



# La Cocina

## TASTE OUR MISSION

La Cocina Catering & TCC is a social enterprise helping to generate funds and expand the nonprofit Chrysalis Center's mission. What is that mission? To uplift and provide tailored aid to those in need in the community through: HIV/Aids testing, Affordable Housing services, Employment Training Programs, Balanced Food Assistance, and Addiction & Recovery Support.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.



# HORS D'OEUVRES

Choose 3: \$14.95 PP

Choose 5: \$16.95 PP

## FISH

- Mini Maryland Crab Cakes
- Shrimp Cocktail Shooters **(Add \$0.50)**
- Scallops Wrapped in Bacon

## VEGETARIAN

- Brie & Raspberry Pastry
- Urban Root Skewers: Basil, Tomato & Cucumber
- Mini Vegetable Quiche
- Potstickers: Vegetable **or** Pork
- Vegetable Spring Rolls with Sweet Chili Dipping Sauce

## POULTRY

- Cilantro Lime Chicken Skewers with Cilantro from Urban Roots
- Chicken Quesadilla Cone with Cilantro Cream Dipping Sauce
- Southwest Chicken Spring Roll
- Mini Chicken Cordon Bleu

## BEEF & PORK

- Grilled Asparagus Wrapped Prosciutto with Balsamic Drizzle
- Potato Keg Stuffed Bacon Cheddar Chive
- Mini Corn Dogs with Mustard Dipping Sauce
- Mini Meatballs with Sweet & Sour Sauce
- Beef Tenderloin En croûte
- Scallops Wrapped in Bacon



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# HORS D'OEUVRE STATIONS

## SLIDER BAR \$7.50 PP

### Choose 2 of the Following Sliders:

- Chicken Salad
- Classic Cheeseburger with Lettuce & Tomato
- BBQ Pulled Pork - Red Cabbage Slaw
- Black Bean Burger with Avocado Spread
- Salmon with Goat Cheese Spread & Sliced Cucumber

**Add a 3rd Choice: \$1.00 PP**

## URBAN ROOTS CRUDITÉ \$5.75 PP

Assorted Seasonal Raw Vegetables, Ranch Dip, Hummus & Pita Triangles

## FRUIT & DIP \$5.75 PP

An Array of Sliced Fruit and Fresh Berries Served with a Creamy Vanilla Dipping Sauce

## CHARCUTERIE \$11.75 PP

A Bountiful Spread of Cured Meats & Cheeses, Dried Fruits, Grapes, Olives & Artisan Crackers

## CROSTINI BAR \$5.25 PP

### Choose 2 Crostini:

- Ripe Roma Tomato, Mozzarella, Fresh Basil & Infused Olive Oil
- Brie with Fig & Walnut Jam
- Ricotta with Tomato jam
- Brie with Raspberry Jam
- Fresh Mozzarella & Pesto
- La Cocina Pico de Gallo - Grape Tomatoes, Green Onion, Jalapeños, Cilantro, & Lime

**Add a 3rd Choice: \$1.00 PP**



## CAPRESE PLATTER \$5.75 PP

Slices of Fresh Tomatoes & Mozzarella with Urban Roots Basil Pesto & Balsamic Reduction Drizzle

## DOMESTIC & IMPORTED CHEESE DISPLAY \$7.25 PP

Assortment of Rich and Flavorful Cheeses from Around the World Accompanied with Artisan Crackers

# BREAKFAST BUFFETS

Make any meat Plant-Based: **\$2 pp**

Add Turkey Bacon: **\$2.50 pp**

Add Gluten Free bread: **\$3 pp**

All Breakfast Options Come With: Assorted Juices, Bottled Water, Coffee, Creamer, Sugar & Assorted Teabags. Utensils, Plates, Napkins, and Cups are Included.

