

La Fontaine Catering
Italian & French Menu Choices

APPETIZERS

CRAB CAKES

Dungeness crab, arugula, lemon – caper aioli

EGGPLANT GRATIN

Layer of olive oil marinated eggplant, tomato, ricotta, and parmesan cheese

POTATO GRATIN

Layer of potato, tomato, ricotta, and parmesan

CROSTINIS

- Bay Shrimp Crostini with mango salsa
- Smoked Salmon Crostini with capers, lemon-dill aioli
- Cheese Crostini

BRUSCHETTA

Garlic, basil marinated tomatoes, asparagus, Parmigiano

STUFFED DATES

Filled mascarpone cheese, orange zest, wrapped Parma prosciutto, aged balsamic

PROSCIUTTO & MELON

Seasonal melon wrapped with Parma prosciutto

ARANCINI

Fontina and mozzarella cheese filled rice balls

SALAD

SPRING MIX SALAD

Organic spring mix, sweet grape tomatoes, Romano cheese, homemade Italian dressing

CAESAR SALAD

Romaine lettuce, Parmigiano, croutons, caesar dressing

BEET SALAD

Roasted red and golden beets, arugula, goat cheese, almonds, citrus – truffle vinaigrette

CAPRESE SALAD

Bocconcini mozzarella, cherry tomato, basil, extra virgin olive oil,
balsamic vinaigrette

TRE COLORI SALAD

Butter lettuce, arugula, radicchio, lemon – tarragon dressing

PASTA SELECTIONS

ROASTED GARLIC MUSHROOM RAVIOLI

Basil pesto sauce

LOBSTER RAVIOLI

Lobster tail meat stuffed with square ravioli in creamy dill white wine
sauce

TRE COLORI TORTELLINI

Spinach, sun dried tomato, egg pasta, cheese stuffed, cream white wine

GNOCCHI

Spinach and potato dumplings, mushroom, cream, truffle oil

PENNE ALLA DIAVOLA

Tomato, onion, garlic, eggplant, spicy marinara

POLLO D'ANGELO

Tube pasta, chicken breast, mushrooms, green peas, sun dried
tomatoes, cream, sherry wine

ORECCHIETTE

Ear shaped pasta, sweet pepper, basil pesto

SPAGHETTI MEATBALLS

Spaghetti pasta, lean, ground veal and beef meatballs, tomato sauce

POULTRY

CHICKEN SCALLOPINI

Chicken tenders, mushrooms, demi-glace, Marsala wine

CHICKEN PICCATA

Chicken breast, lemon, capers, artichoke hearts, butter, white wine

CHICKEN SALTIMBOCCA

Chicken breast, prosciutto, sage, mozzarella cheese, shallots, butter, and
Maderia wine

CHICKEN PAILLARD

Grilled chicken breast, fine herbs

GAME HEN

Slowly oven roasted game hen, rosemary, demi-glace

COQ AU VIN

Oven baked free-range chicken thigh, white mushroom, garlic, demi-glace, Chianti wine

CORDON BLEU

Free-range chicken breast, stuffed with ham and fontina cheese, in fresh herb creamy dill white wine

CHICKEN PARMIGIANA

Chicken breast, Parmigiano cheese, breaded, in marinara sauce

CHICKEN PIEMONTESE

Chicken tenderloin, artichoke hearts, brie cheese, sherry wine, cream

SEAFOOD ENTREES

PAN SEARED SALMON

Fresh Atlantic salmon filet, saffron beurre blanc

GRILLED SWORDFISH

Lemon, caper, artichoke hearts, Chardonnay wine

BLACKENED SOLE

Coated sole with fresh herbs and spices, chipotle aioli

ALMOND CRUSTED SOLE

Lemon, cherry tomato, asparagus, saffron beurre blanc

PISTACHIO CRUSTED SOLE

Lemon, tarragon vinaigrette

CRAB & ASPARAGUS STUFFED SOLE

Hearts of palm, grape tomato, fresh tarragon beurre blanc

