



Prontos' Catering Menu

Cold Appetizers

Antipasto Platter - Assorted Italian meats, cheeses, marinated vegetables, olives served with a Basil and Balsamic vinaigrette.

Mediterranean Platter - A selection of hummus, Greek cucumber salad, Dolmas, Tabouli and Couscous salad. Served with Pita Chips

Chilled Shrimp Platter - Large peeled shrimp served with cocktail sauce and fresh lemon.

Smoked Salmon Bites

Stuffed Mushrooms - Mushroom stuffed with Feta cheese, sundried tomatoes, fresh basil, roasted garlic

Caprese Skewers - Fresh Basil, Mozzarella balls and cherry tomatoes. Served with a side of Balsamic glaze.

Seasonal Fruit Platter - Seasonal assortment of fresh ripe fruit.

Crudit  - Assortment of seasonal vegetables served with your choice of Ranch or Blue Cheese dressing, Hummus or Tzatziki.

Bruschetta - Fresh tomatoes, basil, garlic and roasted red peppers served on toasted baguette slices topped with Mozzarella and Pecorino Romano cheeses.

Meat Crostini

Deviled eggs

Hot Appetizers

Chicken Skewers - Tender Chicken Breast skewers with a Sesame Ginger, Lemon Rosemary, or Spicy Jerk Marinade.

Cocktail Meatballs - Ground sirloin mixed with our house herb blend served with a raspberry chipotle barbeque sauce.

Artichoke Spinach Dip bowl - Our Spinach Artichoke dip served in a Sourdough Bread Bowl topped with fresh Parmesan and Mozzarella cheese. Served with Pita chips and Baguette slices.

Asian Potstickers - On skewers stuffed with chicken and vegetable served with an Asian dipping sauce.

Cheese and Charcuterie

Simply cheese - artisan cheese, fresh fruit and nuts

Simply Charcuterie - Assorted Salami, Olives and Nuts

Artisan Cheese and Charcuterie Platter - Artisan Cheeses, Meats, Olives, Nuts and Fruit.

Cheese Nibbler - A selection of Cheddar, Swiss, and Pepper Jack Cheese garnished with fresh fruit.

Bread and cracker platter - Sliced Baguette and Cracker tray to compliment your meat and cheese trays

Boars Head Premium Meat and Cheese Platter - Roasted Turkey, Honey Ham, Roast Beef with sliced Cheddar and Swiss Cheese

Italian Meat and Cheese Platter - Italian herb Ham, Genoa Salami, Mortadella, Capicola with slice Provolone and Mozzarella Cheese.

Assorted Breads and Roll Platter - Assorted Fresh Sliced Breads, Rolls and Focaccia to compliment your Meat and Cheese Platter.

Sandwich Garnish Platter - All the fixings to compliment your Meat and Cheese Platter.

Family Style Green Salads

Gorgonzola Walnut Salad - Fresh greens topped with Gorgonzola, walnuts served with house Balsamic vinaigrette.

Cobb Salad - Fresh greens, avocado, Bleu cheese crumbles, tomatoes, crispy bacon, grilled chicken breast and House Bleu cheese dressing.

Caesar Salad - Romaine lettuce topped with homemade croutons, grated Romano cheese and house Caesar dressing.

Greek Salad - Fresh greens, Feta, Kalamata olives, cucumbers, pepperoncini, tomatoes, red onions and Balsamic dressing.

Garden Salad - Fresh greens topped with carrots, broccoli, cauliflower, tomatoes, cucumbers and Ranch dressing.

Capri Salad - Fresh greens topped with Feta cheese, sun dried tomatoes, roasted red peppers, artichoke hearts and Balsamic vinaigrette.

Harvest Salad - Fresh greens, walnuts, apples, cranberries, Gorgonzola cheese and Balsamic vinaigrette.

Additional Salads

Red Dill Potato Salad - Red potatoes, fresh dill, green onions, herbs and mayo.

Greek Pasta Salad - Pasta, tomatoes, onions, Feta cheese, Kalamata olives, cucumbers, Lemon and Olive oil vinaigrette.

Basil Pesto Pasta Salad - Pasta, sun dried tomatoes, homemade Basil pesto, herbs, roasted garlic and olive oil.

Fire and Ice Pasta Salad - Pasta, tomatoes, basil, green onions and Lemon and Olive oil vinaigrette.

High Protein Lentil Salad -Lentils, brown rice, broccoli, carrots, celery, tomatoes, cilantro, garlic, lemon and olive oil.

