

BOXED LUNCHES

Served w/ fresh baked cookies, Kettle chips

Boar's Head

Sandwich Box..... \$8.49

Choice of smoked turkey, London broil/roast beef, honey ham, an assortment of cheese, lettuce, tomatoes on assortment of fresh deli cut & artisan bread along with boar's head gourmet sauce.

French Flair Box..... \$8.49

Fresh croissant stuffed with choice of albacore tuna salad, chicken salad, egg salad, lettuce, tomatoes, mayo and mustard.

Panini Sandwich..... \$8.99

Super Sandwich..... \$8.99

Choice of our super sandwiches served with lettuce, tomatoes on assorted deli cut bread.

Specialty Wraps..... \$8.99

Choice of our specialty wraps on an assortment of tortilla wraps.

MEDITERRANEAN \$11.99

Meals come with rice pilaf, homemade hummus, Greek salad, pita bread, Tzatziki sauce & fresh baked cookies.

Grilled Beef Kabob

Grilled Chicken Kabob

Grilled Veggie Kabob

Grilled Shrimp Kabob (Add \$3.00 per person)

Beef or Chicken Gyros

Thinly sliced marinated beef and chicken gyro strips

Falafel Buffet (Vegetarian)

Moroccan Chicken

Cracked wheat cooked with Roma tomatoes, onions and marinated chicken breast.

ITALIAN \$9.99

Meals come with crisp Caesar salad, garlic bread and fresh baked cookies. Vegetarian options available.

Meat Lasagna

Veggie Lasagna

Chicken Alfredo Pasta

Chicken Fettuccini

Shrimp Fettuccini (Add \$3.00 per person)

Chicken Parmesan

Chicken Saltimbocca

Chicken stuffed with ham & provolone cheese, over pasta and a sun dried tomato artichoke cream sauce

ASIAN \$9.99

Served with steamed white rice, veggie and mini egg rolls

Teriyaki Chicken:

Marinated and grilled with teriyaki glaze

Stir Fry Chicken:

Strips of chicken, carrots, celery, green onions, peppers and stir fry with ginger soy sauce.

Orange Chicken:

Tempura battered fried chicken finished in a zesty orange sauce.

MEXICAN \$9.99

Meals come with rice, beans, chips, salsa and fresh baked cookies. Vegetarian options available.

Steak Fajitas

Chicken Fajitas

Shrimp Fajitas (Add \$3.00)

Chicken Enchiladas

Beef Enchiladas

Taco Bar

Grilled Chicken, Steak or Shrimp Served with tortillas, avocado, sour cream, salsa and shredded cheese.

HOT FAVORITES

Served w/ mashed potatoes, roasted veggies, garden salad, baked bread and fresh cookies

Stuffed Salmon (stuffed with spinach and cheese)..... \$11.99

Stuffed Chicken Breast (Stuffed w/ broccoli & cheese).... \$10.99

Roasted Prime Rib (Served with horseradish sauce)..... \$14.99

BBQ Chicken..... \$11.99

Grilled Rosemary Herb Chicken..... \$11.99

BBQ Ribs (Slow roasted, smothered w/BBQ rub).....\$11.99

ABOUT OUR CATERING

~No delivery fee.

~All meals are priced per person, plus tax and 12% gratuity.

~Includes condiments, disposable utensils, plates and napkins.

~China and linens are available upon request.

~Some items require 24 hour notice and minimum orders.

~Corporate billing accounts are available.

~Special rates for groups of 60 or more.

~Orders cancelled within 24 hours are subject to a 50% charge.

APPETIZERS-LIGHT MEALS

Serves Serves
10-12 20-25

Fresh Cut Veggies (with Dip)..... \$22.50..... \$43.50

Cheese n Crackers..... \$25.50..... \$49.50

Gourmet Cheese n Crackers..... \$29.99..... \$59.99

Fresh Cut Fruit..... \$23.99..... \$45.99

Finger Sandwiches..... \$21.99..... \$39.99

Hummus n Pita..... \$22.50..... \$43.50

Italian Bruschetta (with toasted baguettes).. \$25.50..... \$49.50

Thai Chicken Skewers..... \$32.50..... \$65.50

Asparagus Wrapped with Prosciutto.... \$31.99..... \$60.99

Caprese (with toasted baguettes)..... \$28.99..... \$55.99

Shrimp Tray (with cocktail sauce)..... \$34.50..... \$62.50

Smoked Salmon..... \$30.99..... \$59.99

(with cream cheese, lemon slice on toasted bread)

