



7004 Carroll Road
San Diego, CA 92121

Book an Event:
Phone: 619.741.7916
Fax: 619.741.6577

NewEvent@EMEvents.com
www.EMEvents.com

- ◆ Serving San Diego County
- ◆ Minimum Order 15 Guests for Breakfast & Lunch Deliveries
- ◆ 72 Hours (3 Business Days) Notice/Friday morning for Monday Breakfast/Lunch Deliveries
- ◆ Flexible Delivery Hours
- ◆ Catering Menus Include Coordination of:
 - ◆ Event Manager and Service Staff
 - ◆ Extra Food Packaged To Go (Upon Request)
- ◆ Catering Menus *Can* Include Coordination of:
 - ◆ Linens, China, Flatware, Glassware, Tables, Chairs, etc.
 - ◆ Florals
 - ◆ Full Bar Catering Services



Authentic Flavors presents foods from around the world. They offer unique and flavorful cuisine that features aroma, freshness, and lasting impressions. They also provide a variety of menus to choose from, whether you are interested in an intimate gathering for your friends and family or an event gala for 2,000 attendees. Let Authentic Flavors catering team design and create a memorable occasion.

Authentic Flavors Custom Catering

At Authentic Flavors our goal is to create the experience that you are looking for.

We believe strongly in cooking from scratch and using the fresh ingredients of the season. Our food style varies according to client needs, but generally ranges from fun and creative to fine dining. Our team of service and kitchen staff love what they do, and it shows.

Authentic Flavors Custom Catering brings a unique blend of European flavors and techniques. It blends age old methods of achieving high quality yet simplistic ingredients in its worldwide recipes.



7004 Carroll Road
San Diego, CA 92121

Book an Event:
Phone: 619.741.7916
Fax: 619.741.6577

NewEvent@EMEvents.com
www.EMEvents.com

Sample Breakfast Menu

BREAKFAST DELIVERY FOR MONDAY

Continental Breakfast

Assortment of Our Signature French Pastries

*Chocolate, Almond, Plain Croissant
Lemon, Blueberry, Bran Muffin
Peach, Raspberry, Cheese Danish
Cinnamon Roll, Raisin Roll, Apple Turnover*

Fruit Salad, *Fresh Fruit of the Season*

Individual Orange juice

\$7.25 Per person

~ OR ~

Assortment of Our Signature French Pastries

*Chocolate, Almond, Plain Croissant
Lemon, Blueberry, Bran Muffin
Peach, Raspberry, Cheese Danish
Cinnamon Roll, Raisin Roll, Apple Turnover*

Fresh French Roast Coffee

\$4.85 Per Person

BREAKFAST DELIVERY FOR TUESDAY

Light & Healthy

Nonfat Vanilla Yogurt *with Granola Cereal, Fresh Fruit Salad*

Mini Bagel (2 per person), *Served with Light Cream Cheese*

Individual Orange Juice

\$8.35 Per Person

BREAKFAST DELIVERY FOR WEDNESDAY

Breakfast Provence Style

Mini Croissant Egg Sandwich *Served with Chopped Ham & Cheese*

Roasted Red Potato, *Prepared with Olive Oil and Herbs*

Fresh Fruit, *Fruit of the Season*

Individual Orange Juice

\$9.95 Per Person

OR

Continental Breakfast

\$7.25 Per person

BREAKFAST DELIVERY FOR THURSDAY

Monte Carlo Breakfast

Frittata *Prepared with Swiss cheese and Tomato*

Mini Bagels *Served Cream Cheese*

Mix Berries (Seasonal Best),
Served with Nonfat Vanilla Yogurt and Granola Cereal

Individual Orange Juice

\$8.95 Per person

BREAKFAST DELIVERY FOR FRIDAY

A Continental Breakfast *with a Spin*

Ranch Egg, Smithfield Ham and Gruyere Rolls

Lavosch Roulade *with Swiss Cheese, Chopped Egg
and Virginia Ham, Sliced into Pimwheels*

Smoked Salmon Roulade

*Smoked Salmon Rolled in Soft Lavosch Bread
with Dill Lemon Caper Cream Cheese and Red Onion, Served in Pimwheel slices*

