



La ccina
& 

TASTE OUR
MISSION



Rise and shine with these delicious buffet options for your morning gatherings.

The Eye Opener \$8 pp

Enjoy an assortment of fresh-baked muffins, warm bagels and various cream cheese flavors.

Parfait Bar \$8.50 pp

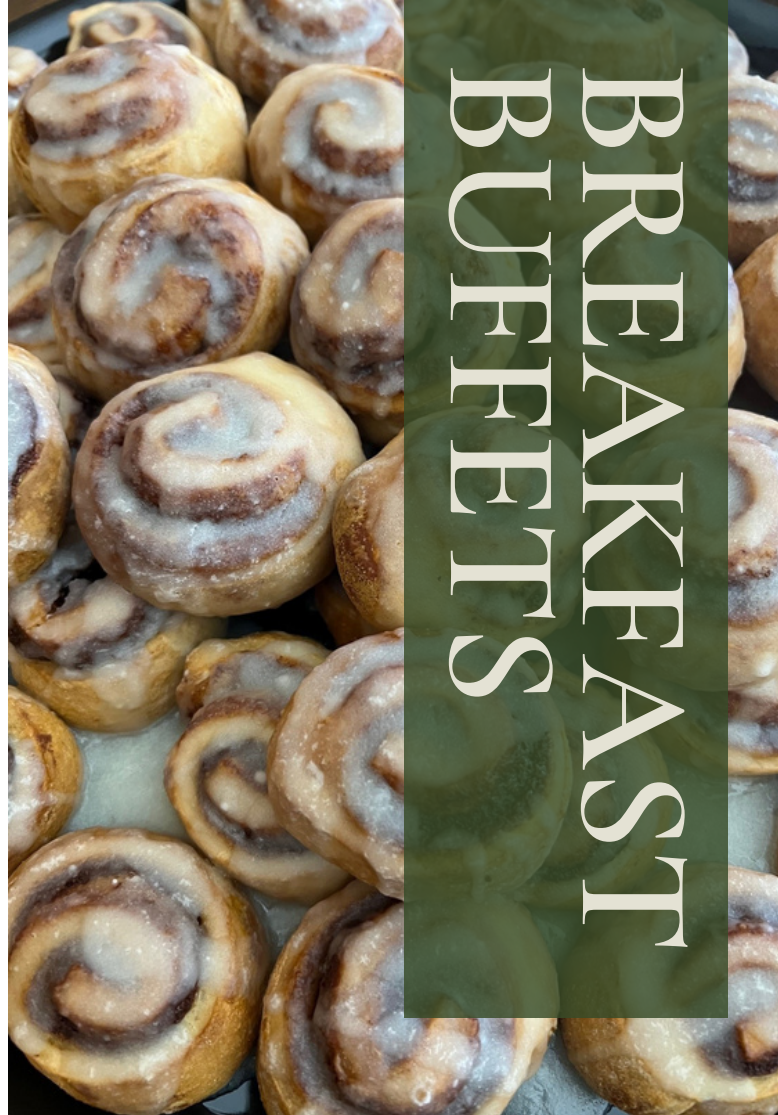
This fanciful and fruitful breakfast bar includes Strawberry and Vanilla Yogurt, with the option to sprinkle on House Made Granola and Fresh Berries. Pair your parfait with Freshly Baked Butter Croissants with Butter and Jelly.

The Continental \$9.50 pp

Give your guests the choice of warm, fresh baked Muffins, our Signature Scones, Mini Cinnamon Rolls, and Fresh Baked Butter Croissants. Top off this breakfast experience with a Fresh Fruit Salad and Yogurt with House Made Granola.

Sunrise Breakfast \$14 pp

Fuel your event with a flavorful mix of morning proteins including scrambled Eggs, Applewood Smoked Bacon, Breakfast Sausage and even a Plant-Based Sausage available (additional \$2pp). Enjoy them with a side of Savory Seasoned Potatoes, Assorted Warm Bagels with Cream Cheese, Fresh Fruit Salad, and luscious Yogurt topped with crunchy Granola, and Fresh Fruit Salad.