## LA COCINA BUFFET **\$24.50 PP**

Start Your Day off Right with an Incredible Buffet Featuring an Assortment of Crowd-Pleasing Favorites. Your Guests Will Be Delighted with a Selection of Hot and Fresh:

- Scrambled Eggs with Peppers & Onions
- Applewood Smoked Bacon & Breakfast Sausage
- Breakfast Potatoes
- Choice of French Toast or Waffles, with a Side of Maple Syrup
- Fresh Fruit Salad
- Mini Cinnamon Rolls

## SUNRISE BREAKFAST **\$17.00 PP**

- Scrambled Eggs
- Applewood Smoked Bacon & Breakfast Sausage
- Savory Seasoned Potatoes
- Fresh Fruit Salad and Yogurt with a Side of Crunchy Housemade Granola

## BEVERAGE ADD ON (\$/PP)

### Tea Time - **\$3.00**

- Brewed Black, Green, **or** Matcha Tea
- Sugar, Honey and Your Choice of Two Creamers: Oatmilk French Vanilla, Hazelnut, French Vanilla **or** Mocha

### Deluxe Coffee Station - **\$3.50**

- Freshly Brewed Coffee with Choice of Two Flavor Syrups: Chocolate, Hazelnut, Sugar Free Hazelnut, Caramel, Brown Sugar Cinnamon, **or** Toasted Marshmallow
- Your Choice of Two Creamers: Oatmilk French Vanilla, Hazelnut, French Vanilla **or** Mocha

## THE CONTINENTAL **\$11.50 PP**

- Fresh-Baked Muffins & Scones
- Warm Bagels and Cream Cheese
- Yogurt with a Side of Housemade Granola
- Fresh Fruit Salad

## WAFFLE BAR **\$15.00 PP**

- Warm Waffles with a Side of Maple Syrup
- Applewood Smoked Bacon
- Side of: Whip Cream, Chocolate **or** Fruit Drizzle, Fresh Berries, Peanut Butter, and Chocolate Chips

## MORNING BOOST **\$15.00 PP**

- Scrambled Egg Whites
- Turkey Bacon
- Hot Oatmeal with Seasonal Toppings
- Fresh Fruit Salad

# CASUAL LUNCH & DINNER

Gluten Free Roll or Wrap: **\$2 PP**

All Utensils, Plates, Napkins and Cups are Included.

## THE DELI COUNTER **\$19.50 PP**

**(20 person minimum)**

Create Your Own Perfect Sandwich with Delicious Cold-Cuts, Cheeses & Toppings!

### **Package Includes:**

**Sides:** Chef's Potato Salad, Cole Slaw, Crisp Pickle Spears & Cookies

**Fixings:** Turkey Breast, Baked Ham, Roast Beef, Albacore Tuna Salad; American, Swiss & Provolone; Mayo, Mustard, Lettuce, Tomatoes & Onions

**Bread:** Artisan White, Wheat, & Kaiser Rolls

## SANDWICH SAMPLER **\$18.00 PP**

This Crowd-Pleaser Includes:  
Your Choice of **up to 4** Sandwiches  
**(See Following Pages for Options)**  
Urban Roots Salad **or** Caesar Salad  
Cole Slaw, Chef's Potato Salad, Dill Pickle Spears, Individual Bags of Kettle-Style Potato Chips & Cookies

## URBAN ROOTS SALAD BUFFET **\$19.00 PP**

Includes: Croissants, Grilled Chicken, Shrimp, & Three Salads Listed Below.

**Add Steak for an Additional \$4 PP**

### **Urban Roots Cilantro Lime Salad**

Mixed Greens, Fire Roasted Corn, Grape Tomatoes, Toasted Pepitas, Shredded Cheddar Cheese & House Cilantro Lime Vinaigrette

### **Very Berry Salad**

Baby Spinach Salad with Mixed Berries and Crumbled Goat Cheese Garnish, with a Balsamic Vinaigrette

### **Chopped Urban Roots Salad**

Romaine, Peppers, Cucumbers, Tomatoes, Walnuts & a Creamy Peppercorn Dressing

## BITE SIZED PARTY **\$17.00 PP**

### **Includes:**

- Mini Quiche
- Lemon Tart
- Fresh Fruit with Creamy Vanilla Dipping Sauce

### **Choice of 3 Finger Sandwiches:**

- Tuna Salad
- Chicken Salad
- Turkey, Cucumber & Gouda
- Roasted Ham, Sliced Apple & Cheddar Cheese
- Peanut Butter & Raspberry Jam
- Chocolate Hazelnut & Sliced Strawberries
- Hummus & Vegetables