Miniature Muffins, *Blueberry, Poppy Seed, Bran, Banana Nut*

Miniature Croissants, *Plain, Chocolate*

Fresh Sliced Fruit Display

Freshly Squeezed Orange Juice

Freshly Brewed French Roast Coffee

Half & Half Sugar Sweetners

\$15.75 Per Person

Great St Tropez Pastry Tray

Assortment of Fresh Baked French Pastries

*Chocolate, Almond, Plain Croissant
Lemon, Blueberry, Bran, Carrot, Chocolate Chip,
Banana Nut, Oat Meal Peach, Muffin
Apple, Peach, Raspberry, Blueberry, Apricot, Cheese Danish
Cinnamon Roll, Raisin Roll, Apple Turnover*

Mini Size (2 Per Person) \$3.25

Regular Size \$2.25

BEVERAGES

French Roast Brewed Coffee (*Serves 7 – 10 People*) \$15.50

Orange Juice \$2.50 Per Person

PRICING LISTED FOR MINIMUM 25 GUESTS
Less than 25 may be slightly higher depending upon Menu

DELIVERY CHARGES WILL APPLY

MENU ITEMS AND PRICES SUBJECT TO CHANGE.

MENU ITEMS AND PRICES SUBJECT TO CHANGE.

© 2007 Roussel Inc.



7004 Carroll Road
San Diego, CA 92121

Book an Event:
Phone: 619.741.7916
Fax: 619.741.6577

NewEvent@EMEvents.com
www.EMEvents.com

Weekly Hot Lunch Menus

LUNCH DELIVERY FOR MONDAY

Chopped Caesar

Chopped Romaine Lettuce with Croutons, Caesar Dressing & Grated Parmesan Cheese

Achiote Chicken

Boneless Breast of Chicken in Smoky Annatto South of the Border Seasoning, Open Fire Grilled

Spicy Black Beans

Toasted Cumino Seed, Shallots, Onions, Garlic and Chilies

Warm Flour Tortillas

CHEESECAKE with Caramel Drizzle

\$13.00 PER PERSON – Including Disposables

LUNCH DELIVERY FOR TUESDAY

Chef's Choice Green Salad with Dressing

Salmon in Dill Sauce

Fresh Salmon Filet Sautéed and Finished With A Light Creamy Dill Sauce

Vegetarian Option Always Available (Chef's Choice), Must Be Requested By Count

Herb & Garlic Roasted Potatoes

Brioche Rolls with Creamy Butter

Lemon Tart with Whipped Cream Garnish

\$15.25 Per Person – Including Disposables

LUNCH DELIVERY FOR WEDNESDAY

Chef's Choice Green Salad

with Balsamic Vinaigrette Or Ranch Dressing

Eggplant Parmesan

Sliced, Lightly Breaded Eggplant Layered with Mozzarella & Marinara Sauce, & Baked

* This Is Also the Vegetarian Option

Fresh French and Olive Rolls and Creamery Butter

Fresh Fruit Tray

\$11.50 Per Person – Including Disposables

LUNCH DELIVERY FOR THURSDAY

Mixed Green Salad

With Tomatoes and Cucumber, Balsamic Vinaigrette or Ranch Dressing

Chicken & Mushroom Crepe

Crepe Filled with Sautéed Chicken

In A Light Mushroom Wine Sauce, Garnished with Swiss Cheese

Spinach Crepe

Crepe Filled With Spinach, Seasoned with Onion and Garlic in a Light Cream Sauce, Garnished with Swiss Cheese

Fresh Baked French Rolls and Creamery Butter

Chocolate Pyramid

\$14.25 Per Person - Including Disposables

MENU ITEMS AND PRICES SUBJECT TO CHANGE.

LUNCH DELIVERY FOR FRIDAY

Mixed Green Salad

Romaine, Mixed Lettuces, Diced Cucumber and Tomato Wedges with Italian Dressing

Braised Pork Chops

Seasoned Pork Chops Seasoned and Slow Cooked with Granny Smith Apples to Form a Light Flavorful Sauce

Mashed Potatoes

Vegetarian Option Always Available (Chef's Choice), Must Be Requested By Count

Stuffed Portobello Mushroom, Mashed Potato Stuffing

Fresh Farmer & Multi-Grain Bread, Creamery Butter

Fresh Baked Apple Tart

\$14.25 Per Person - Including Disposables

** PRICING LISTED FOR MINIMUM 25 GUESTS
Less than 25 may be slightly higher depending upon Menu

New and Seasonal Items: will be part of the weekly menus for variety as they become available.