**BREAKFAST
BUFFETS**

La Cocina Buffet \$20 pp

Our premier breakfast experience Includes Scrambled Eggs, Applewood Smoked Bacon, Breakfast Sausage, Plant-Based Sausage (additional \$2pp), Breakfast Potatoes, Assorted House-Made Muffins, Warm Butter Croissants, Fresh and Sweet Fruit Salad, and Creamy Yogurt with Crunchy Granola.

Cap off this delicious experience with a choice between Freshly Made French Toast with Warm Berry Compote and Connecticut Maple Syrup or our Oatmeal Bar with toppings including Fresh Berries, Dried Cranberries, Raisins, Pecans, Brown Sugar, Cinnamon and Rich Cream.

All Breakfast options come with Assorted Juices or Bottled Water and Coffee & Tea Service.



Where your event menu comes to life. Choose from the delicious sandwiches and salads described on the following pages to build your platters.

The Deli Counter \$16 pp

Allow your guests to create crave-worthy sandwiches with a spread of our delicious cold-cuts and fixings, including:

- Turkey Breast, Baked Ham & Roast Beef
- Albacore Tuna Salad
- American, Swiss, and Provolone Cheeses
- Mayonnaise, Mustard, Lettuce, Tomatoes and Onions
- Chef Colin's Potato Salad
- House Made Cole Slaw
- Crisp Pickle Spears
- Artisan White & Wheat Breads, and Kaiser Rolls
- Dessert

The Box Lunch \$12 pp

This easy and portable crowd-pleaser includes:

- Choice of Sandwich or Salad (+ \$2pp)
minimum of 4 of any one selection
- Fresh Fruit
- Kettle Cooked Potato Chips
- Freshly Baked Chocolate Chip Cookies



The Sandwich Sampler \$15 pp

Give your guests more variety with our incredible spread of sandwiches and salads to fit their unique tastes and dietary preferences.

This platter includes:

- Any Four Varieties of Our Sandwiches - Minimum of 4 each
- Urban Roots Signature Salad or Baby Spinach Salad with Mixed Berries and Crumbled Goat Cheese Garnish
- Individual Bags of Kettle-Style Potato Chips, Multi-Grain Chips & Pretzels
- House Made Cole Slaw
- Chef Colin's Potato Salad
- Dill Pickle Spears
- Dessert

Gluten Free Roll or Wrap available for an additional \$2pp



Choose from our incredible variety of handheld recipes and create your own unique experience for guests with a mix of wraps and rolls to satisfy every taste.

Blackened Chicken Sandwich

Lean Chicken Breast rubbed in fiery Cajun Seasoning, topped with Roasted Peppers, Caramelized Onions, and creamy Pepper Jack Cheese, on a bed of fresh and leafy Lettuce

Grilled Chicken Wrap

Grilled Chicken Breast, cubed Tomato, tender Lettuce, Roasted Red Pepper and slices of sharp Swiss Cheese

Roast Beef Sandwich

Thinly sliced Beef Sirloin draped atop soft leafy Greens, and topped with slices of Cheddar Cheese, and vine-ripened Tomato

Turkey Club Sandwich

Roasted Turkey paired with crisp Bacon, juicy Tomato and crunchy Romain Lettuce

Grilled Vegetable Wrap

Roasted Seasonal Vegetables on a bed of our fresh Urban Roots Lettuces, grilled Tomato, and House-Made Mediterranean Hummus

Roasted Turkey Breast & Gouda Cheese Wrap

Perfectly sliced Roasted Turkey, rich Gouda cheese, crispy Romaine Lettuce, and a sweet Cranberry Chutney



SANDWICH
VARIETIES

Baked Ham Roll

Thick-sliced sweet and savory Ham, paired with sharp Swiss Cheese slices, freshly plucked Urban Roots Lettuces and ripened Tomato

Albacore Tuna Salad Wrap

House-made Creamy Tuna salad, atop crunchy Lettuce, and layered with slices of fresh Tomato

Chicken Salad Wrap

Our Chunky Chicken Salad, mixed with fresh Red Grapes, on a bed of fresh greens, and topped with slices of Ripened Tomato

Our sandwiches can be made on gluten free roll or wrap for an additional \$2pp



SIGNATURE SALADS

Our salads are made with fresh ingredients - most grown in our hydroponic garden at Urban Roots. Each is a satisfying combination of tastes to suit your guests and the style of gathering.

