

# CONTINENTAL CATERING, Inc.



8238 Parkway Drive  
La Mesa, CA 91941

**Book an Event:**  
**Phone: 619.741.7916**  
**Fax: 619.741.6577**

**NewEvent@EMEvents.com**  
**www.EMEvents.com**



- ◆ Serving San Diego County
- ◆ Minimum Order 25 Guests for Breakfast & Lunch Deliveries
- ◆ One (1) Week Notice for Breakfast/Lunch Deliveries
- ◆ Flexible Delivery Hours
- ◆ Catering Menus Include:
  - ◆ Color Coordinated Tablecloths, Napkins and Skirting
  - ◆ China Plates, Stainless Steel Flatware, and Glassware
  - ◆ Beer and Wine Packages, including Liquor Liability Insurance
  - ◆ Event Manager, Wait Staff and Cleaning Crew
  - ◆ Extra Food Packaged To Go (Upon Request)

Continental Catering's team of seasoned professionals have designed and executed exceptional culinary events since 1984. Fully licensed and insured, we are the top choice for San Diego County's most discerning clientele, corporate event planners and destination management. Our goal is to surprise and delight our clients with unwavering personal attention, stylish menus, gourmet cuisine, unparalleled presentations, professional event staff, unquestionable value and good old-fashioned fun! We produce professionally designed events with guaranteed satisfaction because we work closely with our clients to help them achieve exactly the type of event they want - one that reflects their individual personalities. In fact, we *guarantee* satisfaction because we deliver what the competition cannot – exceptional catering quality at a remarkable value. Our secret to success evolves directly from our business philosophy: *To cultivate lasting relationships, create unforgettable memories and exceed all expectations!*

## The Continental Philosophy

Our goal is to surprise and delight our clients with unwavering personal attention, stylish menus, unparalleled presentations, professional event staff, unquestionable value and good old-fashioned fun!

*We produce professionally designed celebrations with guaranteed satisfaction...*

We work closely with our customers to help them achieve exactly the type of event they want one that reflects their individual personalities.

In fact, we *guarantee satisfaction* because we deliver what the competition cannot exceptional catering quality at a remarkable value!

Continental's Secret to Success is simple:

*Cultivate Lasting Relationships, Create Unforgettable Memories and Exceed All Expectations*

## **Breakfast Deliveries**

### **BREAKFAST DELIVERY OPTION ONE**

#### **Scrambled Eggs**

*Topped with Cheddar Cheese and served with Sausage*

#### **Blueberry Bread Pudding**

#### **Freshly Squeezed Orange Juice**

#### **Freshly Brewed Regular and Decaffeinated Coffee**

*Served with Cream, Sugar, Sweet 'N Low, Equal,*

\$13.95 Per Person

Plus Service Charge (18%), Sales Tax (7.75%),  
and \$55.00 Delivery Charge

All equipment is disposable

If "real" equipment is needed,  
there will be a \$55.00 pick up fee.

Event Manager at \$235.00 and Wait Staff at \$160.00 Each  
Need for staff will be determined at time of order

### **BREAKFAST DELIVERY OPTION TWO**

#### **Sausage Fennel Pie**

*~ or ~*

#### **Vegetarian Quiche**

#### **O'Brien Potatoes**

#### **Fresh Fruit and Strawberry Display**

*Served with a Sweet Yogurt Dipping Sauce*

#### **Freshly Squeezed Orange Juice**

#### **Freshly Brewed Regular and Decaffeinated Coffee**

*Served with Cream, Sugar, Sweet 'N Low, Equal,*

\$13.95 Per Person

Plus Service Charge (18%), Sales Tax (7.75%),  
and \$55.00 Delivery Charge

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### **BREAKFAST DELIVERY OPTION THREE**

#### **Beef Machaca, Chicken Machaca or Vegetable Machaca**

*Served with Warm Tortillas & Salsa*

#### **Chili Relleno Casserole**

#### **Cinnamon Churros**

#### **Freshly Squeezed Orange Juice**

#### **Freshly Brewed Regular and Decaffeinated Coffee**

*Served with Cream, Sugar, Sweet 'N Low, Equal,*

\$13.95 Per Person

Plus Service Charge (18%), Sales Tax (7.75%),  
and \$55.00 Delivery Charge

All equipment is disposable

If "real" equipment is needed,  
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Event Manager at \$235.00 and Wait Staff at \$160.00 Each  
Need for staff will be determined at time of order

### **BREAKFAST DELIVERY OPTION THREE**

#### **Morning Pastries**

*Served with Butter, Jelly and Plain and Flavored Cream Cheeses*

#### **Fresh Fruit and Strawberry Display**

*Served with a Sweet Yogurt Dipping Sauce*

#### **Individual Cereals & Yogurts**

#### **Smoked Salmon**

*Served with Miniature Bagels, Sliced Tomatoes, and Cucumbers*

#### **Freshly Squeezed Orange Juice**

#### **Freshly Brewed Regular and Decaffeinated Coffee**

*Served with Cream, Sugar, Sweet 'N Low, Equal*

\$9.95 Per Person

Plus Service Charge (18%), Sales Tax (7.75%),  
and \$55.00 Delivery Charge

All equipment is disposable

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there will be a \$55.00 pick up fee.

