



# MENU



Hero's Kafe Catering









Our menu can be accommodated to fit dietary restrictions upon request. We would be glad to talk to you to recommend the best options.



\*Indicates dietary options.

## BREAKFAST

### Continental

Fruit juice, freshly baked bagels and croissants, seasonal fruit, cream cheese, jam and butter.

### Americano

Scrambled eggs, pork or turkey bacon, potatoes, bagels, croissants and fruit juice.

### Healthy Breakfast

Variety of yogurts, granola bars, trail mix, fruit juices and seasonal fruit.

### Coffee Service

Colombian Coffee served with 2% milk, half and half, almond milk, creamers, sugar and a variety of teas.

### Gluten Free Options

#### Brekky Bowl

Blueberry lavender jam, monk fruit sugar, coconut milk, shredded coconut, pecans, almonds or cashews.

#### Yogurt Parfait

Greek yogurt, chia-granola, blueberry lavender jam made with monk fruit sugar.

## STATIONS / BARS

### Bagel Breakfast Station

 \*Upon request.

Variety of freshly baked bagels, cream cheese, jam, Nutella, seasonal fruit, smoked salmon, capers, fresh dill, lemon slices, cucumber, ham and cheddar cheese.

### Brunch Station

Freshly baked bagels and croissants, jam, butter, cream cheese, honey, boiled eggs, pork or turkey bacon, smoked salmon, seasonal fruit, cucumber, tomatoes, lemon slices, capers, green onions and cheddar cheese.

### Meeting Lunch

Variety of 1/2 sandwiches with chips and choice of salad (house, Greek, Italian or Caesar).

### Salad Station

 \*Upon request.

Spring mix, baby kale, spinach, tomatoes, cucumbers, fresh peppers, beets, carrots, chickpeas, croutons, almonds, shredded mozzarella and cheddar cheeses, avocados, salami, pickles, grilled chicken, olives, bread rolls and a variety of salad dressings.

## Lunch Station

Soup of your choice(\*) with a variety of our signature 1/2 sandwiches and chips or house salad.

\*we recomend to talk with the chef to select the best option of soup for your event.

## Taco Bar

   \*Upon request.

Grilled chicken, angus beef, black beans, lettuce, tomatoes, onions, peppers, corn, cucumbers, guacamole, salsa, queso, sour cream, shredded mozzarella and cheddar cheese, hot sauce, salsa verde, cilantro, lemon wedges, jalapeños, small tortillas, hard shells, tortilla chips and spring mix.

## Power Bar

   \*Upon request.

Quinoa, baby kale or arugula, spring mix, sweet potatoes, hummus, cucumbers, cherry tomatoes, chickpeas, grilled chicken, green onions and variety of dressings.

## Mediterranean Corner

   \*Upon request.

Grilled dill yogurt chicken, couscous or quinoa salad, eggplant relish, kalamata olive tapaneda, hummus, Tzatziki sauce and pita bread.











## Build Your Own Poke Bowl















   \*Upon request.

Rice, quinoa, grilled chicken, teriyaki sauce, broccoli, sliced mango, shredded carrots, shredded cabbage, corn, edamame, almonds, sliced jalapeños, cherry tomatoes, sliced cucumbers, sliced radishes, chili garlic sauce, boom boom sauce, salsa verde, hot sauce, soy sauce, sesame seeds, pepper flakes, avocado, limes, basil, cilantro and boiled eggs.



# APPETIZERS

- Polenta and Shrimp skewers with sauce.  
- French Onion meatballs.
- Portobello caps with roasted tomato and mozzarella.  
- Tomato tartlets with puff pastry.
- Caprese salad skewers.  
- Chimichurri chicken potstickers. 
- Chimichurri vegetable potstickers.  
- Antipasto skewers.
- Feta spinach pinwheels. 
- Empanadas (beef, chicken, onion and chese, spinach and cheese, turkey bacon and cheese).
- Bruschetta with ricotta, basil pesto and tomatoes.

- Shrimp Ceviche.   
- Tuna ceviche.   
- Vegan ceviche.   
- Peach mozzarella & prosciutto skewers. 
- Mini quiches.
- Variety of tea sandwiches (vegetable, tuna, ham, chicken, cream cheese cucumber).
- Yuca Croquetes.  
- Plantain Baskets with shrimp and magic sauce. 
- Plantain Baskets with salsa de queso. 

# LUNCH

## Healthy Break-time

Fresh seasonal fruit, tortilla chips and salsa, fresh vegetables or pita bread with hummus and a variety of yogurts.

## Breaktime

Our signature sandwiches of your choice, served with chips, house salad and a variety of our sauces. Your choice of 1/2 sandwich or whole.

# HK SANDWICHES

## BLT

Spring mix, tomato, turkey bacon, fresh mozzarella and balsamic vinaigrette on croissant.

## Bova

Spring mix, steak and chimichurri sauce on rosemary bread.

## Caprese

Fresh mozzarella, parmesan cheese, tomatoes and basil pesto on a roghani naan.

## Cubano

Ham, roasted pork, Swiss cheese, pickles and mustard on Cuban bread.

## Gaicho

Spring mix, roasted pork and chimichurri sauce on rosemary bread.

