

La Cocina

TASTE OUR



MISSION

La Cocina Catering is a social enterprise division of the Food Hub at 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. La Cocina's mission is to provide hands-on job and skill training for individuals with limited opportunities through our Culinary Arts Training Program. We teach our students how to prepare food for the community, utilizing a commercial kitchen and fresh produce grown in Urban Roots and our other gardens.

Visit our website at
LaCocinaCatering.org

or, email us directly at
LaCocina@chrysaliscenterct.org



HORS D'OEUVRES



URBAN ROOTS CRUDITÉ NF VEG

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

GF

\$5.75 PP

VARIETY CHEESE DISPLAY NF VEG

Assortment of Flavorful Cheeses from Around the World Paired with Artisan Crackers

\$5.75 PP

FRUIT & DIP NF GF VEG

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

\$5.75 PP

CHARCUTERIE NF

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

\$12 PP

MIX & MATCH NF

Choose 3: **\$15 PP** or Choose 5: **\$17.50 PP**

BEEF & PORK

- Grilled Asparagus Wrapped with Bacon GF DF
- Potato Keg Stuffed with Bacon & Cheddar
- Mini Pigs in a Blanket with a Mustard Dip
- Mini Meatballs with Sweet & Sour Sauce

VEGETARIAN

- Brie & Raspberry Pastry
- Urban Roots Roasted Vegetable Skewers v GF
- Assorted Mini Quiches *(Contact us with any Dietary Restrictions)*
- Vegetable Spring Rolls with a Dipping Sauce v

SEAFOOD

- Mini Crab Cakes
- Bacon Wrapped Seared Scallops GF DF
- Shrimp Cocktail Shooters **(Add \$0.50 pp)** GF DF

POULTRY

- Lime Chicken Skewer GF DF
- Chicken Quesadilla Cone with a Cilantro Cream Dip
- Mini Chicken Cordon Bleu



HORS D'OEUVRE STATIONS



BITE SIZED PARTY

\$16 PP

Includes:

- Assorted Mini Quiche
(Contact us with any Dietary Restrictions)
- Fresh Fruit with Creamy Vanilla Dipping Sauce **VEG GF**

Choice of 3 Finger Sandwiches:

- Tuna Salad **NF DF**
- Chicken Salad **NF DF**
- Turkey, Cucumber & Gouda **NF**
- Roasted Ham, Sliced Apple & Cheddar Cheese **NF**
- Peanut Butter & Berry Jam **V**
- Chocolate Hazelnut & Sliced Strawberries **VEG**
- Hummus & Vegetables **V NF**



DIY MASHED POTATOES **NF GF**

\$8 PP

Your Choice of 1 Mashed Potato Base:

Classic, Garlic Herb, Sweet Potato, Cajun, **or** Vegan

Choose 1 Side of Meat:

Turkey Sausage **or** Ground Beef

Choose 5 Additional Toppings:

- Bacon Bits **DF**
- Chives **V**
- Jalapeño **V**
- Roasted Corn **V**
- Roasted Bell Peppers **V**
- Steamed Broccoli **V**
- Sour Cream **VEG**
- Hot Sauce **V**
- Mushroom Gravy **V**
- Cheddar Cheese **VEG**

Add an Additional Topping: \$1.00 PP

Add an Additional Base : \$2.00 PP

CROSTINI BAR **VEG NF**

\$5.25 PP

Choose 2 Crostini:

- Bruschetta & Mozzarella
- Hummus with Kalamata Olives & Onions **V**
- Ricotta with Tomato Jam
- Brie with Raspberry Jam
- Fresh Mozzarella & Pesto
- La Cocina Pico de Gallo - Grape Tomatoes, Green Onion, Jalapeños, Cilantro, & Lime **V**

Add a 3rd Choice: \$1.00 PP

SLIDER BAR **NF**

\$7.50 PP

Choose 2 of the Following Sliders:

- Chicken Salad
- Cheeseburger with Lettuce & Tomato
- BBQ Pulled Pork - Red Cabbage Slaw
- Black Bean Burger with Avocado Spread **VEG**
- Salmon with Goat Cheese & Cucumbers

Add a 3rd Choice: \$1.00 PP

Vegan Buns Available Upon Request



V=Vegan VEG=Vegetarian GF=Gluten Free NF= Nut Free DF=Dairy Free



BREAKFAST BUFFET

All Breakfast Options Come With:

Assorted Juices, Bottled Water, Coffee, Plain Creamer, Sugar, Assorted Teabags, Utensils, Plates, Napkins, and Cups.