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## Delivery Menus

### WARM BUFFETS

*Minimum of 25 Guests*

#### Chicken Bar \$10.75

*Champagne or Herb Chicken Breast,  
Rosemary Red Skinned Potatoes or Twice Baked Potatoes,  
Vegetable Medley and Rolls with Butter*

#### Taco Bar \$9.95

*Beef and Chicken, Black Beans, Mexican Rice, Lettuce, Tomato,  
Cheese, Sour Cream, Salsa, Cilantro and Warm Flour Tortillas  
(Include Guacamole for an additional \$2.00)*

#### Enchilada Bar \$12.95

*Choice of Chicken or Cheese Enchiladas, Mexican Caesar Salad,  
Black Beans, Mexican Rice and Sour Cream*

#### Mashed Potato Bar \$9.95

*Garlic and Chive Mashed Potatoes with a Mushroom Demi Glaze,  
Caramelized Onions, Smoked Gouda, Bacon Bits,  
Green Onions and Sour Cream, Served in Plastic Martini Glasses*

#### Pasta Bar \$12.95

*Gemelli Pasta with Creamy Pesto, Marinara  
and Lemon Artichoke Sauce, Diced Chicken,  
Grated Asiago, Fresh Basil, Diced Tomatoes,  
Diced Vegetables, Salad with Rolls and Butter*

#### Lasagna Buffet \$12.95

*Includes Caesar Salad with Rolls and Butter*

#### BBQ Buffet \$14.95

*Bone-In BBQ Chicken and Choice of Sliced Premium Beef  
in BBQ Sauce or Pulled Pork with BBQ Sauce,  
Baked Beans, Potato Salad and Potato Chips*

Add Service Charge (18%), Sales Tax (7.75%),  
and \$55.00 Delivery Charge to Above Pricing

**DELIVERY FEES WILL VARY DEPENDING ON THE AREA**

### BOXED LUNCHES

*Minimum of 12 Lunches of Each Selection*

### SALADS

#### Seafood Louis Salad

*Gourmet Greens Topped with Chilled Shrimp  
or Grilled Abi, Hard Boiled Egg, Tomato Wedges  
and Cucumber Strips with Your Choice of Dressing,  
Served with Sourdough Roll and Butter,  
Whole Fruit Selection and Moist Carrot Cake*

#### Grilled Mexican Chicken Salad

*Romaine Lettuce topped with Grilled Chicken, Guacamole,  
Sour Cream, Salsa Fresca and a Creamy Cilantro Caesar Dressing,  
Served with a Fresh Artisan Roll and Butter, and a Creamy Éclair*

#### Chicken Caesar Salad

*Romaine Lettuce with Grilled Chicken Breast, Croutons,  
Asiago Cheese and Creamy Caesar Dressing, Served with a Fresh  
Artisan Roll and Butter, & a Chocolate Chip Cookie*

#### Cobb Salad

*Romaine Lettuce with Turkey, Bacon, Hard Boiled Egg,  
Crumbled Blue Cheese, Diced Tomato  
with Ranch & Italian Dressing, Served with a Fresh Artisan Roll  
and Butter, and a Chocolate Chip Cookie*

#### Oriental Chicken or Salmon Salad

*Romaine Lettuce, Purple Cabbage, Sugar Snap Peas,  
Crispy Wonton Strips, Toasted Almonds,  
Sesame Seeds and a Sweet Ginger Sesame Dressing,  
Served with a Fresh Artisan Roll and Butter,  
and a Chocolate Chip Cookie  
(Upgrade to Salmon for additional \$2.50 or  
Add Rainbow Roll for an additional \$10.50)*

\$9.95 Per Person,  
Plus Service Charge (18%), Sales Tax (7.75%),  
and \$55.00 Delivery Charge

All equipment is disposable

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## Delivery Menus

### BOXED LUNCHES

*Minimum of 12 Lunches of Each Selection*

### SANDWICHES

#### Turkey & Avocado Sandwich

*Buttery Croissant with Turkey, Avocado, Tomato,  
Jack Cheese and Alfalfa Sprouts with Pesto Spread  
Served with Broccoli Bow Tie Pasta Salad w/ Pesto, Grilled  
Vegetable Salad and Brownie Iced with Chocolate Frosting*