Old Fashion Macaroni Salad - Carrots, celery. Green onion, mayo and herbs.

Albacore Tuna Pasta Salad - Albacore tuna, carrots, celery, may, lemon, olive oil and herbs.

Fruit Salad (Seasonally available) - Berries, melon, grapes, oranges.

Sandwich Trays

Wrap Sandwiches - Flatbread with an assortment of meats, cheese, fresh vegetables. Rolled and sliced.

Quarter Sandwich tray - Your choice of assorted meats, cheeses, fresh breads, garnish and condiments.

Artisan Bread Sandwich - Your choice Greek flat bread, Ciabatta, or herbed Focaccia with your choice of turkey, ham, roast beef, chicken salad, tuna salad or egg salad.

Entrees

Chicken

Chicken Marbella

Lemon Rosemary Chicken - Chicken breast marinated with fresh Rosemary, lemon and wine placed on your choice of either pasta or rice.

Lemon Artichoke Chicken - Chicken breast, capers, artichokes, fresh lemon in a light wine sauce place on your choice of pasta or rice.

Stuffed Chicken Breasts

- *Greek* - Boneless, skinless chicken breasts stuffed with spinach, Feta cheese, herbs, tomatoes and rice in a light wine sauce.
- *Cordon Bleu* – Boneless, skinless chicken breasts stuffed with ham, Swiss cheese and herbs in a light wine sauce.

Chicken Parmesan - Breaded chicken breast cutlet, homemade Marinara sauce, Mozzarella and Parmesan Cheese placed on top of a bed of spaghetti.

Beef

Tri -Tip - s/p, thyme, garlic powder, beef tallow seared then finished in oven cooked to medium

Beef Bourguignonne - Tender beef tips slow cooked in a mushroom Burgundy wine sauce placed on top of your choice of pasta or mashed potatoes.

Brisket

Pork

Roasted Tenderloin

Stuffed Pork Tenderloin

1. Stuffed with apples, caramelized onions, gorgonzola cheese
2. Stuffed with spinach, tomatoes, herbs and Feta
3. Pancetta, sun dried tomatoes, garlic and Goat cheese

Pulled Pork - Slow roasted pork served BBQ style or carnitas style cumin, smoked paprika, chili powder s/p

Ask for buns

Fish

Salmon - lightly seasoned with salt, pepper, garlic, smoked paprika and white wine and seared.

Ask for alternatives

Pasta

Mac N' Cheese

- Traditional - Homemade Macaroni and Cheese
- Pulled Pork - Our homemade Macaroni and Cheese topped with our slow roasted BBQ Pulled Pork and jalapeños.
- Lobster - Our homemade Macaroni and cheese with Lobster

Lasagna

- **Veggie** - Roasted Vegetables with our Homemade Marinara, Bechamel sauce, fresh pasta, Mozzarella and Parmesan Cheeses.

- **Meat** - Ground Sirloin, Homemade Marinara, Bechamel sauce, fresh pasta, Mozzarella and Parmesan Cheeses.
- **Chicken Mushroom Pesto** – Roasted Chicken, mushrooms, Bechamel sauce, Homemade Basil Pesto, fresh pasta, Mozzarella and Parmesan cheeses.

Baked Ziti - Made with our Homemade Meat Sauce, Italian sausage, fresh herbs, garlic, Mozzarella and Parmesan cheeses.

Stuffed Shells - Large shells stuffed with Ricotta cheese, Parmesan and served with our Homemade Marinara.

Sides

Mac N' Cheese

Mashed or Roasted Potatoes

Mashed or Roasted Sweet Potatoes

Roasted Vegetables - Broccoli, Cauliflower, Carrots

Brussels Sprout

Haricot Verts

Desserts

Assorted Fresh Baked Cookies

A variety of cookies Chocolate Chip, Peanut Butter, Oatmeal Raisin

Mini Pastry Platter

A variety of pastries cut into bite size pieces

Corporate Lunches

Express Boxed Lunches

Assorted sandwiches served with your choice of one side. Choices: chips, apple, macaroni salad or potato salad. Fresh baked cookie.

Soup and Sandwich

Your choice of one of our Homemade soups, and ½ sandwich of your choice. Sandwich choices: Turkey, Ham, Roast Beef (\$1 more), Egg salad, Tuna Salad, or Chicken Salad. Fresh baked cookie. \$14.95pp