Packaging:

Everything would be displayed on Covered Disposable Trays or in appropriate containers to maintain proper temperature.

Cold Salads, Sandwiches can be packed in separate, individual containers if more appropriate for the specific situation.

Any Chafers provided remain the property of Authentic Flavors Custom Catering and will be picked-up, unless client would like to purchase chafers to be kept in-house.

When food is delivered hot, it will be placed in Chafers to maintain appropriate temperature. Sterno will be provided by AFCC unless client decides otherwise.

Delivery time, set-up and pick-up of equipment:

To be set with ordering client and dependent upon what might be purchased for in-house use.

Delivery/Pick-up charge: Will apply based on equipment needs.

Disposables:

Plates, Utensils, Napkins, Serving utensils will be provided with each Catered lunch based on the number guests and is included within per person cost of meal.



MENU ITEMS AND PRICES SUBJECT TO CHANGE.



7004 Carroll Road
San Diego, CA 92121

Book an Event:
Phone: 619.741.7916
Fax: 619.741.6577

NewEvent@EMEvents.com
www.EMEvents.com

Boxed Menu Meals

EXECUTIVE BREAKFAST BOX

Minimum of 6 Individual Boxes or Minimum of 10 Displayed on Trays

Croissant Egg Breakfast Sandwich (2 Each)

*Seasoned Scrambled Egg with Swiss cheese on Mini Plain Croissant
Sliced Ham on sandwich (Optional, No Charge)
Fresh Melon Wedge, Raspberry Granola Bar, Individual Fruit Yogurt*

EXECUTIVE LUNCH BOX

Minimum of 6 Individual Boxes of one Type

San Francisco Club \$11.50

*Sourdough Battard with Roasted Turkey Breast, Monterey Jack Cheese,
Crisp Bacon, Romaine and Sliced Tomatoes
New Potato Scallion Salad, Fresh Fruit and Fresh Baked Brownie*

Power Lunchbox \$12.75

*Roast Beef on Ciabatta Bun, Tomato, Lettuce,
Red Onion and Horseradish Mayonnaise, New Potato Scallion Salad
Fresh Fruit and Fresh Baked Brownie*

Ham & Swiss Croissant \$10.50

*Sliced Ham on Croissant with Swiss Cheese, Tomato,
Lettuce and Dijon Mustard, New Potato Scallion Salad
Fresh Fruit and Fresh Baked Brownie*

Tuna Salad Sandwich \$10.50

*Classic Tuna with Parsley and Green Onion in Mayonnaise, a hint of
French Dressing, Salt and Pepper. On Fresh Baked Brioche Roll
Marinated Tortellini Salad, Fresh Fruit and Fresh Baked Brownie*

Grilled Vegetable Sandwich \$11.50

*Ciabatta Roll with Grilled Vegetables, Provolone, Roasted Peppers, Romaine and
Garlic Artichoke Aioli, Marinated Tortellini Salad
Fresh Fruit and Fresh Baked Brownie*

Chicken Caesar Wrap \$10.50

*Spinach Wrap, Grilled Chicken, Romaine Lettuce, Caesar Dressing,
Parmesan Cheese and Croutons, Marinated Tortellini Salad
Fresh Fruit and Fresh Baked Brownie*

Greek Salad Wrap \$10.75

*Grilled Chicken, Olives, Tomato, Cucumber, Romaine Lettuce and Feta Cheese in
Vegetable Wrap with Herb Dressing, Marinated Tortellini Salad
Fresh Fruit and Fresh Baked Brownie*

Sweet & Savory Salad \$12.75

*Romaine and Mixed Greens, Sliced Cucumber and Tomatoes, Pear,
Spicy Caramelized Pecans and Gouda Cheese topped with Grilled Chicken Breast &
Raspberry Vinaigrette, French Roll and Butter
Fresh Fruit and Fresh Baked Brownie*