SUNRISE BREAKFAST^{NF}

\$17 PP

- Scrambled Eggs^{GF VEG}
- Applewood Smoked Bacon^{DF GF} **or** Turkey Sausage^{DF GF}
- Breakfast Potatoes^{V GF}
- Fresh Fruit Salad^{V GF}
- Yogurt with a Side of Crunchy Granola^{VEG}

LA COCINA BUFFET

\$24.50 PP

- Scrambled Eggs with Peppers & Onions^{GF VEG NF}
- Applewood Smoked Bacon & Turkey Sausage^{DF GF NF}
- Breakfast Potatoes^{V GF NF}
- Choice of French Toast **or** Waffles, with a Side of Maple Syrup^{NF VEG}
- Fresh Fruit Salad^{V GF NF}
- Assortment of Muffins^{VEG}

WAFFLE BAR

\$15 PP

- Warm Waffles with a Side of Maple Syrup^{NF VEG}
- Applewood Smoked Bacon^{DF GF NF}
- Side of: Whipped Cream, Chocolate **or** Fruit Drizzle, Fresh Berries, Peanut Butter, and Chocolate Chips^{VEG}

THE CONTINENTAL

\$11.50 PP

- Fresh-Baked Muffins^{VEG}
- Warm Bagels and Cream Cheese^{DF VEG NF}
- Yogurt with a Side of Housemade Granola^{VEG NF}
- Fresh Fruit Salad^{V GF NF}

ADD-ONS

Plant-Based Meat: **\$2.00 pp**

Gluten Free bread: **\$3.00 pp**

Pastries: **\$4.00 pp**

*Your Choice of: Croissants, Danishes, Muffins, **or** Mini Cinnamon Rolls*

Deluxe Coffee Station - \$3.50

- Freshly Brewed Coffee with Choice of Two Flavor Syrups
- Your Choice of Two Specialty Creamers (see: Beverages)



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CASUAL LUNCH & DINNER

All Utensils, Plates, and Napkins are Included.



URBAN ROOTS SALAD BUFFET

\$22.00 PP

CAN BE MADE NF
V OPTIONS
GF OPTIONS

Includes:

Fresh Croissants, Sliced Grilled Chicken, Marinated Shrimp, **Greek Salad, Very Berry Salad, & Urban Roots Salad** with the Corresponding Salad Dressings.

Your Choice of 1 Soup:

Creamy Tomato, Clam Chowder, Vegetable Chili, **or** Minestrone

Add Steak for an Additional \$4.00 PP

BUILD A BOWL GF NF

\$20.00 PP

Includes:

- White Rice **or** Brown Rice ^V
- Black Beans ^V
- Fajita Vegetables ^V
- Fire Roasted Corn ^V
- Shredded Cheddar Cheese ^{VEG}
- Urban Roots Lettuce ^V
- Lime Wedges ^V
- Fresh Pico de Gallo ^V
- House-made Verde Sauce ^V

Choice of 1 Protein:

- Pork Carnitas ^{DF}
- Grilled Chicken ^{DF}
- Sliced Steak ^{DF}

**Add Guacamole: ^V
\$1.00 PP**

SANDWICH SAMPLER

\$18.00 PP

V OPTIONS
GF OPTIONS
NF OPTIONS

Includes:

- Your Choice of **up to 4** Wraps
- Your Choice of Urban Roots Salad **or** Caesar Salad
- Vinegar-Based Coleslaw
- Chef's Potato Salad
- Dill Pickle Spears
- Individual Bags of Potato Chips
- Cookies

(See the Following Page for Wrap Options)



ADD-ONS

Extra Salad: **\$3.50 PP**

Soup: **\$2.50 PP^{NF}**

- Creamy Tomato ^{VEG GF}
- Clam Chowder ^{GF}
- Vegetable Chili ^{V GF}
- **or** Minestrone ^{V NF}

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BROWN BAG LUNCH

\$15 PP

Adaptable for Most Allergies, Each Bag Includes:

- Choice of **up to 4** Sandwiches and/or Salads (*see the **Following Page for Salads***)
- A Whole Apple
- Kettle Cooked Potato Chips
- Cookie

SANDWICHES

BLACKENED CHICKEN

Cajun Rubbed Chicken Breast, Pepper Jack Cheese, Urban Roots Lettuce & Tomato on a Hard Roll

TURKEY CLUB^{DF}

Roasted Turkey, Crisp Bacon, Urban Roots Lettuce & Tomato on a Hard Roll

BAKED HAM

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

ROAST BEEF

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

WRAPS

NF
GF UPON
REQUEST

GRILLED CHICKEN^{DF}

Grilled Chicken Breast, Urban Roots Lettuce & Tomato

CHICKEN SALAD^{DF}

Chunky Chicken Salad with Craisins, on Urban Roots Greens, Topped with Tomato

GRILLED VEGETABLE^V

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

ALBACORE TUNA SALAD^{DF}

Tuna Salad, Urban Roots Lettuce & Tomato

SALMON

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

TURKEY

Sliced Turkey, Gouda Cheese, Lettuce & Tomato

All Utensils, Plates, and Napkins are Included.