### **Add Tea Time \$2 PP**

Black, Green, **or** Matcha tea  
Sugar, Honey, and Your Choice of Two Creamers



## ADD ONS

Extra Salad: **\$3.50 PP**

Soup: **\$2.50 PP**

Creamy Tomato, Vegetable Chili, **or** Cheddar & Broccoli

Dessert Bar: **\$28/dozen**

Assortment of Cookies:  
**\$12/dozen**



# SANDWICHES

Gluten Free Roll or Wrap: **\$2 PP**

All Utensils, Plates, Napkins and Cups are Included.  
All Sandwiches/Wraps are for *Brown Bag Lunch* or  
*Sandwich Sampler Packages* **Only**

## WRAPS

### GRILLED CHICKEN WRAP

Grilled Chicken Breast, Lettuce & Tomato

### CHICKEN SALAD WRAP

Chunky Chicken Salad with Craisins, on a Bed of Fresh Greens, Topped with Slices of Tomato

### TURKEY WRAP

Sliced Turkey, Gouda Cheese, Lettuce & Tomato

### GRILLED VEGETABLE WRAP

Roasted Seasonal Vegetables on Urban Roots Lettuce, with House-Made Hummus

### ALBACORE TUNA SALAD WRAP

Tuna Salad, Crisp Lettuce & Slices of Tomato

### SALMON WRAP

Roasted Salmon, Goat Cheese Spread, Spinach, Sliced Cucumber & Tomato

## BROWN BAG LUNCH *\$14.50 PP*

Provide Your Guests with a Flavorful and Easily Portable Meal that Will Surely Please Any Palate! Adaptable for Most Allergies, Each Bag Includes:

- Choice of **up to 4** Sandwiches and/or Salads (**Salads Incur an Additional Cost of \$2 PP**)
- Crunchy Apple, Kettle Cooked Potato Chips, & Cookies

## SANDWICHES

### BLACKENED CHICKEN SANDWICH

Chicken Breast Rubbed in Cajun Seasoning, Pepper Jack Cheese, Lettuce & Tomato

### TURKEY CLUB SANDWICH

Roasted Turkey, Crisp Bacon, Crunchy Romaine Lettuce & Tomato on a Hard Roll

### BAKED HAM ROLL

Savory Ham, American Cheese, Lettuce & Tomato on a Hard Roll

### ROAST BEEF SANDWICH

Thinly Sliced Roast Beef, Cheddar, Lettuce & Tomato on a Hard Roll

## PROTEIN ADD ONS

Grilled Chicken: <b>\$4.00 PP</b>	Salmon <b>\$8.00 PP</b>
Grilled Shrimp <b>\$6.00 PP</b>	Steak <b>\$7.00 PP</b>





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# HOUSEMADE SALADS

All Utensils, Plates, Napkins and Cups are Included.  
All Salads are for Brown Bag Lunch Package **Only**

## PROTEIN ADD ONS

Grilled Chicken **\$4.00 PP**   Salmon **\$8.00 PP**  
Grilled Shrimp **\$6.00 PP**   Steak **\$7.00 PP**

### CHOPPED URBAN ROOTS

Urban Root Crisp Greens, Peppers,  
Cucumbers, Tomatoes, Walnuts with  
a Peppercorn Dressing

### URBAN ROOTS CILANTRO LIME

Urban Roots Mixed Greens, Fire  
Roasted Corn, Fresh Grape Tomatoes,  
Toasted Pepitas, Shredded Cheddar  
Cheese with Our House-made  
Cilantro Lime Vinaigrette

### VERY BERRY

Baby Spinach with Mixed Berries,  
Crumbled Goat Cheese & Drizzled  
with a Balsamic Vinaigrette

### CAESAR

Crisp Romaine Lettuce, Grated  
Parmesan, Seasoned Croutons with a  
Rich Caesar Dressing

Our Salads are Made with Fresh Ingredients Grown in our Hydroponic Garden at Urban Roots.





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## CULINARY EXPERIENCES

All Utensils, Plates, Napkins and Cups are Included.