Chicken or Shrimp Caesar Salad

Crunchy Romaine Lettuce with grated Parmesan Cheese, seasoned Croutons and a rich Caesar Dressing topped with Grilled Chicken Breast or Shrimp

Urban Roots Cilantro Lime Salad with Chicken

Roasted Chicken Breast, tender Mixed Greens, fire-roasted Corn, fresh Grape Tomatoes, toasted Pepitas, shredded Cheddar Cheese, and our house Cilantro Lime Vinaigrette

Tuna Salad

Freshly-made Albacore Tuna Salad over Romaine Lettuce with crunchy Celery, fresh Cucumbers, Peppers, shredded Carrots, Grape Tomatoes, and seasoned Croutons drizzled with a Balsamic Dressing

Greek Salad

Colorful Mixed Greens with Kalamata Olives, fresh Tomatoes and Feta pair perfectly with our Balsamic Vinaigrette

Raspberry Chicken Salad

Grilled Chicken Breast over a bed of fresh Baby Lettuces with Raspberries, Sugar Snap Peas and sweet candied Walnuts finished off with our Raspberry Vinaigrette

Urban Roots Signature Salad

Fresh, hydroponic-grown greens tossed with fire-roasted Corn, fresh Grape Tomatoes, toasted Pepitas, shredded Cheddar Cheese, and our House Dressing

Buffalo Chicken Salad

Well-seasoned Buffalo Chicken, crunchy Celery, shredded Carrots, vine-ripened Cherry Tomatoes and fresh Cucumbers with tangy Blue Cheese Crumbles over Urban Roots Romaine Lettuce with a creamy Ranch Dressing

Cobb Salad

Grilled Chicken Breast, Crispy Bacon, Ripe Avocado, Hard Boiled Eggs, Crumbled Bleu Cheese and Ripe Cherry Tomatoes over Crispy Urban Roots Romaine Lettuce

Southwestern Steak Salad

Southwestern Grilled Flank Steak, Fire-Roasted Corn, Black Beans and thin Red Onion slices over Urban Roots Greens with our house Cilantro Lime Vinaigrette

Chicken, Apple, & Goat Cheese Salad

Grilled Chicken Breast, thin-sliced Apples, rich Goat Cheese, sweet and crunchy Candied Pecans and a Creamy Garlic Vinaigrette

Ginger Sesame Chicken Salad

Grilled Chicken Breast, Fresh Peppers, tender Baby Bok choy, shredded Carrots, Toasted Sesame Seeds, Cilantro, Crispy Wonton Strips, and a Ginger Sesame Vinaigrette

Salads can be substituted for sandwiches in the box lunch or added to any buffet for an additional \$2pp.

URBAN ROOTS \$18.50 pp

Straight from our hydroponic garden, we are thrilled to offer a menu packed with fresh, nutritious greens, herbs, and vegetables. This option includes:

- Our Urban Signature Salad with our House Cilantro Lime Dressing or our Spinach Berry Salad with tangy Balsamic Vinaigrette
- Colorful Orzo Salad with bright Peppers, fresh Cherry Tomatoes, chopped Green Onion and Fresh Cilantro, with a light yet flavorful Lemon Vinaigrette
- Seasonal, savory Roasted Vegetables
- Our crowd-pleasing Tuscan Potatoes or fluffy Rice with Fresh Urban Roots Herbs
- Warm Dinner Rolls
- Sweet and Surprising Dessert