All Sandwiches/Wraps are for the *Brown Bag Lunch* or the *Sandwich Sampler* Packages **Only**



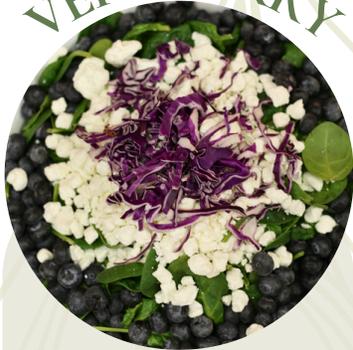
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WRAPS & SANDWICHES



All Utensils, Plates, and Napkins are Included.
Add an Additional Salad to Your Menu for \$3.50 PP

VERY BERRY



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

NF GF

MEDITERRANEAN



Urban Roots Greens, Cherry Tomatoes, Cucumbers, Feta, Parsley topped with an Olive Oil & Lemon Juice Drizzle

NF GF

CAESAR



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

NF

PROTEIN ADD ONS

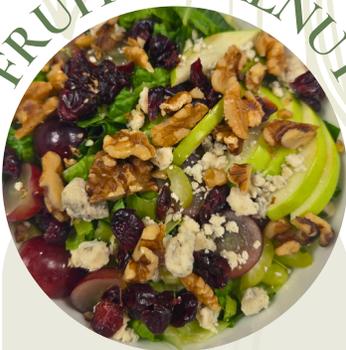
Grilled Chicken
\$4.00 PP

Salmon
\$8.00 PP

Grilled Shrimp
\$6.00 PP

Steak
\$7.00 PP

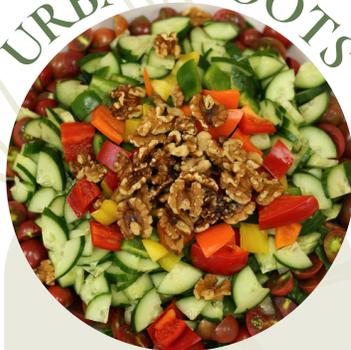
FRUITY WALNUT



Urban Roots Greens, Halved Grapes, Apple, Dried Cranberries, Celery, Gorgonzola, and Walnuts with a Creamy Vinegar Aioli Dressing

CAN BE MADE DF
 GF

URBAN ROOTS



Urban Roots Greens, Peppers, Cucumbers, Cherry Tomatoes, and Walnuts with a Peppercorn Dressing

CAN BE MADE DF
 CAN BE MADE NF
 GF

GREEK



Urban Roots Greens, Cherry Tomatoes, Cucumbers, Sliced Red Onions, Kalamata Olives, Crumbled Feta & a Balsamic Vinaigrette

CAN BE MADE DF
 NF GF

WHAT IS URBAN ROOTS?

Urban Roots is Chrysalis Center's Hydroponic Grow Center, located on our main campus. We have two styles of hydroponic grow rooms for 30 different varieties of both cool and warm weather crops. As part of Chrysalis Center's Food Hub, these and other crops from our two gardens are then used by Fresh Place and us at La Cocina to provide fresh locally grown produce to the community.

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SALADS • SALADS



CULINARY EXPERIENCES

All Utensils, Plates, and Napkins are Included.



Minimum 20 people



MEDITERRANEAN

\$25.50 PP

Includes:

- Mediterranean Salad^{VEG NF}
- Orzo Salad with Colorful Peppers, Cherry Tomatoes, Green Onions, Pesto & Drizzled with Lemon Juice^V
- Roasted Seasonal Vegetables^{V GF NF}
- Tuscan Potatoes **or** Herbed Rice^{V GF NF}
- Warm Pita Bread^{V NF}

Choice of 1 of the Entrees Below: NF

- Chicken Breast Topped with Roasted Artichokes, Sundried Tomatoes, and Capers^{DF GF}
- Fresh Salmon Brushed with Lemon, Garlic & Herbs^{DF GF}
- Sautéed Shrimp, Tossed with Olive Oil, Red Chile Peppers, Onions, Garlic & Tomatoes on a Bed of Arugula^{DF GF}
- Grilled Eggplant Tossed With Lemon, Mediterranean Herbs & Olive Oil^{V GF}

Add an Additional Entree:
\$4.00 PP

URBAN ROOTS FULL EXPERIENCE

\$27.00 PP

CAN BE
MADE NF

Includes:

