



**CATERING THE**  
*freshest flavors*

**General Atomics  
Café 7 | Café 86 | Café 92**

**THE FRESH FORK**

# RISE AND SHINE IT'S *breakfast time!*

## Breakfast

*priced per person, minimum 6 guests  
served with bottled water & coffee*

### **new york bagel shop (v) 4.95**

*assorted locally baked bagels, regular & herbed  
cream cheese*

### **yogurt bar (v) 6.75**

*low fat vanilla yogurt, seasonal berries, granola &  
toasted almonds*

### **classic continental (v) 7.50**

*assorted mini muffins, danish & scones with  
seasonal diced fruit*

### **premium continental (v) 9.75**

*assorted mini muffins, danish, scones, individual  
yogurts, granola & seasonal diced fruit*

### **hot breakfast buffet 12**

*scrambled cage free eggs, applewood smoked  
bacon, sausage patties, herb roasted breakfast  
potatoes, mini muffins, danish & scones with  
tapatio & ketchup*



## A la carte

### **freshly-baked bagels 2.50**

*with plain cream cheese, butter and preserves*

### **freshly-baked full-size muffins 2.75**

### **gourmet miniature pastries 3.00**

### **assorted whole fruit 1.50**

### **fresh fruit mosaic 4.50**

*sliced fresh fruit and berries with honey yogurt dip*

### **individual yogurt cups 1.75**

### **granola berry parfait 3.50**

*8 person minimum*

### **southwest vegetarian egg burrito (v) 5**

*scrambled eggs, roasted peppers, spinach, black  
beans, jack cheese, fresh salsa*

### **socal soyrizo & egg burrito (v) 5**

*gourmet tortilla, scrambled cage free eggs, soyrizo,  
potatoes, jack cheese & fresh salsa*

### **sausage & egg burrito 5**

*gourmet tortilla, scrambled cage free eggs, potatoes,  
sausage & jack cheese*

### **classic croissant sandwich 5**

*pan fried cage free egg, applewood smoked bacon &  
cheddar cheese*

### **artisan ciabatta sandwich (v) 5**

*scrambled egg whites, baby spinach, ripe tomato &  
crumbled feta*

**upgrade to premium bottled water 1.50**

**add bottle juice (80-290 cal) 2.00**





# Deli

## house sandwiches

### boxed lunch 10.95

6 person minimum

individual chips, fresh baked cookie, piece of fruit, mayonnaise, mustard & cold beverage

**roast turkey** provolone cheese, leaf lettuce & tomato on sliced whole wheat bread

**santa fe roasted chicken** pepper-jack cheese, leaf lettuce & tomato on sliced sourdough

**black forest ham** swiss cheese, leaf lettuce & tomato on sliced sourdough

**veggie wrap (v)** roasted vegetable, baby spinach, sliced tomatoes, avocado on gourmet tortilla

## chef crafted sandwiches

### boxed lunch 11

6 person minimum

individual chips, fresh baked cookie mayonnaise & mustard

### grilled chicken sun-dried tomato pesto

arugula, fresh mozzarella, roasted red pepper & basil pesto aioli on ciabatta

**italian turkey** spinach, roasted red pepper & artichoke salad, & roasted garlic aioli in an artisan bread

**mediterranean tuna salad** lemon basil caper dressing, oven roasted tomatoes, local mixed greens & shaved red onions in grilled flatbread

**california garden (v)** pesto grilled eggplant, cucumbers, tomato, red onions, baby kale & sundried tomato aioli in a spinach wrap

*\*type of cheese subject to availability*



# Platters Deli Roots & seeds

6 person minimum

## house sandwich platter 15.75

selection of 3 house sandwiches, pickle spears, pepperoncini peppers, mayonnaise, mustard, selection of 1 roots & seeds salad, assorted individual chips & assorted freshly baked cookie

## chef crafted sandwich platter combo 17

selection of 3 chef crafted sandwiches, pickle spears, pepperoncini peppers, mayonnaise, mustard, selection of 1 roots & seeds salad, assorted individual chips & assorted freshly baked cookie

## house deli platter 10.95

includes the following variety of sandwiches prepared on select breads and rolls, served with potato chips, kosher dill pickle spears, assorted soda and bottled water:

- fresh roasted turkey breast
- ham and cheese
- roasted top round of beef
- chicken salad
- tuna salad
- egg salad
- vegetarian

ADD A SALAD TO PLATTERS ORDER

## **greek salad (v)**

grape tomato, cucumber, kalamata olives, red onion & crumbled feta cheese

## **classic caesar salad (v)**

romaine hearts, shaved parmesan cheese & brioche croutons

## **pesto pasta salad (v)**

sundried tomatoes & kalamata olives

## **garden salad (v)**

shredded carrots, black olives, sliced cucumbers, cherry tomatoes





## Roots & seeds

*minimum of 6 guests*

**baby kale grilled salmon caesar** 10.50

shredded parmesan, brioche croutons, cherry tomatoes & lemon caesar dressing

**kenter canyon grain salad (v)** 9.50

field greens, farro, avocado, toasted almonds, roasted beets, local honey & vinaigrette