"Authentic" Flavors Salad \$11.95

*Romaine Lettuce, Radicchio, Toasted Pines Nuts, Goat Cheese Medallions
Tomato Wedges, Roasted Peppers, Kalamata Olives and Artichoke Hearts
with Balsamic Vinaigrette, French Roll and Butter
Fresh Fruit and Fresh Baked Brownie*

Asian Flavors Salad \$13.95

*Romaine Lettuce, Shredded Radicchio, Julienne Carrots, Cucumber Slices and
Green Onions, topped with Sesame Crusted Salmon Filet Toasted Almonds,
Crispy Won Ton Strips, Fresh Baked Roll and Butter
Fresh Fruit and Fresh Baked Brownie*

MENU ITEMS AND PRICES SUBJECT TO CHANGE.

Sandwiches, Salads & Wraps

SANDWICHES

Turkey & Swiss on Sesame Kaiser Roll \$5.25

Roast Beef on Baguette -6" \$5.25

Ham & Cheese on Croissant \$5.25

Ham & Cheese on Baguette \$5.25

Tuna Salad on Brioche Roll \$5.25

Chicken Pesto on Focaccia \$6.25

Grilled Vegetable on Ciabatta \$6.25

*All come with lettuce and French dressing,
standard condiments mustard and mayonnaise.
Add on fresh baked cookie or salad for \$1.75*

SALADS

Salad Nicoise \$8.95

*Tuna, Tomato, Eggs, Veggies, Potatoes, Olives, Red Onion,
Cornichon, Avocado, Cucumber & Red Bell Pepper*

Sweet & Savory w/ Grilled Chicken Breast \$8.95

*Romaine and mixed Greens, Grilled Chicken, Spicy Caramelized Pecans,
Sliced Pear, Tomato, Cucumber & Gouda Cheese*

House Salad \$7.50

*Romaine and Mixed Veggies, Tomato, Red Onions, Cucumber,
Cornichon, Potatoes, Olives & Red Bell Pepper*

Green Salad \$7.75

*Mixed Greens, Romaine, Tomato Wedges,
Cucumber & Red Bell Pepper*

Caesar Salad \$7.75

Romaine, Tomato, Croutons, Caesar Dressing

*All come with fresh baked roll.
Add on fresh baked cookie for \$1.75*

WRAPS

Chicken Caesar Wrap \$6.75

*Spinach Wrap, Grilled Chicken, Romaine Lettuce,
Caesar Dressing, Parmesan Cheese, Croutons*

Greek Salad Wrap w/ Chicken \$6.75

*Grilled Chicken, Olives, Tomato, Cucumber,
Romaine, Feta Cheese, Greek Dressing*

Grilled Veggie w/ Goat Cheese \$6.75

*Tomato Wrap, Eggplant, Zucchini, Red Bell Pepper,
Red Onion, Romaine, Goat Cheese & Balsamic Vinaigrette*

Add on fresh baked cookie or salad for \$1.75

MENU ITEMS AND PRICES SUBJECT TO CHANGE.



7004 Carroll Road
San Diego, CA 92121

Book an Event:
Phone: 619.741.7916
Fax: 619.741.6577

NewEvent@EMEvents.com
www.EMEvents.com

Sample Dinner Buffet Menus

TRAY-PASSED HORS D'OEUVRES

Please Select Three (3) Items

Shrimp and Scallion Dumplings

Steamed Oriental Dumpling with Shrimp, Scallions, Sprouts and Ginger, Wrapped in Rice Paper with Coriander Soy Dipping Sauce

Roast Tenderloin of Beef

Herb and Pepper Beef Tenderloin on an Olive Crostini with Onion Marmalade and Roasted Red Pepper Aioli

Caramelized Salmon Brochette*

Brochette of glazed Salmon in Ginger, Soy and Orange Liqueur with Fresh Cilantro and Orange Zest

Spanakopita

Fresh Spinach, Ricotta and Feta Cheeses in Golden Phyllo Pastry Handmade, local product

Pot Stickers

A griddled Chinese dumpling filled with Turkey, Scallions, Sprouts and Ginger Mahogany Dipping Sauce

Roasted Garlic Chèvre Tartlet

Caramelized Garlic with Goat Cheese, Black Olive and Roasted Pepper

New Potato Stolichnaya

Baby Red Potato, hollowed, splashed with Vodka, Red Onion, Lemon Crème Fraîche and Black Caviar

DESSERT

Choice of

Carrot Cake

with Cream Cheese Icing

Tiramisu

Cocoa Dusted

~ or ~

Green Tea Cheese Cake

Individual Cocolate Mousse

with Ginger Whipped Cream

MENU ITEMS AND PRICES SUBJECT TO CHANGE.

