



Welcome to Plates Café and Catering located in Depot Park! More than an employment-training program for formerly homeless mothers, Plates combines quality food and service with a noble cause. From big catering events like Lieutenant Governor Gavin Newsom's swearing-in reception for 400, to intimate retirement parties, our Catering food and service has become the talk of the town! Everyone who eats at Plates becomes a community builder by helping the women training at Plates learn skills to successfully re-enter the job market. Employment training graduates are mothers who have been homeless, but they have proven to be far from helpless. By assisting them to develop the skills required to gain and, most importantly, maintain employment, not only are we helping these women to sustain their families and fulfill their potential, we are also lessening the burden on the system's increasingly precarious and scarce resources.

When you dine with us or let us cater your next event, your funds directly help provide job training and supportive services to women in need. So let us fill your appetite for delicious food and Real Change in our community.

The following pages of menus are some of the more popular dishes. If you don't see your favorite entrée, salad, or dessert listed, please don't hesitate to let us know; we can make anything your heart desires! Should you wish to add beverages or dessert to your order, these may be added at an additional cost.

Our minimum for delivery is 10 guests and we deliver near and far! Delivery fees will range from \$15.00-\$75.00 depending on distance of delivery. Setup and pickup is 15% of total bill. Prevailing county sales tax applies.

We are a full service Catering and Event Planning Company. Should you wish to upgrade your event to include tents, tables, chairs, staffing, and/or set-design, we will be happy to assist you!

Vicky Robertson, our Director of Catering and Event Specialist has over 35 years' experience in catering and event production. She comes to us from the Bay Area and can handle as much or as little as you like. Thank you for considering Plates Café and Catering!

You may reach Vicky @ [vrobertson@eatatplates.com](mailto:vrobertson@eatatplates.com)

Plates Cafe and Catering

14 Business Park Dr. #149

(916) 381-2233

# Continental

All Paper or Plastic ware included

## COMBINATION CONTINENTAL

A variety of Bagels and Smears, Danish, Muffins, Nut breads  
and Coffee Cakes  
(Min. 15 Guests)  
**\$7.75 per person**

## MIDTOWN CONTINENTAL CONNECTION

Build your own  
Select Three

Assorted Bagels and Smears  
Yogurts and Cereals/Granola  
Assorted Euro Danish and Pastries  
Fresh Muffins  
Sliced Coffeecakes and Nut breads  
Seasonal Fresh Fruit  
French Toast Sticks  
Hard Boiled Eggs  
**\$9.95 per Person**

## THE "PLATES" CONNECTION

Fresh Made Breakfast Sandwiches on English Muffins  
Your choice of Ham, Bacon or Sausage  
Fresh Fruit  
Or  
Breakfast Burritos  
Or  
Stuffed Denver Potato Skins  
**(Vegetarian Option Available)**  
Served with Seasonal Fresh Fruit  
**\$9.95 per Person**

**All of the above is served with fresh Roasted Coffee, Tea, and Juice**

# Hot Breakfast

## STRADA SUPREME

A Blend of Egg, Cheese, Mushrooms, Onions, layered atop sliced French Bread and baked to a golden brown.

Served with Homestyle Potatoes, Ham, Bacon or Sausage  
Seasonal Fruit

Croissants or Toasted English Muffins

**\$14.50 per Person**

## “THE OLD FASHIONED”

Scrambled Eggs Served with Homestyle Potatoes, Ham,  
Bacon or Sausage, Housemade Chorizo  
Seasonal Fruit

Croissants and Toasted English Muffins

**\$13.50 per Person**

## “The Station”

Golden Belgium Waffles served with Fresh Seasonal Berries, Whipped Cream, House made Blueberry Syrup, Maple Syrup and Whipped Butter  
Grilled Bacon Slices

**\$10.95 per Person**

## “COUNTRY SCRAMBLE WITH BISCUITS AND GRAVY”

Scrambled Eggs served with Fresh Baked Country Biscuits  
and Sausage Gravy. Chilled Sliced Melon

**\$13.50 per Person**

## “South of the Border Skillet”

Scrambled Eggs atop Crispy Hash Browns, Black Beans, Pico De Gallo,  
Mexican Shredded Cheese and Sour Cream  
Served with Warm Tortillas and Sliced Melon

**\$13.50 per Person**

**All of the above is served with fresh Roasted Coffee, Tea and Orange Juice**

# Cold Buffet

## DELUXE SANDWICH BAR

Variety of Meats and Cheeses served with a Deluxe Platter of Condiments and a Basket of Assorted Breads.

