

MENU COLLECTIONS

LUNCH



**KITCHENS**
FOR GOOD



LUNCH BUFFET



DELUXE LUNCH BUFFET

house salad & chef selection of seasonal vegetables
choice of one entrée & one side dish

Served with regular/decaf coffee and specialty teas, iced tea or lemonade local artisan breads & butter

EXECUTIVE LUNCH BUFFET

One salad selection, two Entrée selections, two side selections

Small Buffet Fee of \$150 for events under 25 people

SALADS

Choice of House-made Dressings:
balsamic vinaigrette, cilantro ranch, champagne vinaigrette

- **HOUSE SALAD**, arcadian mix greens
- **FARMERS GREENS**, roasted vegetables and candied nuts
- **WHOLE ROMAINE HEARTS**, gorgonzola dressing poached pears and candied walnuts.
- **KALE SALAD**, quinoa, fresh berries, almonds, feta cheese crumbles.
- **CLASSIC CAESAR**, caesar dressing, house made croutons & parmesan cheese.
- **BOSTON BIB LETTUCE**, cilantro ranch, grape tomatoes & parmesan cheese

ENTREES

- **HERB CRUSTED CHICKEN BREAST**, au jus
- **CHICKEN PARMESAN**, fresh marinara
- **HERB RUBBED BREAST OF TURKEY**, cranberry honey mustard
- **CITRUS TILAPIA**, lemon wheels & capers
- **ROASTED SALMON**, buttered herb crust
- **ROASTED SIRLOIN BEEF TIPS**, onions & peppers, red wine demi

SIDES

- **TOMATO BISQUE**, warm baguette or sourdough
- **ROASTED CORN SOUP**, parsley & olive oil
- **RED POTATO SALAD**, mayo, mustard, onion & celery
- **SEASONAL PASTA SALAD**
- **GREEK PASTA SALAD**, kalamata olives & feta cheese
- **COUSCOUS MEDLEY**, red onion, tomatoes, parsley, olive oil & lemon zest
- **TUSCAN CAPRESE SALAD**, tomato, mozzarella, basil
- **ROASTED SWEET POTATOES**
- **NAPA CABBAGE SESAME SLAW**
- **THAI PEANUT NOODLE SALAD**
- **BABY CARROTS**
- **ROASTED BEET SALAD**, red, golden & baby beet mix
- **OVEN ROASTED FINGERLING POTATOES**, fresh rosemary and garlic
- **FRESH TOMATO PENNE PASTA**, basil & aged parmesan

LUNCH PLATED



Served with regular/decaf coffee and specialty teas, iced tea or lemonade
local artisan breads & butter

ENTREES

MARINATED SEARED PINEAPPLE CHICKEN
seasonal veggie fried rice

PROSCIUTTO WRAPPED BREAST OF CHICKEN
smashed potatoes, seasonal vegetables

BUTTERED HERB CRUSTED ROASTED SALMON
roasted potatoes, seasonal vegetables

ORANGE GLAZED GROUPEL
citrus beurre blanc, garlic smashed potatoes, seasonal vegetables

ROASTED SIRLOIN BEEF TIPS
onions & peppers, jasmine rice, beef jus

FOUR CHEESE RAVIOLI
fresh marinara

FRESH TOMATO PENNE PASTA
basil, aged parmesan

ENTREE SALADS

CHICKEN CAESAR SALAD /12 OR SALMON CAESAR SALAD
romaine lettuce, caesar dressing, house made croutons & parmesan cheese

SANTA FE TACO SALAD
achiote chicken strips, olives, avocado, salsa fresca, shredded cheddar cheese, fried tortilla strips, garden mixed greens, cilantro ranch

FLAT IRON STEAK KALE SALAD
bleu cheese, pickled red onion, candied walnuts with seasonal champagne vinaigrette



LUNCH SANDWICHES



PLATED SANDWICHES

Choice of red potato salad, pasta salad, cole slaw, fruit salad, cottage cheese

GRILLED TUSCAN VEGETARIAN

red onions, bell peppers, portabella mushrooms, lettuce, tomato, zucchini, provolone

SMOKED BREAST OF TURKEY

red pepper, mayonnaise, lettuce, tomato, pepper jack

CHICKEN SALAD SANDWICH

mayonnaise, dijon mustard, grapes, walnuts, red onion, celery, lettuce, whole wheat

PASTRAMI

sauerkraut, swiss, thousand island, toasted sliced brioche

ROAST BEEF SANDWICH

provolone, grilled onions, lettuce, tomato, horseradish cream, brioche bun

EXPRESS LUNCH DROP OFF

HALF SALAD HALF SANDWICH

half-sandwich & salad combo that suits your busy needs. 10 person minimum.