- Urban Roots Salad^{NF VEG}
- Orzo Salad with Colorful Peppers, Cherry Tomatoes, Green Onions, Pesto & Drizzled with Lemon Juice^V
- Roasted Seasonal Vegetables^{V NF}
- Seasoned Tuscan Potatoes **or** Fluffy Rice^{V NF}
- Warm Dinner Rolls^{NF DF}

Choice of 2 of the Entrees Below:

- Roasted Lemon and Herb Chicken Legs & Thighs^{DF GF NF}
- Chicken Cacciatore^{DF GF NF}
- Salmon Marinated in Lemon, Garlic & Oregano^{DF GF NF}
- Herb Marinated Shrimp^{DF GF NF}
- Urban Roots Peppers Stuffed with Spanish Rice & Black Beans^{V GF NF}
- Flank Steak with Chimichurri Sauce^{DF GF NF}

Add an Additional Entree: \$4.00 PP



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ITALIAN BUFFET

\$22.50 PP

Includes:

- Choice of Urban Roots Salad^{VEG GF} or Caesar Salad^{VEG NF}
- Roasted Seasonal Vegetables^{V NF}
- Pasta with Your Choice of Sauce:^{GF} Marinara^{V NF} or Alfredo^{NF} or Pesto^V
- Dinner Rolls or Garlic Knots^{NF}

Choice of 1 of the Entrees Below:

- Boneless Chicken Piccata Sautéed in Lemon Caper Beurre Blanc^{NF}
- Hand Cut & Breaded Chicken Parmesan Baked with House Marinara Sauce^{NF}
- Chicken Cacciatore^{NF DF GF}
- Sweet or Spicy Sausage with Grilled Peppers & Onions^{DF NF}
- Urban Roots Peppers Stuffed with Herbed Risotto & Mozzarella^{NF VEG}

**Substitute Pasta with Baked Ziti:^{NF}
\$1.00 PP**

**Add an Additional Entree: \$4.00 PP
Add Gluten Free Pasta: (Minimum 10 People) \$3.00 PP**



ASIAN STATION

\$23.00 PP

Package Includes:

- Chilled Soba Noodles Marinated in a Peanut Sesame Sauce^V
- Choice of Fried Rice:^{DF NF} Vegetarian, Pork or Chicken
- Asian Mixed Vegetables^{V GF}
- Fortune Cookie^{NF VEG}

Choice of 1 of the Entrees Below:

- Sesame Chicken^{DF NF GF}
- Ginger Shrimp^{DF NF GF}
- Teriyaki Steak^{DF NF}
- Marinated Fried Tofu^{V NF}

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

FAJITA FIESTA^{NF}

\$24.50 PP

**Warmed Flour Tortilla^V
Chips, Salsa, & Guacamole^V**

Fillings & Toppings Include:

- Spanish Rice with Scallion & Tomato^{V GF}
- Black Beans^{V GF}
- Sautéed Urban Roots Peppers & Onions^{V GF}
- Salsa^{V GF}
- Sour Cream^{VEG GF}
- Shredded Cheese^{VEG GF}
- Shredded Urban Roots Lettuce^{V GF}

Choice of 2 of the Entrees Below:

- Grilled Chicken^{DF GF}
- Sliced Steak^{DF GF}
- Seasoned Shrimp^{DF GF}

**Substitute or Add Corn Tortilla: \$1.00 PP
Add Additional Entrée: \$4.00 PP**



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BEVERAGES

DELUXE COFFEE STATION

\$5.00 PP

Freshly Brewed Caffeinated 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

SODA & WATER

\$2.50 PP

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

ICED TEA

\$2.00 per half gallon

LEMONADE

\$2.00 per half gallon

FRUIT PUNCH

\$2.00 per half gallon

ADD SNAPPLE

\$1.50 PP

Variety of Bottled Snapple & Zero Sugar Snapple

SWEET TREATS

CONTAINS DAIRY
NUT FREE UPON REQUEST

ASSORTMENT OF COOKIES

\$12/DOZEN

A Variety of Cookies that Can Include: Chocolate Chip, Oatmeal Raisin, Peanut Butter, Sugar, S'mores, Almond Joy, Double Chocolate, or White Chocolate-Macadamia Nut



CUPCAKES

\$53/DOZEN

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

GLUTEN FREE OPTIONS

Chocolate Brownies

\$28/Dozen

Mini Cupcakes

\$14/Dozen

Assortment of Vanilla & Chocolate

DESSERT BARS

\$28/DOZEN

Treat Yourself and Guests with a Platter of Dessert Bars that Can Include: Brownies, Blondies, Lemon bars, Chocolate Raspberry Swirl, or Apple Crumble