Your Choice of Side Salad or  
Fresh Fruit Salad

**\$11.50 per**

**\*\*With Grilled Chicken or Grilled Eggplant add \$1.50 pp**

## THE WRAP CONNECTION

Colorful and Zesty Tasty Wraps filled with an assortment of Meats, Cheeses and Spreads.

Your choice of Side Salad or  
Fresh Fruit Salad

**\$10.75 Per Person**

## “The Plates Special”

Assorted Ready Made Sandwiches (Choose three)

“The Italian Sub”

Fresh Roasted Turkey Breast on Wheat

Portabella Mushroom on Ciabatta

Tuna Salad on Sourdough

Plates Chicken Salad on Sourdough

Roast Beef on French Roll

Black Forest Ham & Swiss

Grilled Eggplant and Spinach on Focaccia or Ciabatta

Your choice of Side Salad or

Fresh Fruit Salad

**Croissant Sandwiches are available upon request**

**\$11.75 per Person**

# Cold Buffet Cont...

## THE ITALIAN TOUCH

Seasoned Fresh Baked Focaccia or Ciabatta Bread filled with Grilled Chicken, fresh Spinach, Eggplant and Pesto Aioli

Also available with Grilled Vegetables

Your choice of Side Salad or

Fresh Fruit Salad

**\$10.75 Per Person**

## THE PLATES LUNCH BOX

Assorted sandwiches served with your choice of Potato or Macaroni or Side Salad, Cookie or Brownie are included

\$10.95 Per Person

Add Seasonal Fresh Fruit : \$1.75

## THE PLATES SALAD BOX

Your choice of Signature Salads including Fresh Baked Roll with Butter, Cookie or Brownie.

Grilled Chicken Caesar

Asian Chicken Salad

Cobb Salad

Thai Noodle and Vegetable Salad

Chef Salad

Greek Salad

Spinach and Strawberry Salad

**\$10.95 Per Person**

**Add Seasonal Fresh Fruit : \$1.75**

## TASTE OF ITALY

Fresh Roasted Garlic, Tomato, Basil and Cheese baked Focaccia Bread goes great with this 10+ item SALAD BAR with Assorted Meats, Cheeses and Dressings. Seasonal Fruit Included

**\$11.25 Per Person**

# Salads

The following salad selections are used with the Cold Buffet Menus.

**Traditional Potato Salad**

**South of the Border Tossed  
Salad**

**French Potato Salad**

**Mexican Caesar Salad**

**Red Potato and Dill Salad**

**Spinach and Strawberry Salad**

**Macaroni Salad**

**Grilled Vegetable Salad**

**Pasta Primavera Salad**

**Caesar Salad**

**Chopped Salad**

**Middle Eastern Tossed Salad  
With Toasted Pita Chips**

**Tomato, Bell Pepper and Onion  
Salad**

**Bistro Salad**

**“The Wedge Salad”**

**Romaine with Ranch**

**Winter Pear Salad (seasonal)**

**Cole Slaw**

# From the Coop....

**Below Entrees served with Fresh Baked Rolls with Butter, Chef's choice of salad, starch and vegetable to accompany entrée.**

Grilled Teriyaki Chicken with  
Pineapple and Mushrooms

**\$13.95 Per Person**

\*\*

Sante Fe Chicken

**\$13.95 Per Person**

\*\*

Lemon Chicken Parmesan

**\$13.95 Per Person**

\*\*

Emperor's Chicken with  
Artichoke, Mushrooms and  
crowned with Sundried Tomatoes

**\$14.50 Per Person**

\*\*

Chicken Piccata

**\$13.95 Per Person**

\*\*

Grilled Chicken Kabobs  
(BBQ, Teriyaki, or Garlic)

**\$12.95 Per Person**

Garlic Chicken Brochettes  
sautéed w/ Sundried Tomatoes,  
Mushroom and Eggplant.