Dinner Buffet Option #1

Dining Room Table

Prosciutto Con Melone

Brochettes of Fresh Cantaloupe Wrapped with Prosciutto

Insalata Mista

Field Greens with Roma Tomato, Toasted Pine Nuts, Golden Raisins and Shaved Asiago in Balsamic Vinaigrette

Fresh Baked Olive Battard & Ciabatta Rolls

with Creamery Butter

Penne Pomodoro

Penne, Extra Virgin Olive Oil, Garlic, Roma Tomato, and Fresh Basil with Grated Parmesan Cheese

Chicken Piccata

Breast of Chicken Sautéed in Extra Virgin Olive Oil and Finished in a Light Butter Sauce with Garlic, Lemon And Capers

Sautéed Blue Lake Green Beans

Fresh Green Beans Sautéed with Shallots, Butter and Extra Virgin Olive Oil

Dinner Buffet Option #2

Dining Room Table

Spinach and Romaine Salad

Romaine Lettuce, Spinach, Mushrooms, Toasted Almonds, Julienne Carrot and Crisp Won Ton Stripes in Sesame Orange Vinaigrette

~ or ~

Orange Green Salad

Romaine and Mixed Lettuces, Orange Sections, Paper Thin Red Onion and Toasted Pecans with Citrus Vinaigrette

Toasted Coconut Brioche Rolls

Creamery Butter

Caramelized Salmon

Sugar Glazed Salmon Filet in Ginger, Soy and Orange Liqueur with Fresh Cilantro and Orange Zest Garnish

~ or ~

Mahogany Glazed Chicken

Grilled Boneless Chicken Breast in Soy, Hoisin, Sesame and Other Seasonings Finished with Toasted Sesame Seeds

Asian Style Rice

with Mushrooms, Fresh Chopped Scallions, Sesame & Other Complimentary Flavors

Mixed Vegetable Bundle

Carrot, Blue Lake Green Bean, Asparagus and Red Bell Pepper Tied with a Chive, Drizzled with Olive Oil and Citrus Zest.

MENU ITEMS AND PRICES SUBJECT TO CHANGE.



7004 Carroll Road
San Diego, CA 92121

Book an Event:
Phone: 619.741.7916
Fax: 619.741.6577

NewEvent@EMEvents.com
www.EMEvents.com

Sample Cocktail Party Menu

TRAY-SERVED HORS D'OEUVRES

Peppered Lamb Loin

*Loin of Lamb, Spiced and Peppered, Grilled "Char Rare"
Presented on Rosemary Bread Canapé
with Artichoke Aioli and Italian Parsley*

Ginger Ahi Bites

*Bite Sized Slice of Seared Ahi, on a Sesame Cracker
with Daikon Sprouts, and Ginger, Soy Aioli,
Garnished with Orange Zest and Toasted Sesame Seeds*

Smoked Chicken and Leek Tart

*Savory Flaky Tart Shells
Filled with Seasoned Smoked Breast of Chicken
Topped with Bermuda Onion Marmalade*

Chesapeake Crab Cakes

*Bite Sized Eastern Shore Crab Cakes,
Traditionally Seasoned, Griddled & Topped with Rémoulade*

THE SWEETS

Croquembouche

*Classic French Celebration "Cake"
Cone Shape Made From Caramel Glazed Cream Puffs
Finished with Spun Sugar*

Display of Miniature Pastries

Surrounding the Croquembouche

White Chocolate Cream Puffs

Mocha Cream Puffs

Chocolate Eclairs

Raspberry Tarts

Lemon Tarts

MENU ITEMS AND PRICES SUBJECT TO CHANGE.

