable	x	x			
Additional Hors D'oeuvre					
antipasto picks				x	
basil shrimp artichoke picks				x	
canape - marinated shrimp					
canape - smoked salmon					
caprese skewers				x	
focaccia cocktail sandwiches - chicken	x				X (spread)
focaccia cocktail sandwiches - eggplant	x	x			x
focaccia cocktail sandwiches - prosciutto					
focaccia cocktail sandwiches - roast beef					X (spread)
focaccia cocktail sandwiches - roast turkey					X (spread)
fusion flank steak skewers					
ham biscuits					X (spread)
petite brioche sandwiches - ham					x
petite brioche sandwiches - turkey					x
petite chicken veggie skewers				x	
prosciutto corn muffins					x
red curry tofu skewers			x	x	
roulade medallions - eggplant					x
roulade medallions - italian meats					
roulade medallions - roast beef					X (spread)
roulade medallions - smoked turkey					X (spread)
semolina baguette with brie & pears	x	x			

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	nuts	vegetarian	vegan	gluten free	egg
spiced shrimp cocktail				X	
sweet chili shrimp				X	
Displays					
charcuterie board				without breads	
mexican fiesta		X		w/t flour tortilla	
mezze station		X		without breads	
primo antipasto				without breads	
surf and turf				X	
Fruits, Vegetables & Cheeses					
artisan cheese platter	X	X		without breads	
crudite platter		X	without dip	X	
executive cheese platter		X		without breads	
fruit and cheese platter		X		without breads	
fruit platter			X	X	
smoked salmon cheesecake (per display)					X
taco cheese ball (per display)		X		X	
Dips					
artichoke and sun-dried tomato		X		without breads	
avocado corn salsa			X	X	
buffalo chicken				without breads	
chili con queso		X		X	
classic - shrimp					X
classic - spinach		X			X
crab					X
jalapeno clam				without breads	X
Mediterranean Spreads					
edamame hummus			X	without breads	
garlic hummus			X	without breads	
red pepper feta cheese		X		without breads	
roasted tomatoes, basil and olives			X	without breads	
roasted vegetable caponata			X	without breads	