**\$13.50 Per Person**

\*\*

Herb Roasted Chicken w/  
Tuscan Salsa Verde

**\$13.95 Per Person**

\*\*

Grilled Garlic/Cilantro Chicken

**\$13.95 Per Person**

\*\*

Crispy Fried Chicken Strips

**\$12.25 Per Person**

\*\*

**Dinner Portions Add \$3.00 Per  
Person**

# Plates Beef Roundup!

**Below Entrees served with Fresh Baked Rolls with Butter, Chef's choice of salad, starch and vegetable to accompany entrée.**

## **Pepper Steak Diane**

Aged and Marinated Sirloin thinly sliced, sautéed w/ Mushrooms, Bell Pepper and Onions blended with Diane Sauce

**\$17.25 Per Person**

\*\*

## **Grilled Beef Kabobs**

Your Choice of Marinade: (Teriyaki, BBQ, Texas Mesquite)

**\$15.50 Per Person**

\*\*

## **Homestyle Country Meatloaf**

**\$13.50 Per Person**

\*\*

## **Steak Jack Daniels**

Tender Bistro Filet Medallions Crowned with Jack Daniels Sauce

**\$18.50 Per Person**

\*\*

## **Montreal Steak Medallions topped with Tuscan Salsa Verde**

**\$18.50 per**

## **Grilled Choice Ribeye Steak**

**\$26.00 Per**

**Dinner Portions Add \$3.00 Per Person**



# That's Amore.... for Pasta

The following entrees are served with tossed Green Salad and  
Garlic Bread

Lasagna (Meat or Vegetarian)  
\$13.95 Per Person

Penne Pasta Pommodore Sauteed with Asparagus and Mushroom  
\$10.95 Per Person      With Chicken \$12.95 Per Person

Pasta Rotelle with Sundried Tomatoes, Garlic,  
Bell Peppers and Onions  
\$10.95 Per Person      With Chicken \$12.95 Per Person

The Ultimate In Scampi!!  
Served over Seasoned Fettuccini  
\$14.25 Per Person

The Pasta Bar (20 Person min.)  
\$13.95 per (choose 2)

- Items containing beef, chicken or seafood add \$2.50 per

## Pasta

Tortellini  
Fettuccini  
Fettuccini with Vegetables  
Beef or Cheese Ravioli\*  
Stuffed Pasta Shells  
Bowtie Pasta  
Spaghetti  
Linguini  
Rotelle

## Sauces

Alfredo  
Marinara  
Basil Cream Sauce  
Pesto Sauce  
Garlic Wine Sauce  
Pommodore Sauce  
Clam Sauce (add \$1.50)  
Sundried Tomato Sauce  
Meat Sauce \*

# South of the Border

## The Fajita Station

Sizzling Chicken or Beef Strips with Bell Pepper and Onions served with deluxe condiments, Spanish Rice, your choice of Pinto or Black Beans, Mexican Caesar Salad topped with fresh crushed Tortilla Chips.

**\$13.95 Per Person**

\*\*

## The Whole Enchilada

Beef Chicken or Cheese Enchiladas served with Spanish Rice, Refried Beans, Tortilla Chips, Salsa and Sour Cream

**\$11.95 Per Person**

\*\*

## Build your Own Taco Bar

Build your own Taco Bar with Shredded Chicken and Beef served with deluxe condiments and accoutrements, Spanish Rice, Pinto Beans, and Tortilla Chips

**\$11.95 Per Person**

\*\*

## Tex-Mex Buffet

Tex Mex Tortilla Wrap Sandwiches, Chicken Flautas, Mexican Caesar Salad, Tortilla Chips, Salsa and Sour cream

**\$11.95 Per Person**

\*\*\*\*\*

**Dinner Portions Add \$3.00 Per Person**

# Something Different

## The Baked Potato Bar

Shredded Salsa Chicken, Chili with or without Beef, and Broccoli with Cheese Sauce to create your own Potato Masterpiece. Seasonal Fresh Fruit, tossed Green Salad and Fresh Rolls with Butter

**\$11.50 Per Person**

\*\*

## Plates Pizza Lovers!!

We Make the BEST!! From the Plain Cheese, to the Customized or Gourmet. Thick Crust or Thin.

This Pizza Buffet is served with tossed Green Salad

**\$14.00 per person**

\*\*

## Middle Eastern Buffet

### **Vicky's Specialty!!**

A mixed Buffet of Hummus, Falafels, Middle Eastern tossed Salad. Deluxe Condiments and Pita Bread

**Falafel Sandwich building instructions included**

**\$12.50 Per Person**

## Plates Half and Half (vegetarian available)

Choice of Baked open face Focaccia Squares topped with Fresh Mozzarella, Spinach, Basil, Kalamata Olives and Chicken (served Warm) or Assorted Half Sandwiches and seasonal fresh fruit  
Bowtie Pasta sautéed with Mushroom, Asparagus, Sundried tomatoes in a Garlic Wine Sauce and Mixed Green Salad with Assorted Dressings