### URBAN ROOTS FULL EXPERIENCE \$27.00 PP

#### Includes:

- Urban Roots Signature Salad with Housemade Cilantro Lime Dressing
- Orzo Salad with Colorful Peppers, Cherry Tomatoes, chopped Green Onion, Cilantro & Drizzled with Lemon Vinaigrette
- Slow Roasted Seasonal Vegetables
- Seasoned Tuscan Potatoes **or** Fluffy Rice Tossed with Urban Roots Herbs
- Warm Dinner Rolls

#### Choice of 2 of the following entrees:

- Roasted Lemon and Herb Chicken Legs & Thighs
- Chicken Breast Saltimbocca with Sage & Prosciutto DiParma
- Salmon Marinated in Lemon, Garlic & Oregano
- Herb Marinated Shrimp
- Urban Roots Peppers Stuffed with Spanish Rice & Black Beans
- Flank Steak with Chimichurri Sauce

**Add an Additional Dish: \$4.00 PP**

### ADD HOR D'OEUVRES TO YOUR EXPERIENCE

#### Urban Roots Crudité \$4.50 PP

Assorted Seasonal Raw Vegetables, Ranch Dip, Hummus & Pita Triangles

#### Charcuterie \$10.50 PP

A Spread of Cured Meats & Cheeses, Dried Fruits, Grapes, Olives & Artisan Crackers

#### Domestic & Imported Cheese \$6 PP

Assortment of Flavorful Cheeses from Around the World & Artisan Crackers

#### Caprese Platter \$4.50 PP

Slices of Tomatoes & Mozzarella, Urban Roots Basil Pesto with a Balsamic Reduction

### MEDITERRANEAN \$25.50 PP


#### Choice of 1 of the Following Entrees:

- Chicken Breast Topped with Roasted Artichokes, Sundried Tomatoes, Capers & Parsley
- Fresh Salmon Brushed with Olive Oil, Garlic, Lemon, Oregano & Paprika
- Sautéed Shrimp, Tossed with Olive Oil, Red Chile Peppers, Onions, Garlic & Tomatoes on a Bed of Arugula
- Grilled Eggplant Tossed With Lemon, Mediterranean Herbs & Olive Oil

#### Also Includes:

- Urban Roots Tomato & Cucumber Salad Topped with Feta, Parsley, Olive Oil & Lemon Juice atop Mixed Greens
- Orzo Salad Tossed with Bright Peppers, Cherry Tomatoes, Chopped Green Onion, Fresh Cilantro with a Lemon Vinaigrette
- Slow Roasted Seasonal Vegetables
- Tuscan Potatoes **or** Mediterranean Rice
- Warm Pita Bread

**Add an Additional Dish: \$4.00 PP**



## ASIAN STIR FRY \$23.00 PP

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### Package Includes:

- Chilled Soba Noodles Marinated in a Peanut Sesame Sauce
- Choice of Fried Rice: Vegetarian, Pork **or** Chicken
- Asian Mixed Vegetables

### Choice of 1 of the following:

- Sesame Chicken
- Ginger Shrimp
- Teriyaki Steak
- Tofu

**Add an Additional Dish \$4.00 PP**

## STREET TACOS \$24.50 PP

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Warmed Flour Tortilla

### Fillings & Toppings Include:

- Spanish Rice with Scallion & Tomato
- Black Beans
- Traditional Street Corn
- Cotija Cheese
- House-Made Verde Sauce
- Urban Roots Pico de Gallo: ripe Grape Tomatoes, Cilantro, Jalapeño, chopped Green Onion, & Fresh Lime

### Choice of Two Entrees:

- Seasoned Flank Steak
- Seasoned Chicken
- Southwestern Vegetables
- Seasoned White Fish