Choose from one of the below anchor dishes *additional dish can be added for \$4pp*

- Roasted Chicken Legs and Thighs bathed in Lemon and Oregano
- Chicken Breast Saltimbocca with Sage and Prosciutto Di Parma
- Salmon Marinated in Lemon, Garlic and Oregano
- Herb Marinated Shrimp
- Urban Roots Stuffed Peppers with savory Spanish Rice and Black Beans

MEDITERRANEAN \$18 pp

Stamp your passport and journey with us through the flavors of Italy and Greece. This popular platter includes:

- Light and crunchy Tomato and Cucumber Salad topped with fresh Feta, Parsley, Olive Oil, and Lemon Juice, over Mixed Greens
- Our Signature Orzo Salad tossed with fresh Peppers, perfectly ripened Cherry Tomatoes, chopped Green Onion and Fresh Cilantro and with Lemon Vinaigrette
- Seasonal Vegetables, roasted to perfection
- Your choice of Tuscan Potatoes or Mediterranean Rice
- Warm Pita Bread

Choose from one of the below anchor dishes *additional dish can be added for \$4pp*

- Chicken Breast topped with Olive Oil, Roasted Artichokes, Sundried Tomatoes, Capers, Parsley
- Fresh Salmon brushed with Olive Oil, Garlic, Lemon, Oregano, and Paprika
- Sautéed Shrimp, drizzled with Olive Oil and sprinkled with Red Chile Peppers, Onions, Garlic, Tomatoes on a bed of Arugula
- Grilled Eggplant tossed With Lemon, Mediterranean Herbs and rich Olive Oil



SUMMER COOK OUT \$17.50 pp

Includes:

- Choice of Urban Roots Green Salad with House Dressing or Spinach Berry Salad with Balsamic Vinaigrette
- Chef Colin's Potato Salad
- Cole Slaw
- Corn on the cob
- Mac & Cheese
- Slider Rolls
- Watermelon

Choose Two: *additional dish can be added for \$4pp*

- BBQ Pulled Pork Slider with Red Cabbage Slaw
- BBQ Pulled Chicken Slider with Red Cabbage Slaw
- Classic Hamburger Slider, Lettuce and Tomato
- Classic Cheeseburger Slider, America Cheese Slices, Lettuce and Tomato
- Buffalo Chicken Slider with tangy Blue Cheese Dressing, and Roasted Slaw



ASIAN STIR FRY \$19 pp

Includes:

- Cold Asian Noodle Salad with Peppers, Carrots, Sesame Seeds in a Peanut Sesame Sauce
- Stir Fried Rice with your choice of Vegetarian, Chicken or Pork
- Asian Vegetables- Broccoli, Peppers, Onions, and Carrots
- Dessert

Choose Two: *additional dish can be added for \$4pp*

- Sesame Chicken
- Ginger Shrimp
- Teriyaki Steak
- Tofu (additional \$2 – minimum 5 people)



STREET TACOS \$20.50 pp

Spice up your fiesta with our oh so popular taco spread. Allow guests to craft their own handheld creations from our fresh and flavorful ingredients.

This option includes:

- Spanish Rice with fresh Scallion and Tomato
- Black Beans
- Traditional Street Corn

Choose Two: *additional dish can be added for \$4pp*

- Seasoned Flank Steak
- Seasoned Chicken
- Southwestern Vegetables
- Seasoned White Fish

Toppings:

- Urban Roots Signature Pico de Gallo made from hydroponically-grown Grape Tomatoes, Cilantro, Jalapeño, Green Onion, and Fresh Lime
- Cotija Cheese
- House-made Verde sauce

Add Chips, Salsa, and Guacamole for \$3pp



ITALIAN FEAST \$20.50 pp

Mangia Bene with this mix of classic Italian tastes and our own unique, in-house spin. This option is great for large family or corporate gatherings and includes:

