

Alfredo Catering Inc.

Office Hours: Monday-wednesday 1:00-6:00pm

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[website: alfredocatering.net](http://alfredocatering.net)

15-18ppl Medium \$ / 30-40ppl Large \$

Salads	Description
Arugula Edamame salad only for sushi	Arugula, fresh edamame, red onion, roasted garlic, serrano peppers, avocado, ponzu sauce, olive oil
Baby Spinach and Endives salad	Cranberries, endives, baby spinach strawberries, raspberries, candy walnuts, raspberries
Mix green salad	Heart of palm, lettuce, baby corn, avocado, cherry tomatoes, italian or balsamic dressing
Garden salad	Lettuce, cherry tomatoes, bell peppers carrots, avocado, balsamic dressing, italian dressing or lemon olive oil dressing
Aniz w arugula salad	Avocado, cucumber, dill, fresh lemon dressing
Arugula w heart of palm	Corn, cherry tomatoes, avocado, fresh lemon dressing
Baby brussel sprouts salad	Brussel sprouts, cranberries, walnuts
Quinoa tabbouleh salad	Quinoa, parsley, bulgurs, chopped tomatoes, onion, olive oil lemon dressing
Grilled veggies salad	Zucchini, bell peppers, mushrooms, asparagus, eggplant, onions, avocado, corn, endives, olive oil and balsamic dressing
Shirazy ½ moon	cucumber, tomatoes in big pieces with avocado, parsley onion. Fresh lemon dressing salt pepper
Shirazy salad	Small cubed cucumber tomatoes parsley onion fresh lemon dressing salt pepper
Chinese chicken salad	Lettuce, cabbage, mandarin, green onions, sesame seeds, chinese noodles, chicken, oriental dressing

Salads #8

Santa fe salad	Lettuce tomatoes black beans corn cabbage cilantro peanut dressing
Beet corn salad	Beet corn avocado onion lemon dressing
Mango papaya beet	Beet mango papaya cilantro lemon dressing
Mango papaya salad	Mango, papaya, cilantro, pineapple juice, apple juice, orange, lemon olive oil
Kale summer salad	carrots , cabbage, red beets, sunflower seeds ginger balsamic dressing(or can add raspberries,blueberries, or all type of fruit)
Cold Couscous salad	Cooked cold cocous with yellow orange pepper garbanzo cucumber cherry tomato red onion cilantro green onion lemon olive oil dressing
Chopped salad	garbanzo sundried tomato green olives cut in 2 pcs olives yellow and orange pepper julian w red wine dressing salt pepper mayo oregano
Asian chopped salad	Mix green salad with carrots colored cabbage celery green onion cilantro asian sesame dressing
BBQ chopped salad	Iceberg lettuce, black bean, corn , roma tomato, bbq sauce and chicken (optional)
Kale carmela	Radishes cucumber corn lentil quinoa pecorino cheese (optional) with a lemon olive oil mustard salt and pepper dressing
Cesar salad	Lettuce, mix green, or iceberg Lettuce with cesar parmesan and croutons
Baby gem salad	Baby gem cut in half or 4 pcs w radicchio and cilantro avocado lime dressing
Burrata salad***	Arugula with heirloom tomatoes burrata, truffle burrata olive oil and balsamic oil.
Beet 2 color	Gold and red beet lemon juice olive oil salt pepper
American coleslaws	coleslaw mix cabbage carrots w mayo pineapple juice lemon salt pepper sugar pickles
Fresh coleslaw	Coleslaw mix lemon serrano green onion cilantro
Israel red coleslaw	Red cabbage mayonnaise dijon mustard white wine vinegar garlic powder salt pepper

Salads #8

Frisee andive salad	fig apple black berries pomegrante w balsamic vinegrette
Artichoke salad	Garbanzo yellow pepper green pepper orange pepper purple onion tomato ½ moon no seeds Green olives kalamato olives no seeds Avocado artichokes lemon olive oil dressing
Lorenzo salad	parmesan cheese (opcional) mix greens chopped romaine poco baby spinach chopped tomato (garbanzo avocado heart of palm tossed in a creamy lemony dressing (lemon zest lemon juice azucar ajo sal vinagre mayonesa olive oil)
Greek salad	Feta cheese (optional) romaine lettuce iceberg lettuce cucumber tomato colored olives red onion red wine vinaigrette