**baby spinach grilled chicken** 9.50

toasted almonds, blueberries, crumbled blue cheese, pickled red onions & balsamic vinaigrette

**coastal california flank steak** 10.25

baby arugula, edamame, cucumbers, grape tomato, spiced pepitas, sesame seeds, cotija crumbles & house dressing

**quinoa strawberry fields (v)** 9.50

organic spinach, arugula, strawberries, red onions, candied pecans, crumbled feta cheese & balsamic vinaigrette

**chef crafted salad boxed & labeled with a selection of dinner rolls & butter, bagged freshly baked cookies**

## Platters

**the spa (v)** 11

organic baby kale, quinoa, bulgur wheat, grape tomato, roasted ruby beet, curried cauliflower, crispy chickpeas, feta cheese, toasted pepitas & honey dijon vinaigrette

**pacific nicoise (v)** 11

romaine hearts, boiled potato, cage free egg, green beans, kalamata olives, grape tomato, julianne red onion, radish, cucumber & house vinaigrette

**pacific rim (v)** 11

sesame lo mein noodles, napa cabbage, edamame, scallions, sweet peppers, papaya, cucumber, spicy radish & miso citrus vinaigrette

**executive vegetable salad bar (v)** 13.50

crisp romaine & field greens, roasted brussels sprouts, red beets, grilled red onions, roasted artichoke hearts, kalamata olives, grape tomatoes, cucumber, crumbled feta & blue cheeses, candied pecans, house vinaigrette, ranch dressing, locally baked rolls & butter

**upgrade your platter with 1 portion of protein per person**

<b>caramelized cauliflower steak (v)</b>	3.50
<b>balsamic roasted portobello (v)</b>	4.25
<b>garlic herb marinated chicken</b>	4.25
<b>maldon salted flank steak</b>	5.50
<b>seared salmon</b>	6.00



# Create

15 person minimum

\*\*all orders need to be placed by 1pm day prior

## indian by tandoori 18

field greens with mango dressing selection of 2 entrees:

**chicken tikka masala** tomato onion cream sauce

**chicken vindaloo** onion & potatoes in hot sauce

**mushroom masala (V)** mushroom curry & peas

yellow lentils

saffron rice & naan

## little Italy 17

baby kale & parmesan caesar and bread sticks selection of 2 entrees:

**piccolo 5oz meatball** pomodoro sauce

**chicken vesuvio** white wine sauce

**quinoa & butternut meatballs (v)** pomodoro sauce

**vegetable lasagna (v)** parmesan cheese sauce

pesto penne pasta

zucchini, button mushroom & grape tomatoes

## convoy 18

spicy cucumber salad selection of 2 entrees:

**kung pao cauliflower (v)**

**twice cooked pork**

**korean gochujang chicken**

**garlic fried rice**

stir fried gailon

chinese broccoli

**upgrade** with vegetable spring rolls & red chili dipping sauce (2ea) 1.75

## ocean beach 17

selection of 2 entrees:

**battered alaskan pollock**

**citrus plancha grilled chicken**

**adobada marinated veggies (v)**

cilantro rice

cotija dusted black beans

shredded jack cheese, iceberg lettuce,

avocado sauce, salsa de arbol, creamy

chipotle sauce, flour tortillas & tortilla chips

## south park 17.75

southwestern cabbage slaw selection of 2 entrees:

**bbq quartered chicken**

**char grilled tri tip**

**cider roasted pork shoulder**

**maple glazed grilled tofu (v)**

peppered white beans

macaroni & cheese

**upgrade** with cornbread & honey butter 1.75

## la jolla 18

greek salad selection of 2 entrees:

**falafel balls (v)** tomato harissa sauce

**chicken kabobs**

**tri-tip steak kabobs**

spiced basmati rice

z'atar spiced vegetables

pita bread & cucumber tzatziki sauce

# Snacks



## **from the garden (v) 6**

fresh vegetable crudité ▪ house made ranch  
▪ curried yogurt dip

## **so cheesey (v) 8.50**

assorted cubed cheeses ▪ strawberries ▪ grapes  
▪ carr's crackers

## **baja salsa bar (v) 6**

house-made tortilla chips ▪ guacamole ▪ salsa  
fresca & tomatillo salsa

## **crispy snacks 3.95**

classic chips & pretzels with onion dip

## **roasted garlic hummus 5.25**

with baked pita chips

# Simply sweets

whole fruit 1.50

lays chips 1.75

energy bars 3.25

assorted cookies 2.25

assorted dessert bars 2.50

rice krispy treats 2.50



# Celebration

priced per person, served with bottled water  
minimum 10 guests

## house made chips & salsa

4  
add guacamole +2  
add queso +3

## bakers chips and dips

4.5  
pick two:  
dill yogurt  
roasted red pepper hummus  
artichoke and spinach dip

