



Salade!a

CATERING

entrées & buffet

Cultivating healthy community since 1988

Our mission is to bring you healthy, hand-crafted Mediterranean-inspired food tied to the warm, welcoming spirit of hospitality and togetherness.

Saladela!
CATERING

 919.489.5776 ext. 2

 Catering@saladela.com

Saladela.com

Dinner Buffet

Large

2 mains
2 sides
2 salads

Small

1 main
2 sides
1 salad

Per person 32

Per person 22

Mains

Chicken Piccata caper lemon butter

Mediterranean Baked Chicken citrus cilantro sauce (gf)

Chicken Parmesan marinara, fresh mozzarella

Stuffed Balsamic Pomegranate Chicken baby spinach, caramelized onion, feta (gf)

Grilled Rosemary Salmon (gf)

Classic Lasagna

Chicken Shish Kabobs tzatziki (gf)

Kafta Shish Kabobs tzatziki (gf)

Salmon Shish Kabobs tzatziki (gf)

Mediterranean Eggplant roasted tomato sauce (gf, vg)

Local Vegetable Tagine (gf, vg)

Eggplant Parmesan marinara (v)

Spanakopita golden, crispy layers of phyllo dough filled with spinach feta, & tzatziki (v)

Vegetarian Lasagna (v)

v - vegetarian

vg - vegan

gf - gluten free

min. 20 servings

includes place settings

Sides

Rosemary Roasted Potatoes (gf, vg)

Fire-Roasted Vegetables (gf, vg)

Moroccan Couscous

Lebanese Rice (gf)

Moujadara Rice & Lentil (gf, vg)

Lebanese Green Beans (gf, vg)

Steamed Broccoli Lemon Olive Oil (gf, vg)

v - vegetarian

vg - vegan

gf - gluten free

min. 20 servings

includes place settings

Salads

Garden Vinaigrette & White French (vg)

Kale Caesar Green Goddess

Greek Salad vinaigrette (v)

Beet & Goat Cheese Salad Pomegranate Balsamic (v)

Penne Pesto (v)

Feta Cilantro Bowtie (v)

Batata Salata Lebanese Potato Salad (gf, vg)

Moroccan Carrot Salad (gf, vg)

v - vegetarian

vg - vegan

gf - gluten free

min. 20 servings

includes place settings

Hot Entrées

Chicken Piccata 14.5 pp

Farfalle pasta, caper lemon butter, house-focaccia.

Mediterranean Baked Chicken 14.5 pp

Citrus cilantro sauce, roasted potatoes, garlic baguette.

Chicken Parmesan 14.5 pp

Baked ziti, fresh mozzarella, garlic baguette.

Stuffed Balsamic Pomegranate Chicken 13.5 pp

Baby spinach, caramelized onion, feta pomegranate balsamic sauce, roasted potatoes, house focaccia.

Grilled Rosemary Salmon 16.5 pp

Citrus vegetable confetti, house focaccia za'atar EVOO.

Shish Kabobs

Rice and lentils pilaf, roasted vegetables, tzatziki, & pita points.

Grilled Chicken 15.99 pp

Kafta Beef & Lamb 15.99 pp

Grilled Salmon 17.99 pp

Mediterranean Eggplant 13.5 pp

Chickpeas, roasted tomato sauce, basmati rice. (gf, vg)

Spanakopita Entrée 10.99 pp

Golden, crispy layers of phyllo dough filled with spinach & feta. Fire roasted vegetables, tzatziki, pita points. (v)

Eggplant Parmesan 13.5 pp

Penne, marinara, garlic baguette. (v)

Local Vegetable Tagine 13.5 pp

Basmati rice, Moroccan carrot salad. (gf, vg)

Classic Lasagna 11.99 pp

Garden salad, garlic baguette.