Bacon-Wrapped Scallops..... \$33.99..... \$62.99

Chicken Wings (with BBQ or hot sauce)..... \$24.99..... \$49.99

DESSERT

Fresh Baked Cookies (per dozen)..... \$8.99

Brownies (per person)..... \$1.99

Dessert Bars (per person)..... \$1.99

Chocolate Cake (per slice)..... \$2.99

Carrot Cake (per slice)..... \$2.99

Cheesecake (per slice)..... \$2.99

Tiramisu (per slice)..... \$2.99

Mini Cakes (per slice)..... \$1.69

Assorted Mini Pastries (per slice)..... \$1.89

Homemade Baklava (per slice)..... \$1.99



CATERING MENU

**You take the credit,
we do the work**



Takeabreakdeli.com

7910 Frost St., Suite 170

San Diego, Ca 92123

Tel: 858.707.7082

Fax: 858.707.7083

BREAKFAST BOXES

Served with a banana, apple or hash brown patty and 10oz orange juice

Pastry Box..... \$4.49
Choice of a fresh muffin, Danish or croissant

Bagel Box.....\$4.49
Choice of fresh bagel (Plain, wheat, onion, sesame, everything, cinnamon, raisin) with whipped cream cheese

Sunrise Box..... \$5.99
Freshly made hot sunrise sandwich with choice of bacon, sausage, turkey or ham

Croissant Box.....\$5.99
Freshly made hot breakfast croissant with choice of bacon, sausage, turkey and ham

Burrito Box.....\$6.49
Delicious breakfast burrito with choice of bacon, sausage, turkey or ham. (Veggie option available)

Wraps Box.....\$5.99
Two freshly made hot breakfast wraps with choice of spinach Swiss wraps, ham, bacon or sausage wraps

CONTINENTAL BREAKFAST

Breakfast Pastries..... \$2.49

Assortment of a fresh muffins, Danishes and bagels

Pastries Supreme.....\$6.44

Assortment of a fresh muffins, Danishes and bagels, juice and/or coffee with fresh cut fruit

SUNRISE SANDWICHES

Sunrise Sandwiches Supreme..... \$6.75

Assortment of ham, sausage and bacon with egg and cheese on croissant and / or bagels, served with choice of hash brown or fresh fruit and coffee and / or orange juice.

Sunrise Sandwiches Only.....\$3.49

OTHER BREAKFAST PLATES

Breakfast Burrito Supreme.....\$7.29

Potato, egg, cheese and salsa with choice of ham, bacon, sausage or avocado, served with fresh cut fruit and coffee and / or orange juice.

Breakfast Burritos Only..... \$4.49

Traditional Breakfast..... \$7.99

Scrambled eggs, bacon, ham or sausage, house potatoes and assorted bagels and toast.

Yogurt or Oatmeal Bar..... \$4.99

Served with seasonal fruit, granola and all the fixings.

Pancake & French Toast.....\$7.99

Pancake & French Toast, Scrambled eggs, bacon or sausage.

Add fresh brewed coffee or juice to any breakfast for only \$1.50 per person.

FRESH SALADS

All Salads include sliced bread rolls

Strawberry Spinach Feta Salad

Organic spinach, feta crumbles, walnuts, fresh strawberries, raisins with a balsamic vinaigrette dressing,

Organic Quinoa Salad

Organic quinoa, organic spring mix, feta, garbanzo beans, avocado, tomatoes, cucumber with a ginger sesame vinaigrette dressing.

Earthly Delight Salad (Vegan)

Organic spring mix, black bean, tomatoes, cucumbers, sprouts, mushrooms, avocado, sunflower seeds, with your choice of dressing

Baby Kale Salad

Organic baby Kale mix, feta cheese, green apples, dried cranberries, walnuts, sunflower seeds with honey vinaigrette dressing

Served 6 People \$19.99-With Grilled Chicken \$25.50

Served 12 People \$39.99-With Grilled Chicken \$48.00

Served 20 People \$59.99-With Grilled Chicken \$69.99

Greek Salad

Feta cheese, romaine, tomatoes, red onions, cucumbers, Kalamata olives, sliced pepperoncini with an herb vinaigrette dressing.

Caesar Salad

Crisp romaine, grated parmesan cheese, seasoned croutons and Caesar dressing.

Garden Pasta Salad

Rainbow pasta, red & green bell peppers, broccoli, cauliflower, Kalamata olives and shredded carrots tossed with an herb vinaigrette.

Served 6 People \$18.99-With Grilled Chicken \$23.99

Served 12 People \$37.99-With Grilled Chicken \$46.49

Served 20 People \$57.99-With Grilled Chicken \$67.49

House Salad

Tomatoes, Cucumbers, Shredded carrots, Shredded cheese on a bed of greens leaf with your choice of dressing.

