



La Cocina

TASTE OUR MISSION

La Cocina Catering is a division of the Food Hub at the Chrysalis Center. The Food Hub encompasses various programs aimed at addressing the critical issues of food insecurity and the lack of access to fresh, nutritious foods within the community. As part of the Chrysalis Center's La Cocina Culinary Arts Training Program, our mission is to offer hands-on job training for individuals seeking employment in the culinary arts and hospitality sectors, particularly those who have had limited opportunities. We use fresh produce grown in Urban Roots and our gardens, teaching clients how to prepare these ingredients for the community.

To contact, visit our website at **LaCocinaCatering.org**
or email us directly at **LaCocina@chrysaliscenterct.org**

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



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 on a Hard Roll

TURKEY CLUB SANDWICH

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

BAKED HAM SANDWICH

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: \$4.00 PP	Salmon \$8.00 PP
Grilled Shrimp \$6.00 PP	Steak \$7.00 PP



LaCocina
Taste Our Mission.

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.





LaCocina

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 Entree: \$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 Entree: \$4.00 PP



ASIAN STIR FRY \$23.00 PP

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 Entrees:

- Sesame Chicken
- Ginger Shrimp
- Teriyaki Steak
- Tofu

Add an Additional Entree \$4.00 PP

STREET TACOS \$24.50 PP

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 Entrée : \$4.00 PP

Add Chips, Salsa & Guacamole: \$3.00 PP



ITALIAN FEAST \$22.50 PP

- 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 Entree: \$4.00 PP





BEVERAGES

WATER STATION \$4 PP

(Minimum of 20 people)

Chilled Bottles of Water with a
Variety of Flavored 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, 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