#### Roasted Sirloin Sandwich

*Roast Beef & Smoked Gouda Cheese on Baguette with Lettuce and  
Horseradish Aioli. Served with Red Skinned Potato Salad,  
Marinated Green Bean Salad, Potato Chips & Cheesecake on a Stick*

#### Triple Decker Club Sandwich

*White Bread Layered with Turkey, Bacon, Tomato and Lettuce.  
Served with Red Skinned Potato Salad,  
Grilled Vegetable Salad and a Creamy Éclair.*

#### Focaccia Sandwich

*Grilled Portabello Mushroom or Grilled Chicken Breast, Fresh  
Mozzarella, Tomato and a Sweet Basil Spread. Served with  
Broccoli Bowtie Pasta Salad with Pesto. Grilled Vegetable Salad  
and Brownie Iced With Chocolate Frosting*

#### Zesty Wraps

*Seasoned Beef or Chicken Wrapped in Colorful Tortillas with Jack  
Cheese, Baby Spinach, Tomato and Chipotle Spread.  
Served with Black Bean and Roasted Corn Pepper Salad,  
Chips and Salsa and Cheesecake on a Stick*

### ENTRÉE OPTIONS

#### Sliced Italian Stuffed Chicken Breast

*Served on a Bed of Mixed Greens with Caesar Salad,  
Broccoli Bowtie Pasta Salad with Pesto,  
Artisan Roll and Butter with a Creamy Éclair*

#### Sliced Tenderloin

*Served on a Bed of Mixed Greens, with Roasted Pear Salad,  
Red Skinned Potato Salad and Cheesecake on a Stick  
(Add \$3.00 Per Guest)*

*\$14.95 Per Person, Plus Sales Tax (7.75%)  
Plus Service Charge (18%), Sales Tax (7.75%),  
and \$55.00 Delivery Charge*

*#12-50 Lunches: Choice of Two (2) Selections  
# 50-100 Lunches: Choice of Three (3) Selections  
# 100 Plus Lunches: Choice of Four (4) Selections*

*May be served either as Boxed Lunches or on Trays.  
Includes Beverage, Plastic and Paper Goods*

**DELIVERY FEES WILL VARY DEPENDING ON THE AREA**

## Basic Buffet

### APPETIZERS

#### Fresh Fruit and Strawberries

*Served with Hot Fudge Fondue*

#### Fresh Vegetable Crudite

*with Roasted Garlic and Onion Dip*

### SALAD

#### Green Garden Salad

*Choice of Two Dressings: Italian, Ranch, Bleu Cheese,  
Honey Mustard, Poppy Seed, Oriental Sesame Seed, Caesar,  
Raspberry Vinaigrette or Parmesan Peppercorn*

### ENTRÉES

*SERVED WITH WARM CLABATTA ROLLS AND BUTTER*

*Choice of*

#### Carved Roast Turkey

*Served with a Cranberry-Orange Chutney*

#### Carved Round of Beef

*Served with Au Jus and Creamy Horseradish Sauce*

### SIDE DISHES

#### Fresh Vegetable Medley

*Steamed Vegetables served in an Herb Butter Glaze*

### LIQUOR

#### Domestic Beer,

**Premium Wine (i.e. Chardonnay, Merlot)**

### BEVERAGES

#### Iced Tea, Coke, Diet Coke, Sprite

**Freshly Brewed Regular & Decaffeinated Coffee**

*Served with Cream, Sugar, Sweet 'N Low, Equal*

### DESSERT

#### Assorted Mini French Pastries

*Approximately \$60.00 per person  
Inclusive of labor, sales tax, service charge,  
linens, glassware, china and flatware and bar service.*

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## Standard Buffet

### APPETIZERS

**Fresh Fruit and Strawberries**  
*Served with Hot Fudge Fondue*

**Fresh Vegetable Crudite**  
*with Roasted Garlic and Onion Dip*

**Mushroom Vol-au-Vent**

**Crab Cakes** *Served with Caper and Garlic Aioli*

### SALAD

**Spinach Salad**  
*with Sliced Strawberries, Feta, Almonds  
with a Rice Wine Vinaigrette*

### ENTRÉES

*SERVED WITH WARM CLABATTA ROLLS AND BUTTER*

*Choice of*

**Champagne Chicken**  
*Spinach, White Cheddar Cheese, Sautéed Mushrooms and Onions,  
Served with a White Wine Cream Sauce  
(Also available with Capers)*

**Carved Round of Beef**  
*Served with Au Jus and Creamy Horseradish Sauce*

### SIDE DISHES

**Grilled Balsamic Vegetables**  
*Grilled Red Bell Pepper, Squash, Zucchini and Asparagus*

### LIQUOR

**Domestic Beer,  
Premium Wine (i.e. Chardonnay, Merlot)**

### BEVERAGES

**Iced Tea, Coke, Diet Coke, Sprite  
Freshly Brewed Regular & Decaffeinated Coffee**  
*Served with Cream, Sugar, Sweet 'N Low, Equal*

### DESSERT

**Warm Brownie Sundae Bar**  
*with Vanilla Ice Cream, Hot Fudge and Nuts*

Approximately \$75.00 per person  
Inclusive of labor, sales tax, service charge,  
linens, glassware, china and flatware and bar service.