Serves 6 People \$13.49

Serves 12 People \$26.49

Serves 20 People \$41.99



Cobb Salad

Grilled chicken, apple smoked bacon, blue cheese crumbles, sliced avocado, hard boiled eggs, tomatoes, cucumbers, on a bed of green leaf lettuce with your choice of dressing,

Chef Salad

Smoked turkey, honey ham, shredded cheese, hard boiled eggs, tomatoes and cucumbers on a bed of green leaf lettuce.

Nicoise Salad

Mixed greens, Tuna scoop, shredded cheese, hardboiled egg, black olives, tomatoes, cucumbers, with light Italian dressing

Serves 6 People \$25.50

Serves 12 People \$48.00

Serves 20 People \$69.99

Chicken Santa Fe Salad

Grilled chicken breast, romaine, corn, black beans, avocado slices, shredded cheese, onions with choice of dressing.

Chicken Artichoke Salad

Grilled chicken, crispy Romaine lettuce, marinated artichoke hearts, feta, tomatoes, cucumbers, avocado with herb vinaigrette dressing.

Chinese Chicken Salad

Grilled chicken, green leaf lettuce, shredded red, green & Napa cabbage, crispy noodles, slivered almonds, toasted sesame seeds and mandarin oranges, served with homemade Chinese dressing.

Serves 6 People \$24.99

Serves 12 People \$46.99

Serves 20 People \$68.99

Salmon Salad

Grilled wild salmon, organic spring mix, goat cheese, capers, walnuts with a ginger sesame vinaigrette.

Serves 6 People \$28.59

Serves 12 People \$54.99

Serves 20 People \$73.99

We can cater your meeting, conference, training or company party. No event is too small or too large.

FRESH SANDWICH TRAYS

Served w/ fresh baked cookies, Kettle chips

Boar's Head Sandwich Tray.....\$8.49

Assortment of smoked turkey, London broil roast beef, honey ham, an assortment of cheeses, lettuce, tomatoes on assortment of fresh deli cut & artisan bread along with boar's head gourmet sauces, pickles, pepperoncini & onions on the side.

French Flair Tray..... \$8.99

Stacked fresh croissants stuffed with assortment of albacore tuna salad, chicken salad, egg salad, lettuce, tomatoes, mayo, mustard, pickles and onions on the side.

Super Sandwich Tray..... \$8.99

Assortment of our super sandwiches with lettuce, tomatoes on assorted deli cut bread, mayo, mustard, pickles, pepperoncini and onions on the side.

SUPER CLUB: Turkey, ham, bacon, jack.

SUPER CALIFORNIA: Turkey, bacon, cheddar, sprouts, avocado.

SUPER DELICIOUS: Turkey, roast beef, provolone.

SUPER TURKEY GOUDA: Turkey, gouda, torta, pepperhouse gourmet.

SUPER SUBMARINE: Italian meats, ham, provolone on a roll.

Specialty Wraps Tray..... \$8.99

Assortment of our specialty wraps on an assortment of tortilla wraps:

FETA CHICKEN WRAP:

Chicken, feta, tomatoes, romaine, red onions, olives, cucumbers, with an herb vinaigrette.

THAI CHICKEN WRAP:

Chicken, shredded cabbage, green leaf lettuce, shredded carrots, sliced almonds, toasted sesame seeds, crispy Chinese noodles with a Thai peanut sauce.

CHICKEN CAESAR WRAP:

Chicken, romaine, grated parmesan with a creamy Caesar dressing.

TUNA AVOCADO WRAP:

Albacore tuna, pepper jack cheese, avocado, tomatoes, pickles, lettuce.

Panini Sandwich Tray.....\$8.99

Assortment of our hot panini sandwiches with mayo, mustard, pickles and onions on the side.

CHICKEN ARTICHOKE:

chicken, marinated artichoke hearts, tomatoes, Swiss on rosemary herb focaccia.

TUSCANY TURKEY:

Turkey, sun dried tomatoes, jack on sourdough.

ROAST BEEF ORTEGA:

Roast beef, Ortega chilies, tomatoes, cheddar & jack on sourdough.

HAM TORTA:

Ham, avocado, red onions, tomatoes, jalapenos, jack cheese on torta.

ITALIAN PROSCIUTTO:

Italian prosciutto, mozzarella, basil pesto, tomatoes, roasted red peppers on baguette.

TUNA MELT:

Albacore tuna, melted cheddar, avocado, tomatoes with Italian dressing on herb focaccia bread.

VEGGIE LOVERS:

Grilled onions, provolone cheese, spinach, avocado, bell peppers, mushrooms, olives, tomatoes on focaccia bread