- Choice of Urban Roots Signature Salad or Caesar Salad with Grated Parmesan Cheese and Homemade Croutons
- Seasonal Vegetables
- Choice of Pasta with Marinara or Alfredo Sauce (*gluten free pasta available for \$2 pp - minimum 5 people*)
- Choice of Dinner Rolls or Garlic Knots

Choose One: *additional dish can be added for \$4pp*

- Boneless Chicken Piccata sautéed in Lemon Caper Beurre Blanc
- Hand Cut and Breaded Chicken Parmesan baked with our House-Made Marinara Sauce
- Chicken Breast Saltimbocca with Sage and Prosciutto di Parma
- Sweet or Spicy Sausage and Grilled Peppers and Onions
- Urban Roots Peppers stuffed with Herbed Risotto, and Mozzarella





The perfect finish to our delicious meals. Add on our freshly baked and prepared treats to your next catering order

COOKIES *\$10/dozen*

Choose from chocolate chip, oatmeal raisin, peanut butter, sugar, and white chocolate macadamia, each variety available by the dozen!



DESSERT BARS *\$24/dozen*

Our rich and chewy bars are the perfect mid-event pick me up or end cap to the day. Choose from brownies, blondies, and lemon bars, each available by the dozen!



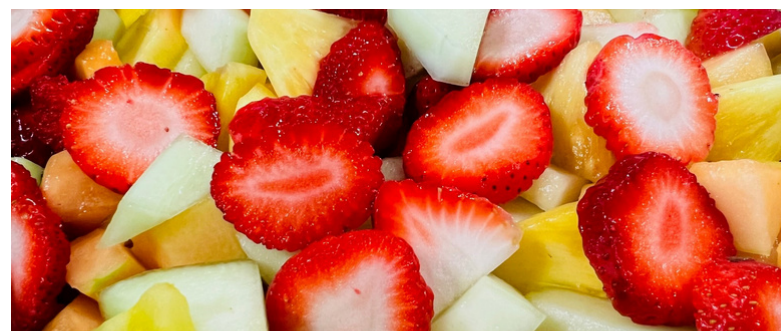
SCONES *\$18/dozen*

Order your favorite varieties by the dozen! Choose from blueberry, white chunk raspberry, and apple cinnamon.



FRUIT SALAD *\$4 pp*

Our sweet, fresh mix of berries, citrus, and melons are a healthy accompaniment to any catering order



SWEET TREATS



Pair the perfect platter with the perfect space. The Training and Conference Center at Chrysalis Center is a beautiful, flexible facility, ready to host your next seminar, large team meeting, conference, fundraiser or big occasion. With catering prepared on-site, we have all you need to host an incredible gathering.

ROOM CHARGES

Rooms A, B & C **\$650**
Non-Profit Organization **\$550**

Rooms A & B or B & C **\$500**
Non-Profit Organization **\$400**

Rooms A, B, or C **\$350**
Non-Profit Organization **\$300**

Please Note that Room Charges are a flat fee regardless of actual scheduled time for your event and is for a maximum period of 5 hours; overtime charge of \$100 per hour will apply after 5 hours

IT BUNDLES

All of our IT Packages include Free Wi-Fi

1. Overhead Projection and Screen, podium microphone, 1 hour of support (at start of meeting) **\$300**
2. Overhead Projection and Screen, 1 podium and 1 handheld microphone, 1 hour of support (at start of meeting) **\$425**
3. Overhead projection and Screen, 1 podium and 2 handheld microphones, all day tech support available **\$600**
4. All Inclusive – Overhead projection, any Combination of 3 Microphones, all day tech support **\$800**



ALA CARTE ADDITIONS

Podium **\$150**
Projection & Sound **\$150**
Wireless Microphone or Lavalier **\$150**
Laptop **\$150**
On Site Technician for Set Up **\$150**
Technician Hourly Rate **\$125**

AFTER HOURS PARKING

\$200 per attendant; Number of attendants based on guest count.

Note that all charges are subject to an 21% administrative fee. This fee is charged and retained by the Chrysalis Center to offset the cost of administrative labor for your event.