

BEEF KING Catering – Italian Meats, Gluten Free & Plant Based Options

Breakfast:

Stratas: serves 10 \$50/half tray

layers of milk, egg & cheese and other savory ingredients baked into a puffy casserole.
(vegetarian, PBO & GFO available)

Bacon, cheddar, mushroom, tomato

chicken, broccoli, corn, chilies & jack cheese

Cheddar, Mushroom, tomato **(Vegetarian)**

French Toast Strata w/ house made blueberry syrup (GFO add \$5)

Chili Relleno Chorizo Deep Dish Frittata (GF) a hash brown potato base, baked with layers of eggs, cheese, chorizo, tomato, green chilis and spices.

Peppers and egg Sandwich with mozzarella (make your own) **(vegetarian)**

GF Bread – add \$2/pp)

Greek yogurt & Honey Oat Granola (GF) (\$5/per person)

Assorted fresh fruit bowl (GF, PB) small - \$30/ serves 10 large - \$60 serves 20

Plant Based Breakfast Options:  free of animal & dairy ingredients

Strata – made with potatoes, bread, zucchini, tomato, onion, & basil jalapeno cashew cream

Blueberry French Toast Strata w/ home made blueberry syrup (GFO – add \$5)

(coconut milk, tofu, bread, fresh blueberries, sugar, salt, cinnamon, vanilla

Kite Hill Greek Almond Yogurt (GF) (\$6/pp)

Assorted fresh fruit bowl (GF, PB) small - \$30/ serves 10 large - \$60 serves 20

Lunch/Dinner:

Make your own: \$10/pp for 1 protein or plant based option (includes bread, pita & toppings) \$12/pp for 2 proteins \$14/pp for 3 proteins

GFO: Bread, Steamed White Rice, or Lettuce Wraps – add \$2/per person)

Hot Italian Sandwiches

Italian Beef sandwich

our signature made with roasted beef fully cooked, sliced paper thin, simmered in an Italian spiced au jus, served with local made baguette bread. includes giardiniera & steamed bell peppers.

Organic All Beef Meatballs in Marinara (GFO – Add \$5 per pan)

our family recipe made with organic, grass-fed ground beef. All beef meatballs simmered in house made marinara, served with roasted bell peppers & local made baguette bread & parmesan

Italian Sausage and peppers (GF)

Local Paisano mild Italian seasoned pork sausage, grilled & served with local made baguette bread.

Chicago Hot Dog – (2 dogs/per person) Vienna all Beef hot dogs, steamed buns, and all the Chicago Dog toppings: mustard, onion, relish, sport peppers, pickles, celery salt (GF Bun – add \$2/per person).

Gyro – grilled lamb-beef slices served with pita, tatziki sauce, tomato, red onion & feta

Chicken Shawarma (GF) (GF pita – add \$2/per person)

marinated and grilled chicken thighs in shawarma spices, served with pita bread, tomato, red onion, toum (garlic paste) & creamy tahini sauce

Greek Chicken Rice Bowls (GF)

chicken thighs marinated in a lemon vinaigrette, grilled & served with steamed white rice, cucumber & tomato salad, Greek olives, organic hummus & feta

Lemon Chicken (GF) – marinated chicken thighs in a lemon vinaigrette and grilled.

Plant Based Lunch Options:  free of animal & dairy ingredients

Vegan Italian Beef (PB)

our unique and AH-MAZING house made Italian spiced seitan simmered in a vegan au jus, served with local made baguette bread, hot giardiniera & steamed bell peppers. Tastes like the real deal!

Mushroom Philly Cheese Steak (PB)– grilled and seasoned cremini & portobella mushrooms, bell peppers & onions. Served with a dairy free/nut free parmesan fonduta, and local made baguette bread.

Vegan Gyro (PB)- our house made vegan seitan sliced and grilled, served with pita bread red onion, tomato, vegan tzatziki sauce. **and regular or house made vegan feta**

Vegan “Chicken” Shawarma (PB)– house made chicken spiced seitan, marinated in shawarma spices, grilled & served with pita bread, red onion, tomato, dairy/egg free toum (garlic paste) & creamy tahini sauce.

Entrée Salads:

BUFFALO CHICKEN PASTA SALAD

rotini, roasted chicken breast, fresh bell pepper, red onion, and blue cheese tossed in a creamy zippy buffalo sauce

Buffalo Chicken Quinoa Salad (GF)

Roasted chicken breast, organic quinoa, fresh veggies, green onion tossed in zippy buffalo sauce, Served with blue cheese on the side.