Vegetarian Lasagna 11.99 pp

Garden salad, garlic baguette (v).

v – vegetarian

vg – vegan

gf – gluten free

min. 10 required

individually wrapped +.5 pp

all entrées include place settings and are served family style

Fresh Salads to Share

Feta Cilantro Bowtie

9/1b

Vine ripened tomatoes & cilantro vinaigrette. (v)

Lebanese Green Beans

9/1b

Red onion, vine-ripened tomatoes, & Syrian spices. (gf, vg)

Tabbouleh

9/1b

Lebanese salad, fresh herbs, & spices. (vg)

Andean Black Bean Salad

9/1b

Red & green bell pepper, corn, cilantro, red onion, & vinaigrette. (gf, vg)

Garbanzo Greek Salad

9/1b

Feta, fresh farm vegetables, EVOO, & lemon herb dressing. (gf, v)

Moroccan Couscous

9/1b

Couscous, Turkish apricots, currants, & cranberries.

Penne Pesto

9/1b

Made with nut-free pesto. (v)

Batata Salata

9/1b

Lebanese potato salad with Mediterranean herb dressing. (gf, vg)

Basil Rotini

9/1b

Mixed vegetables & basil sauce. (vg)

Green Salads

6 pp

Greek (v)

+ Vinaigrette

Beet & Goat Cheese (v)

+ Pomegranate Balsamic

Kale Caesar

+ Green Goddess

Garden (vg)

+ Vinaigrette & White French

Dressed Summer kale (gf, vg)

Dressed

Moujadra

8/1b

Lentil & rice pilaf. (gf, vg)

Signature Chicken Salad

13 /1b

Celery, red onion, herbs, &

Duke's mayo. (gf)

Mediterranean Chicken Salad

13 /1b

Red & green bell pepper, EVOO, &

lemon herb dressing. (gf)

Albacore Tuna Salad

15 /1b

Green peas, red onions, herbs, &

Duke's mayo. (gf)

Homemade Chips Basket

20

Serves 10-12 (gf, vg)

v – vegetarian

vg – vegan

gf – gluten free

min. 2 lbs per item required

served family style

place settings not included. place settings +1 pp

A La Carte

Grilled Rosemary Salmon Steaks (gf) 12.99 pp

Classic Lasagna
Pan* (serves up to 10) 54

Grilled Shish Kabobs
Grilled Chicken (gf) 8.99 pp
Kafta Beef & Lamb (gf) 8.99 pp
Grilled Salmon (gf) 9.99 pp

Roasted Potatoes (vg, gf) 4 pp

Fire-Roasted Vegetables (vg, gf) 5 pp

Grilled Lemon Herb Chicken Breast (gf) 7.99 pp

Vegetarian Lasagna (v)
Pan* (serves up to 10) 54

Gourmet Mac & Cheese 35
Pan* of classic vegetarian mac & cheese. (v)
(serves up to 8)

v - vegetarian

vg - vegan

gf - gluten free

min. 10 required unless otherwise noted*

all entrées include place settings and are served family style

Terms & Conditions

Ordering Terms

Orders must be placed 48 hours in advance. We understand that sometimes life can put you in a pinch. If you need catering on short notice, please give us a call at (919) 489-5776 to see if we can accommodate your needs. If we can, we will!

Orders for Monday must be placed by 5pm the previous Friday.

All purchases are subject to a service charge, sales tax, and delivery fee.

Payment Options

We accept payments via Visa, Mastercard, Discover, & American Express.

Check and cash payments must be received at least 24 hours prior to event date.

Invoices are issued by email, and payment is due by 5pm the day before the event date.

Cancellation Terms

For all orders less than \$500, we will accept cancellation up to 48 hours prior to the delivery date requested for a full refund.

Orders greater than \$500 require a minimum of 72 hours notice for full refund.

Events with staffing or equipment rentals require at least 5 working days' notice for cancellation.

Delivery Terms

Please note that your order will arrive within a 30-minute window surrounding the delivery time selected.

Deliveries require a \$100 order minimum.

Additional Services

All catering arrives in eco-friendly disposable boxes and platters. Reusable dishes and platters can be rented for an additional charge.

Tables, place settings, serving dishes, and other equipment are available upon request for an additional fee.

Rented equipment will be collected the next business day. Any breakages or losses of rented equipment will incur an additional replacement charge.

Please contact us to discuss our options to provide serving staff.

Safety

We do our best to avoid cross contamination in the kitchen, including nuts and gluten allergens. However, we do not operate in a nut-free or gluten-free facility.

We are not responsible for food safety practices that occur after the delivery has been made.