## charcuterie

13

capicola, grilled asparagus, prosciutto, provolone  
cheese, brie, cherry marmalade, gouda, dried fruit,  
marinated olives, spiced candied pecans, goat  
cheese & toasted crostini

## fruit and cheese tray with crostini

small 55 / medium 105  
large 150 / party 210

call our catering team to elevate your event!

our platter and tray sizes meet your needs:

small serves 10-15  
large serves 35-40

medium serves 20-25  
party serves 50-60







## Beverage

# TODAY'S PLAN...DRINK COFFEE AND *Be awesome!*

### **make it hot**

fresh brewed coffee & hot tea service per person	0-50 cal	2.5
regular coffee airpot (serves 10)	0-50 cal	20
decaf coffee airpot (serves 10)	0-50 cal	20
hot tea airpot (serves 10)	0-40 cal	20

### **make it cool with our bottled beverages**

cold brew coffee	0-150 cal	5
frappuccino	170-300 cal	3.5
sweet or unsweet tea	0-240 cal	3
lemonade	100-200 cal	2.5
juice	80-290 cal	2.5

### **make it a premium**

bottled premium smartwater or lifewater	0 cal	2.5
bottled assorted vitamin water beverage	10 cal	3.5

### **add some sparkle**

sparkling water	0 cal	2
premium sparkling water	0 cal	3

### **energize your day**

energy drinks - monster or red bull	0-210 cal	4.5
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### **keep it simple**

bottled soda	0 - 290 cal	2.5
bottled water	0 cal	1.5



# Policies

**Welcome** to Eurest Catering Services at General Atomics. It is our privilege to serve you. This catering guide outlines Eurest's most popular selections for breakfast, lunch, breaks and snacks. The items and buffets detailed here are a mere sampling of Eurest's full catering capabilities. Please feel free to contact us for any special arrangements or items you may not find in our guide. It is our goal to exceed your expectations and we are always available to create a menu tailored to your specific needs.

**Note** that all listed prices are per person, unless otherwise noted. There is a minimum order of 10 people (unless otherwise specified) or \$20.00 minimum, whichever total dollar amount is greater. Prices include delivery, food table/station linens, set-up, break down and pick-up of food and equipment. Certain events (such as china service, tended bars, chef stations) may require additional charges.

**To Order** catering services please contact Eurest. We are more than happy to arrange an initial meeting to discuss your event, meeting or party needs. Or, if you simply need guidance or assistance in placing your order, please contact us. When emailing your order, remember to include all pertinent information, including function day and date; start time; desired set-up and pick-up times; delivery location (building, floor, room); contact information for the individual placing the order (phone and email); and contact information for the individual responsible for the order billing (phone and email).

Café 7 | (858) 455-2147 | cafeteria7@ga.com  
Café 92 | (858) 776-3048 | cafeteria92@ga.com  
Café 86 | (858) 676-7479 or (858) 414-3318 | cafeteria86@ga.com

**24 Hours Advance Notice** is typically required for Eurest to satisfy your dining needs. Our objective is to accommodate your needs; to ensure selection and availability, we request that functions be scheduled with as much advance notice as possible. Of course, we will make every effort to satisfy your dining service needs with reasonable notice. On occasion, your special function may require the hiring of additional personnel. Please notify us as soon as possible of any cancellations to avoid being charged unnecessarily.

**Regular Catering Service Hours** are 7:00 AM - 3:00 PM Monday thru Friday. Catered Orders scheduled outside of regular business hours may receive an additional charge.

**Orders Cancelled** 24 hours or more prior to specified set up time will not incur a cancellation fee. Orders cancelled within 24 hours of specified set up time will be billed according to a cancellation charge: 50% of the total event cost.

**Responsibility for Catering Equipment** provided with your order lies with the individual authorizing the order. All equipment must be returned with the order. Eurest will pick-up all equipment at the time specified by you. Any equipment removed from the original drop-off location must be returned for pick-up prior to the time specified. Any equipment that is lost, broken or removed from the service site will be charged to the individual who authorized the original order at Eurest's replacement cost.

**Special Function Labor** may be required for your event. Eurest will make specific recommendations on the type and number of special servers, chefs, bartenders, etc. All special function labor is charged at \$25/hour with a guaranteed five-hour minimum.

**We Encourage** you to maintain a healthy lifestyle, one that incorporates wholesome, balanced food choices, regular exercise, and an overall attention to living well. We have denoted our Eat Well selections within this catering guide peak to our catering manager to schedule an attendant to make sure your event is a success!





Contact

 the fresh FORK

**CUSTOM** *Selections* **AVAILABLE**

Café 7 | (858) 455-2147 | [cafeteria7@ga.com](mailto:cafeteria7@ga.com)

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