DISPLAY TABLE

Maple Walnut Brie En Croute

*Whole Brie Wheel Covered in Maple Caramelized Walnuts
Wrapped with Puff Pastry,
Served Warm with Sliced French Baguette*

Bruschetta

*Roma Tomato, Fresh Sweet Basil, Garlic,
Extra Virgin Olive Oil and
a Splash of Balsamic Vinegar Spooned Over Pesto Toast*

Jumbo Shrimp (2 Per Person)

With Spicy Cocktail Sauce

Seasonal Fresh Fruit

Assorted Fresh Baked Breads and Crackers

Warm Grilled Vegetable & Parmesan Fondue

*Diced Grilled Artichokes, Red Onion, Zucchini, Mushrooms, and
Peppers in a Warm Parmesan, Swiss and Garlic Cheese Fondue
Served with Belgian Endive, Toasted Country Bread and Fougasse*

Chicken Apple Sausage

Served Warm with Tarragon Mustard, Skewers

Smoked Salmon Torta

*Layers of Smoked Salmon, Cream Cheese,
Sour Cream, Egg & Onion with Assorted Wafers*

COFFEE SERVICE

Freshly Brewed Decaffeinated French Roast Coffee

Half & Half Sugar Sweeteners

BEVERAGE SERVICE

CLIENT: *May Supply Beer and Wine*

AFCC can Supply:
Soft Bar Set-Ups

*Sparkling Water, Coke, Diet Coke, 7 up, Diet 7 up,
Spring Water, Limes, Lemons, Straws, Beverages, Napkins & Ice
@ \$2.50 per person*

AFCC: *Ice, Chilling Containers, Bartender, Set-Up and Break-Down*

MENU ITEMS AND PRICES SUBJECT TO CHANGE.



7004 Carroll Road
San Diego, CA 92121

Book an Event:
Phone: 619.741.7916
Fax: 619.741.6577

NewEvent@EMEvents.com
www.EMEvents.com

Authentic Flavors & St. Tropez

St. Tropez Bread & Desserts Bakery and St. Tropez Bakery Bistros have never been far away.

Now these flavors can come to your office, your home, the beach; in the car, on a bus or a plane.

These flavors, and more, can be part of your next meeting, celebration or event and come to you

from **St. Tropez's** sister company, **Authentic**

Flavors Custom Catering. Whether you need

quick and simple or full service planning and

coordinating we are at your service.



St. Tropez California Bakery supplies all of our

bread, pastries, desserts and cakes. Baking fresh

daily you can be assured of the best quality

available each day. **Authentic Flavors Custom**

Catering believes strongly in cooking, we like to

cook and use seasonal, fresh, quality ingredients.

Event Information

FOOD COST:

The cost per person is dependent upon the menu selection. There is a minimum guarantee of guests which is specified on the event contract. Any decrease in this minimum guarantee will be reflected in an increase of the per person menu cost. Authentic Flavors Custom Catering (AFCC) requires the minimum guarantee to be set seventy-two (72) hours before the event. Any guests over the minimum guarantee will be charged at the same rate.

PARTY SITE LABOR:

AFCC will provide uniformed personnel to set up, serve, and clean up, based on a four hour minimum shift at a cost of \$27.00 per hour, \$32.00 per hour for Party Mgrs./Chefs and \$35.00 per hour for Event Coordinator. Any overtime, over a standard eight (8) hour shift will be charged extra at time and one half.

FOR YOUR PROTECTION:

In accordance with California state law, AFCC has a health department certification and licensed kitchen, as well as the required Worker's Compensation and Liability Insurance.

TAX:

The State Board of Equalization requires that California State tax be applicable to all food, personnel, and any other services which AFCC may render.

DEPOSIT/CANCELLATION:

If the arrangements and menu meet with your approval, a signed contract is required by AFCC with a deposit by a specified date. An additional deposit(s) will be due on or before another specified date. The balance will be due upon receipt of the final invoice. Should your event be canceled seven (7) days prior to the date of the event, a \$250.00 Cancellation Fee will be levied. Should your event be canceled less than seven (7) days prior to the event, a Cancellation Fee of fifty (50%) percent of the food total will be levied. An Estimated Budget Proposal is enclosed to give you the cost distribution for food, rentals, labor, etc.

For your convenience AFCC accepts Visa, MasterCard and American Express.