**\$14.00 per person**

**Dinner portions add \$3.00 per person**

# Something Different...cont.

## From Our Grill

1/3 lb Grilled Hamburgers or  
1/4 lb Beef Hot Dogs or Hot Links  
Texas Style Chili  
Deluxe Condiment Platter  
Choice of Salad or  
Fresh Fruit  
**\$13.95 Per Person**

\*\*

## **The Slider Connection (Your choice of up to two)**

\*\*

Beef, Pulled Pork or Grilled Chicken Sliders  
Served with condiments, your choice of Salad  
Fresh fruit and Baked Beans  
**\$12.95 Per Person**

\*\*

## **The Cowboy BBQ**

Grilled BBQ Chicken, Country Style Ribs Served with Grilled Vegetables,  
your choice of Salad and Fresh Melon Slices  
Garlic Bread  
**\$17.95 Per Person**

**Dinner portions Add \$3.00 per person**

# Desserts

**Chocolate Chip, Oatmeal, or Peanut Butter Cookies**  
**\$2.00 Ea**

**Fudgy Nutty Brownies**  
**\$2.00 Ea**

**Lemony Lemon Bars**  
**Baklava**  
**2.00 per person**

**Assorted Dessert Bars**  
**\$2.25 Per Person**

**Assorted Mini Cheesecakes**  
**\$2.25 Each**

**The Three "C's" (Min. 20 guests)**  
**Combination Platter of Chocolate, Carrot and Cheesecake**  
**\$4.25 Per Person**

**Lemon, Strawberry or Chocolate Truffle Torte**  
**\$3.95 per Person**

**Assorted Cheesecakes**  
**Original**  
**Chocolate Chip**  
**Raspberry**  
**Strawberry Margarita**

**\$4.50 Per Person**

**Apple Crisp w/ Vanilla Ice Cream (min 10 guests)**  
**Served Hot!**  
**\$3.95 per Person**

**Crème Brulee Cheesecake**  
**\$4.95 Per Person**

**\*\*Special Requests available**

# Starters and Party Nibbles

## **Antipasti Platter**

Including variety of Meats and Cheeses  
served with Crostinis  
\$3.95 Per Person

## **Crudité**

Selection of Fresh Seasonal Grilled  
Vegetables with an assortment of dips  
\$2.95 Per Person

## **Fresh Fruit**

Selection of Fresh Seasonal Fruit  
\$2.95 per Person

## **Marinated Beef Satay**

Creamy Horseradish  
\$1.75 ea

## **Parmesan Sausage Stuffed Mushrooms**

Sausage, Caramelized Onions & Parmesan  
\$1.75 ea

## **Seared Rare Beef Tartare**

Whole Grain Mustard, Arugula on a Crostini  
\$2.50 ea

## **English Cucumber Chip**

Hummus & Kalamata Olives  
\$1.50 ea

## **Smoked Salmon Pinwheels**

Herbed Ricotta & Caper-Red Onion Relish  
\$2.50 ea

## **Thai Red Curry Grilled Chicken Skewers**

Spicy Peanut Ginger Sauce  
\$1.75 Ea

## **Seasonal Bruschetta**

Mediterranean Vegetables on Garlic  
Crostini  
\$1.50 ea

## **Mini Dungeness Crab Cakes**

Served with Chili Remoulade and Cocktail  
Sauce  
\$2.50 ea

## **Caribbean Chicken Wings**

Sweet and Spicy served with Celery and  
Ranch or Blue Cheese dip  
\$1.50 ea

## **Beef, Pork or Chicken Sliders**

Served with condiments  
\$2.25 ea

## **Lumpia**

Chicken, Pork or Vegetarian  
Served with Sweet Chili Sauce  
\$1.25 ea

## **Cajun Prawns**

Served with Chili Remoulade  
\$2.50 ea

## **Grilled Chicken or Eggplant Focaccia Squares**

Served with Garlic Pesto Aioli  
\$2.00 ea

## **Butternut Squash Tarts with Fried Sage**

\$1.75 ea

## **Filo Croustades stuffed with Ceviche**

\$2.00 ea

## **Belgian Endive filled with Honey Sesame Chicken Salad**

\$2.00 ea

## **Three Cheese Mac Bites**

\$1.75 ea

**Let our design team create your menu to your  
taste! We can make anything!**