

La Fontaine Catering

Mediterranean Menu Choices

STARTERS

TURKISH SALAD (veg.) (g.f.) (l.f.)

Romaine hearts, cucumber, tomatoes, feta cheese, lemon, extra virgin olive oil

SHEPHERD SALAD (veg.) (g.f.) (l.f.)

Diced cucumber, tomato, bell pepper, onion, mint, extra virgin olive oil

TRE COLORI SALAD (veg.) (g.f.) (l.f.)

Red cabbage, white cabbage, romaine lettuce

RED LENTIL SOUP

Puree of lentil, onion, celery, and carrots

EGGPLANT SALAD (veg.) (g.f.) (l.f.)

Grilled and chopped eggplant, red bell pepper, tomato, extra virgin olive oil, pomegranate molasses

APPETIZERS

RED THING (veg.) (g.f.) (l.f.)

Pepper paste, onion, sun-dried tomato, pomegranate molasses, extra virgin olive oil

SPANAKOPITA (veg.)

Cheese and spinach stuffed delicate pastry

DOLMADES (veg.) (g.f.) (l.f.)

Grape leaves stuffed with herbed rice

TURKISH MEATBALLS

Grilled herbed meatballs

HAYDARI (veg.)

Lebne yogurt, fresh garlic, cucumber, and dried mint

HUMMUS (veg.) (g.f.) (l.f.)

Garbanzo bean, tahini, extra virgin olive oil

MUCVER (veg.)

Zucchini, baby dill, parsley, fresh mint croquettes

SATSUKA (veg.) (g.f.)

Fried vegetables with yogurt sauce

TZATZIKI (veg.) (g.f.)

Yogurt, cucumber, mint

ENTREES

LAMB & BEEF GYRO (DONER)

Lamb & beef cooked on a vertical spit, served with salad and rice

STUFFED EGGPLANT (g.f.) (l.f.)

Beef Bolognese stuffed eggplant

STUFFED EGGPLANT (veg.) (g.f.) (l.f.)

Onion, tomato, garlic

CHICKEN SOUVLAKI

Skewer of grilled chicken thighs

BEEF SOUVLAKI

Skewer of Angus beef filet mignon

VEGETABLE CASSEROLE (veg.) (g.f.) (l.f.)

Diced mixed vegetables with tomato sauce

LAMB CASSEROLE

Lamb, mixed vegetables, demi-glace

CHICKEN CASSEROLE

Chicken thigh, mixed vegetables, marinara sauce

KADINBUDU KOFTE

Rice, ground veal, fresh onion, and herbs

MOUSSAKA

Layers of eggplant, ground beef, and béchamel

