

# CRYSTAL SPRINGS CATERING

## ***Pasta & Vegetarian Entrée \$16.95***

*\*Add \$2.00 for Chicken or Italian Sausage or Ground Beef, Add \$3.00 for Shrimp*

*Choose One Item from Each Category*

### ***Entrée:***

- *Baked Fettuccini with Asiago and Thyme*
- *Grilled Eggplant Pannini*
- *Parmesan Crusted Portobello Mushrooms with White Truffle Oil*
- *Sugar Snap Pea Tofu Curry in Lite Coconut Milk*
- *Butternut Squash Ravioli OR Summer Vegetable Ravioli*
- *Spinach and Feta Puff Pastry Bites*
- *Risotto – Asparagus with Asiago Cheese OR Saffron Risotto with Arugula, Red Pepper and Asiago Cheese OR with Roasted Vegetables and Balsamic Vinaigrette*
- *Polenta Cake topped with Sauteed Mushrooms and lite cream sauce*
- *Frittata – Mediterranean, Spinach (Italian), Ham & Swiss*
- *Farfalle Pasta tossed with arugula pesto, cherry tomatoes*
- *Roasted Vegetable Crepes*
- *3 Cheese Lasagna with Spinach*
- *Potato Gnocchi with Pesto or Marinara Sauce*
- *Baked Ziti with Mushrooms and Bell Peppers*
- *Grilled Vegetable Fajitas*
- *Risotto Stuffed Bell Peppers*
- *TOFU - Citrus Marinated OR Sweet & Sour OR Tofu Scaloppini OR Stir Fry Tofu*
- *Grilled Portobello Mushroom stuffed with*
- *Spinach and Cheese Enchiladas or Cheese Enchiladas*
- *Caprese Sandwich with Roma Tomatoes, Basil and Mozzarella Drizzled in Olive Oil on Focaccia Bread*

### ***SALAD CHOICES:***

*Arugula, Avocado & Grapefruit with a simple vinaigrette*  
*Crisp Romaine with Cherry Tomato, Julienne Carrots, Cucumber and Parmesan Cheese*  
*Romaine with Shredded Carrots, Peas, Shallots and Balsamic Vinaigrette*  
*Spinach with Sliced Pears, Gorgonzola Cheese, Walnuts and Raspberry Vinaigrette*  
*Garden Salad with Jicama, Mushrooms, Black Olives and Cilantro Ranch Dressing*

### ***VEGETABLE CHOICES:***

*Steamed Broccoli, Cauliflower and Carrots*  
*Blue Lake Green Beans*  
*Marinated Grilled Vegetables*

### ***STARCH CHOICES:***

*Potato Gratin*  
*Rice Pilaf*  
*Roasted Red Potato*  
*Spanish Rice & Beans*

### ***DESSERT CHOICES***

*Cookie*  
*Brownies*  
*Lemon or Raspberry Bars*  
*Cinnamon Twists*