Lemony Orzo Dill Salad w/ Chicken & Goat Cheese (PBO)

Roasted chicken breast, orzo, bell pepper, cucumber, green onion, organic fresh dill tossed in a light lemon-garlic vinaigrette with goat cheese on the side

Caprese Pasta Salad (Vegetarian)

fusilli pasta, fresh mozzarella pearls, home grown tomatoes, fresh organic basil, and pesto tossed in an olive oil balsamic dressing.

Mediterranean Black Rice Salad w/ Vidalia Onion Dressing (V/GF)

organic black rice, fresh organic spinach, tomato, marinated artichoke hearts, white beans, Kalamata olives, toasted pine nuts. (gluten free & vegan)

Pastas: half pans serve 10

Baked Ziti 3 cheese with Sausage and Spinach half pan \$50 (GFO – add \$5 per pan)

Baked Ziti 3 cheese with Spinach half pan (vegetarian) (\$45) (GFO – add \$5 per pan)

Mostacioli w/ olive oil, garlic and broccoli half pan (PB) \$45 (GFO – add \$5 per pan)

Mostacioli w/ marinara (PB)

Sides & Salads: meatless/PB options available

small - \$40 serves 10 large - \$80 serves 20

Big Italian Salad (PBO)

romaine, radicchio, iceberg, tomato, red onion, Mediterranean olives, pepperoncini & shaved asiago cheese on the side. Served with Italian vinaigrette or ranch

Greek Salad (GF, PB)

crisp romaine, red onion, tomato, Kalamata olives, cucumber, & feta on the side. Served with lemon vinaigrette or olive oil vinaigrette

Cucumber, Tomato, Onion Salad (GF, PB)

veggies are tossed in a house made balsamic vinaigrette

Quinoa Tabbouleh (GF, PB)

organic quinoa, tomato, cucumber, lemon, mint, parsley, olive oil, spices

Lemony Orzo Dill Salad w/ Fresh Vegetables & Goat Cheese (PBO)

Orzo, bell pepper, cucumber, green onion, organic fresh dill tossed in a light lemon-garlic vinaigrette with goat cheese on the side

Creamy Mac and Cheese (GFO – add \$5)

spiral pasta tossed with a house made creamy classic cheese sauce

Giambotta (GF, PB)– roasted zucchini, bell peppers, onions, and tomato in olive oil and Italian herbs

NO Rice Cauliflower Risotto (GF, VEG, Paleo)

riced cauliflower sautéed with fresh spinach, onion, mushroom, garlic, cream, parmesan

Boulder Potato Chips (GF, PB) – 10 pack = \$10

Assorted fresh fruit bowl (GF, PB) small - \$30/ serves 10 large - \$60 serves 20

Desserts:

German Chocolate Brownie tray \$35/ serves 10 (GFO – add \$5)

Double Chocolate Frosted Brownie tray \$30/ serves 10 (GFO – add \$5)

Vegan Brownies w/ Date Caramel Sauce (GF, PB) \$35/ serves 10

Lemon Ricotta Cookie Tray \$30/ serves 10 (GFO – add \$5)

Cannoli Tray - \$4/pp

Crispy shells filled with Traditional Cannoli Cream or Nutella Mousse

Cannoli Chips and Dip \$40/ serves 10 (GFO – add \$5)
bowl of cannoli cream served with pieces of deep fried cannoli chips

Party Pans & Alla Carte Extras

Party pans serve 10

Sausage and Peppers (\$45/half pan – 10 pieces)

Organic All Beef Grass Fed Meatballs in Organic Marinara (\$45/half pan – 30 two ounce meatballs) (GFO – add \$5)

Lemon Chicken (\$45/half pan – serves 10)

Italian Beef or Vegan Italian Beef included au jus (\$50/half pan is 3.5 lbs with au jus)

Italian Beef or Vegan Italian Beef FROZEN by the pound \$16/lb includes au jus

Giardiniera by the pint: \$4.5/pint mild/hot/or extra hot

Sweet peppers (steamed bell peppers) - \$4/pint

Hoagies rolls – 6”/ \$1/ea 4” - 0.75/ea

GF Bread/Bun/pita/lettuce wraps - \$2/per person

GFO – add \$5 per pan

Delivery - \$25

Buffet Set up – additional charge

Pick up at commissary - Free

Enough compostable plates, utensils & napkins for – 1-50/\$5 over 50/ \$10

Extra Serving Utensils - \$1/ea

Chaffing rack, pan & sterno - \$10

Individual sodas, lemonade, water and sparkling water - \$2

Coke/D-Coke, Sprite, Minute Maid lemonade, bottled water, assorted sparkling water

Min order for delivery \$75 48 hours notice for all orders please

Happy to accommodate allergies & special requests when possible, please ask

**CALL OR EMAIL LINDA FOR QUESTIONS OR TO PLACE AN ORDER
303-324-4338 or thebeefking@hotmail.com**