## Oa's Vegan Power

Spring mix, roasted red peppers, tomatoes, pickles, jalapeños, yellow peppers, black beans, avocado and basil pesto dressing on Cuban bread.

## Subwich

Ham, salami, provolone, coleslaw and pepperoncini on a Cuban or French bread.

## The Sidekick

Spring mix, chicken and chimichurri sauce on rosemary bread.

## The Zach

Spring mix, avocado, roasted chicken, turkey bacon on Cuban bread.

# COLD WRAPS

## Tuna Wrap

Tuna in water, celery, tomatoes, cucumber, cilantro, lettuce, mayo and spring mix.

## Chicken Cranberry Salad

Oven roasted chicken, celery, \*pecans, cranberries, Greek yogurt and mayo.

## Cheddar-Turkey ham

Turkey ham, cheddar cheese, tomatoes, spring mix and mayo.

# FISH & SEAFOOD

## Mediterranean Fish 🌿🍷

Cod, basil, tomatoes, garlic, lemon and olive oil.

## Lemon Butter Tilapia 🌿🍷

Tilapia, lemon, parsley.

## Mahi Mahi in Lemon Garlic Sauce 🌿

Mahi Mahi fillets, butter, paprika, onion, Greek yogurt, butter and olive oil.

## Salmon Teriyaki

Salmon, teriyaki sauce and green onions.

## Garlic Shrimp Langostinos on a Oregano-Tomato Sauce 🌿🍷

## Clams Marinara 🌿🍷

# CHICKEN

## Parmesan Crusted Chicken 🌿

## Chicken Stew with Potatoes 🌿🍷

## Oven Roasted Basil Chicken 🌿🍷

## Grilled Chicken 🌿🍷

# BEEF

## Cuban Ropa Vieja 🌿🍷

Beef flank braised with bell peppers, onions, tomato paste and pimento stuffed olives cooked until fall-apart tender and served with white rice or quinoa.

## Rosemary-garlic Roasted Beef 🌿🍷

Rib-eye roast, fresh rosemary, garlic, mushrooms.

## Peppercorns Brisket

Brisket, garlic, red potatoes, rosemary, peppercorns and shallots.

## Carne Asada 🌿🍷

Olive oil, lime, cilantro, garlic, chili powder marinade over a flank steak.

# PORK

## Mediterranean Marinated Pork Chops

Garlic, lemon, oregano, parsley, rosemary and thyme marinated. 🌿🍷

## Mustard-roasted Pork



# PASTA

Sun-dried Tomatoes Pasta, Spinach, Goat Cheese and Farfalle Pasta.

Creamy Garlic Penne Pasta.

Philly Cheesecake Rigatoni Pasta.

Fettuccine a La Carbonara. 🍷

Linguini in a Homemade Pomodoro Sauce and Prosciutto Pasta. 🍷

Margherita Pasta

Onion, tomatoes, garlic, Italian seasoning, parmesan cheese and basil.

\*We can make these pastas gluten free with chickpea pasta.

# CHARCUTERIES

## Cheese Board

Assorted cheeses, baguettes, crackers, seasonal fruit, nuts and dry fruit, meats, antipasto, dips and spreads.

## Green Goddess Charcuterie

🌾 🍷 🌿 \*Upon request.

Green beans, carrots, celery, cherry tomatoes, broccoli, cauliflower, radishes, peppers, cucumbers and lemon wedges.

# SIDES

- Potatoes and green beans. 🌾 🍷 🌿
- Brussels sprouts au gratin. 🌾
- Bacon and green beans bundles. 🌾 🍷 🌿
- Roasted seasonal veggies. 🌾 🍷 🌿
- Sweet Plantains. 🌾 🍷 🌿
- Patacones (fried green plantains). 🌾 🍷 🌿
- Roasted Potatoes. 🌾 🍷 🌿

- Maple roasted beets and carrots. 🍷 🌿
- Spinach and zucchini vegetable bake.
- Zucchini Tomato bake. 🌾 🍷 🌿
- Honey bacon potatoes. 🌾 🍷 🌿
- Olive oil roasted sugar snap peas. 🌾 🍷 🌿
- Pastry pesto zucchini rosettes. 🌿
- Creamy garlic mushrooms.

# POLICIES AND PROCEDURES

- Changes can be made up until two business days of the event. If for some reason the number of people goes up after that, please let us know as soon as possible, as we may be able to make things work. Cancellations made at least four days before the event are free of charge. Cancellations made less than four business days before the event, will incur in partial charges as follows:
  - 72 to 48 hrs - 40% of the total cost
  - 48 to 24 hrs - 60% of the total cost
  - Less than 24 hrs - 100% of the total cost
- In case of bad weather, the event can be canceled the business day prior to it, by 12:00 pm. If the event is on a Saturday or Monday, then the cancellation must be done the Friday before, by noon. Events canceled after this time will be charged in full as per the invoice. The exception to this would be if the event is rescheduled within two weeks of the original date. The re-scheduling must be done at the time of canceling the original event.
- Centerpieces or other decorations are not included in our pricing but we are happy to add them for you at an additional cost. Flower arrangements are subject to seasonal availability.