**Substitute with Corn Tortilla \$3.00 PP**

**Add Additional Meat: \$4.00 PP**

**Add Chips, Salsa & Guacamole: \$3.00 PP**



## ITALIAN FEAST \$22.50 PP

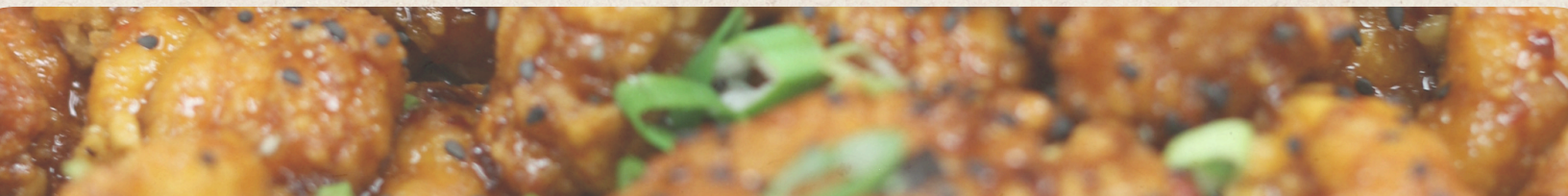
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- Choice of Urban Roots Signature Salad **or** Caesar Salad with Grated Parmesan & Homemade Croutons
- Slow Roasted Seasonal Vegetables
- Pasta with Your Choice of Housemade Sauce: Marinara **or** Alfredo
- Choice of Dinner Rolls **or** Garlic Knots

### Choice of 1 of the following entrees:

- Boneless Chicken Piccata Sautéed in Lemon Caper Beurre Blanc
- Hand Cut & Breaded Chicken Parmesan Baked with House Marinara Sauce
- Chicken Breast Saltimbocca with Sage & Prosciutto Di Parma
- Sweet **or** Spicy Sausage with Grilled Peppers & Onions
- Urban Roots Peppers Stuffed with Herbed Risotto & Mozzarella

**Add Gluten Free Pasta (Requires a Minimum of 10 people): \$3.00 PP**  
**Add an Additional Dish: \$4.00 PP**





# BEVERAGES

## WATER STATION \$4 PP

**(Minimum of 20 people)**

Chilled Bottles of Water with a Variety of Flavored Bubly Sparkling Water

### **Your Choice of 2 Freshly Infused Water Flavors:**

Cucumber, Lemon, Kiwi, Lemon-Lime, Ginger & Orange, Mint, Apple & Cinnamon, Blackberry & Basil (*Seasonal*), Watermelon & Mint (*Seasonal*), Rosemary & Lemon

## SODA & WATER \$2.50 PP

Assortment of Chilled Coca-Cola Branded Sodas & Bottles of Water

## DELUXE COFFEE STATION \$5.00 PP

Freshly Brewed Coffee

**Your Choice of 2 flavor Syrups:** Chocolate, Hazelnut, Sugar Free Hazelnut, Caramel, Brown Sugar Cinnamon, **or** Toasted Marshmallow

**Your Choice of 2 Creamers:** Oat milk French Vanilla, Hazelnut, French Vanilla, **or** Mocha

## TEA TIME \$3.00 PP

- Freshly Brewed Black, Green, **or** Matcha tea
- Assortment of Individual Tea Bags
- Sugar, Honey, and Your Choice of Two Creamers: Oat milk French Vanilla, Hazelnut, French Vanilla, **or** Mocha

**Add Additional Brewed Tea: \$1.50 PP**

## ZERO SUGAR \$3.50 PP

Variety of Sugar-Free Snapples, Bubly Sparkling Water flavors, Coke Zero & Bottles of Water



# SWEET TREATS

## DESSERT BARS \$28/DOZEN

Treat Yourself and Guests with a Platter of Rich Brownies, Chewy Blondies & Zesty Lemon bars

## TOFFEE CAKE \$44/DOZEN

A Moist Cake Filled with Dates & Topped with a Creamy Caramel Sauce

## GLUTEN FREE OPTIONS

- Chocolate Brownies **\$28/Dozen**
- Vanilla & Chocolate Mini Cupcakes **\$14/Dozen**

## APPLE CRUMBLE PASTRY \$36/DOZEN

Freshly Peeled Northern Spy Apples Wrapped in a Flaky Pastry with a Brown Sugar Cinnamon Oat Crunch Topping

## COOKIES \$12/DOZEN

An Assortment of Cookies that Can Include: Chocolate Chip, Oatmeal Raisin, Peanut Butter, Sugar & White Chocolate Macadamia Nut

## CUPCAKES \$53/DOZEN

Variety of Individual Cupcakes that Can Include: Red Velvet, Chocolate, Vanilla, Lemon Meringue, Peanut Butter, & Jelly Roll