Pick a Sandwich

TURKEY & CHEDDAR, HAM & CHEESE, CHICKEN, VEGGIE OR EGG SALAD

lettuce, tomato, mayo, mustard, whole wheat bread

Pick a Salad

GREEN SALAD, RED POTATO SALAD, GREEK PASTA SALAD, COLE SLAW, FRUIT SALAD



BREAKS



BREAK TIME COMBOS

per person, minimum of 10

MORNING BREAK

sliced or whole seasonal fruit, flavored yogurts, granola bars, assorted juices, bottled waters

MID-DAY BREAK

chips, cookies, sodas, bottled waters

ENERGY BREAK

assorted sodas, bottled water, energy drinks, granola bars, candy bars and fresh seasonal fruit

SNACKS & SUCH

ASSORTED JUICES, REGULAR/DECAF COFFEE AND SPECIALTY TEAS

HOUSE SEASONED NUT MEDLEY

FARM FRESH RAW VEGETABLE CRUDITE & PITA CHIPS, HUMMUS, BLEU CHEESE & RANCH

VEGGIE CHIPS

FRESH MARKET SEASONAL FRUITS

INDIVIDUAL BAGS OF PRETZELS, CHIPS, POPCORN

HOUSE-MADE BROWNIES

GRANOLA BARS

SALTED JUMBO PRETZELS

honey grain mustard and warm cheese dip

HOUSE-MADE TORTILLA CHIPS & PICO DE GALLO

CHEF'S FRESHLY BAKED COOKIES

1 dozen of snickerdoodles, peanut butter, white chocolate macadamia nut, chocolate chip & oatmeal

ASSORTED SEASONAL SCONES

FINGER SANDWICHES

cucumber & cream cheese, ham & cheese, turkey & spinach



THE SWEET SURRENDER



MINI GOURMET PASTRY ASSORTMENT

chocolate sacher, white chocolate mousse, raspberry mousse cup, éclair, toska, pear puff

MINI GOURMET TART ASSORTMENT

white chocolate macadamia, chocolate ganache, raspberry swirl, gourmet apple, peanut butter, coconut lime

FOR THE LITTLE GUYS

served plated & include a fruit cup, cookie and kid's beverage.

CHICKEN FINGERS

GRILLED CHEESE

french fries or carrot & celery sticks.

NON-ALCOHOLIC BEVERAGES

MILK BY THE GALLON /22 (WHOLE, 2% OR SKIM)

ICED TEA BY THE GALLON

LEMONADE BY THE GALLON

JUICE BY THE GALLON /30 (ORANGE, GRAPEFRUIT, CRANBERRY, APPLE)

COFFEE (REGULAR & DECAF) & HOT TEA BY THE GALLON

INDIVIDUAL ASSORTED SODAS

BOTTLED WATER



THE NITTY GRITTY



THE DETAILS

Our culinary and operations team use their years of experience to create memorable menus and unforgettable moments for your special event. Our scratch cooking and house made products make your event one of a kind. Our menus which include house-made jams, jellies, pickles, dressings, sauces and more are an event hit. We also work with local farmers and other partners to secure locally sourced products.

PRICES AND PAYMENT

All prices do not include an 8% sales tax and 20% service charge.
A 25% deposit is due at contract signing and the balance is due 10 days prior to the event date.

GUARANTEE

Minimum guest count must be submitted 10 days prior to the event. The number submitted will be considered your minimum guarantee, for which you will be charged even if all of your guests do not attend. If your minimum guest count is not received by the agreed upon date, we will consider your last estimated number of attendees as the minimum amount guarantee.
We reserve the right to substitute other available food and services if necessary, if the number of guests exceeds the guaranteed amount.

EVENT DETAILS

All event details need to be submitted with your final food count 10 days prior to your event. This includes but is not limited to; final room set, service times, final specialty product orders, timelines, vendor list and any other details that may apply to your event.

Our team can help you with the details. We offer décor services, event planning, personnel, supplies, business and technical services and any other event assistance you may need. Please contact us for details and pricing.

CANCELLATION POLICY

All cancellations must be submitted in writing to your respective sales associate at least 60 days prior to the event date. The 25% deposit is non-refundable. Any payments made over and above the 25% deposit is refundable if event is cancelled at least 60 days prior to event date.

WHY PICK US

Kitchens for Good is the only "Catering for a Cause" catering/events company in San Diego. The money well spent on our professional services stays in our community to change lives for the better. All profits from our catering/events go to support our efforts to break the cycles of food waste, poverty and hunger through innovative programs in workforce training, healthy food production, and social enterprise. Our Culinary Training program gives people with barriers to employment the opportunity to earn a better life in the Hospitality Industry.

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