## Corporate Buffet

### APPETIZERS

**Fresh Fruit and Strawberries**  
*Served with Hot Fudge Fondue*

**Fresh Vegetable Crudite**  
*with Roasted Garlic and Onion Dip*

**Choose 3<sup>rd</sup> Appetizer from Appetizer List**

### SALAD

**Roasted Pear Salad**  
*Mixed Baby Greens, Romaine, Roasted Pears, Candied Pecans and  
Crumbled Gorgonzola with our Signature Balsamic Vinaigrette*

### ENTRÉES

*SERVED WITH WARM CLABATTA ROLLS AND BUTTER*

*Choice of*

**Seared Tenderloin**  
*with Onion Jam*

**Marinated Salmon**  
*Served with Creamy Asian Horseradish*

### SIDE DISHES

**Steamed Summer Squash & Carrots**  
*with Herb Butter Sauce*

### LIQUOR

**Domestic Beer,  
Premium Wine (i.e. Chardonnay, Merlot)**

### BEVERAGES

**Iced Tea, Coke, Diet Coke, Sprite  
Freshly Brewed Regular & Decaffeinated Coffee**  
*Served with Cream, Sugar, Sweet 'N Low, Equal*

### DESSERT

**Chocolate Mousse Parfait & Mini Crème Brûlée**

Approximately \$99.00 per person  
Inclusive of labor, sales tax, service charge,  
linens, glassware, china and flatware and bar service.

## The Continental Story

In 1982, just for the fun of it, the mother and daughter team of Mary and Denise Jermyn began catering small social events for friends and family. Two years later, Denise, then 20, quit her job with a large-scale developer to keep up with the demand for their custom cuisine and outstanding service. And thus, in 1984 Continental Catering, Inc. was born in a tiny, 500 square foot abandoned restaurant in Jamul, a small rural city in east San Diego County.

Both Mary and Denise participated in the menu development, food preparation, décor design and friendly serving at events, but Mary did all the purchasing while Denise was responsible for office details. The business thrived. They moved the operation to larger quarters in a strip center and also opened an adjoining café.

Outgrowing those accommodations, in 1993, Continental Catering leased a 6800 square foot building in La Mesa that included meeting space, a banquet room, beer and wine bar and larger kitchen. There was also room to store the distinctive props and décor that Denise was steadily acquiring. Along with an ever-growing array of china, glass, flatware and luxurious linens, these supplies would position the firm as the best upscale value in the region.

When Mary decided to retire, Gary Clasen, Denise's husband, was recruited to help manage the corporation part-time. Then in 1999, the company purchased their La Mesa building, adjacent office suites and bordering property to house their fleet of trucks and provide parking for over 60 employees.

In 2003, Gary came on board full-time after retiring from a 40-year management career with AAA. Now a husband and wife team, he and Denise share responsibilities for the multi-million dollar business that comprises Continental Catering, Inc. and recent expansions into event production and destination events with Continental Corporate Events and Wine Discovery San Diego.

Ranking in the top five independent caterers according to San Diego Business Journal, the company produces over 500 full service affairs annually. Still a family-run business, you'll find Denise and Gary in attendance at most events.

In twenty years, Continental Catering's steadfast progression has advanced them from catering a small town population of less than 5,000 to serving the special event needs of the three-million-plus in the greater San Diego Market.

## Event Information

### Confirmation Requirements

25% of total estimate of cost is required to hold date on the calendar

Contract will be generated after receipt of deposit. 60 days prior to event 75% of balance is due with the final payment due day before event. Low guarantee guest count is due 10 days prior.

### Payment

Acceptable forms of payment are: Credit Card (VISA, MASTERCARD, AMERICAN EXPRESS), Company Check or Cash, which is required one (1) day prior to delivery

### Delivery Policies & Procedures

- ◆ Deliveries orders are subject to availability of delivery staff.
- ◆ 25 Person Minimum Orders for Breakfast and Lunch Deliveries.

### Lead Time

One week prior to event

### Delivery Hours

Flexible