

GREENS AND VEGETABLE SALADS



Individual Serving	8 per item Minimum	Serves 1
Bowls and Platters		Serves 6-8
MEDITERRANEAN SALAD	\$12/\$65	
Leafy greens with tomato, cucumber & bell pepper with Kalamata olives, Feta cheese		
COBB SALAD	\$14/\$80	
Fresh grilled free-range chicken breast on a bed of greens with double smoked bacon, tomato, hard boiled egg and blue cheese with balsamic vinaigrette		
VEGETARIAN COBB SALAD	\$14/\$80	
Baked marinated tofu, legumes, tomato, hard-boiled egg and blue cheese with balsamic vinaigrette		
ORGANIC GREENS GARDEN SALAD	\$9/\$50	
Includes tomato, cucumber and bell pepper with balsamic vinaigrette		
MIXED GREENS AND CHEVRE	\$14/\$85	
With seasonal fresh fruits, nuts and balsamic vinaigrette		
ROASTED BEETS AND AVOCADO	\$15/\$95	
With organic greens, cherry tomatoes and cheese		
POWER GRAINS & ROASTED VEGGIES	\$15/\$95	
Organic Faro, Rice and lentils with seasonal vegetables and Lemon Tehina Dressing (quinoa substitute for GF)		
HUMMUS and ROASTED VEGETABLES	\$15/\$95	
Creamy Hummus with Tehina topped with roasted seasonal vegetables and spiced Chickpeas		
FRESH MOZZARELLA AND TOMATOES	\$15/\$95	
Sliced Vine Ripe Tomatoes and Fresh Mozzarella with Basil and Fresh Greens		

ADD-ONS TO SALADS AND PASTAS



PER SERVING:	
GRILLED CHICKEN BREAST	\$9.50
GRILLED, SLICED FLANK STEAK CAB	\$10.50
GRILLED SCOTTISH SALMON FILET	\$10.50
GRILLED MARINATED TOFU	\$5.00
HARD BOILED EGG	\$1.50
ARTISAN BREAD	\$1.50

HIGH QUALITY PLASTIC PLATES, UTENSILS, AND PAPER GOODS ADDITIONAL PER PERSON. \$1.5
UTENSILS INCLUDED WITH BOX LUNCHES

ENTRÉES AND SALADS



Priced per person 8 person minimum per selection	
GRILLED CHICKEN SALAD	\$15.00
With Artichoke Hearts, Olives and Roasted Peppers	
GRILLED FLANK STEAK SALAD	\$24.00
With roasted potato salad on a bed of greens	
GRILLED CHICKEN WITH ROASTED SEASONAL VEGETABLES	\$16.00
and orzo or gf quinoa pilaf	
GRILLED SCOTTISH SALMON WITH ROASTED SEASONAL VEGETABLES	\$18.00
and orzo or gf quinoa pilaf	
CHICKEN BREAST ROULADE	\$16.00
Stuffed with spinach and feta cheese With orzo or quinoa pilaf	
PANKO CRUSTED CHICKEN	\$16.00
With penne pasta in marinara sauce	

PASTAS AND GRAINS



Buffet Style Serving	Serving sizes as noted
BAKED ROASTED VEGETABLE LASAGNA	\$75.00
Fresh pasta layered with ricotta, mozzarella and Pecorino Romano cheeses with freshly made tomato sauce. serves 8-12	
BAKED SPINACH & MUSHROOM LASAGNA	\$75.00
Fresh pasta with sauteed mushrooms, steamed spinach, creamy béchamel, Pecorino Romano cheese . serves 8-12	
PASTA WITH BROCCOLI AND BASIL PESTO	\$36.00
With EVOO & Pecorino Romano Cheese serves 6-8	
ORZO PASTA SALAD	per order serves 6-8 \$36.00
With artichoke hearts, olives, sun dried tomato, white beans And Feta Cheese	
QUINOA PILAF	per order serves 6-8 \$36.00
With seasonal vegetables and fresh herbs.	
ROASTED POTATO SALAD	per serving \$4.00
With sun dried tomatoes, artichoke hearts, olives and aioli 8 serving minimum	

SERVED BUFFET STYLE
INDIVIDUALLY BOXED ENTRÉES AVAILABLE

SANDWICHES



Choose your own or let us choose them for you.
4 minimum per selection.

GRILLED CHICKEN BREAST	\$12.50
Grilled and sliced Free Range Chicken breast with roasted peppers, tomato, lettuce, and herb mayonnaise	
GRILLED SALMON	\$13.50
Sustainably sourced, fresh grilled salmon with sun dried tomato pesto and roasted peppers with arugula	
GRILLED CAB FLANK STEAK	\$14.50
Grilled, Certified Angus beef with caramelized onions, leafy greens, tomato and house dressing	
CHICKEN BLT	\$14.50
Grilled free range chicken breast with hardwood-smoked bacon, lettuce, tomato and black pepper mayonnaise	
MOZZARELLA and PARMA PROSCIUTTO	\$13.50
Fresh mozzarella and imported Parma Prosciutto with roasted peppers and arugula with evoo.	
ITALIAN FENNEL SALAMI	\$12.00
with Pecorino Romano, roasted peppers, arugula, imported mustard	
ALBACORE TUNA	\$12.00
Pole caught, American Tuna brand, albacore tuna and EVOO with olive tapenade, tomato with seasonal greens	
MOZZARELLA AND ROASTED PEPPERS	\$12.00
Fresh mozzarella with pesto, roasted peppers and arugula with EVOO.	
ROASTED EGGPLANT & PEPPERS	\$12.00
With creamy goat cheese, tapenade and organic greens	

Custom Sandwich Options Available for Large Groups

BOXED SANDWICH LUNCH *additional ... \$6.00*
Add to any sandwich from the above menu a salad of mixed baby greens and roasted potato salad, in an environmentally friendly box with a fresh baked cookie
8 sandwich box minimum

**All sandwiches are on chef's selection of
Fresh baked artisan rustic rolls baguettes, and focaccia
Gluten Free Breads Available
Sandwiches come individually wrapped, on a tray,
or as a Boxed Lunch**

Tray-up of Sandwiches \$4.00 per platter

**WE RESERVE THE RIGHT TO MAKE SUBSTITUTIONS
BASED ON MARKET AVAILABILITY**

Continued...

DESSERTS



Desserts are baked fresh in our own kitchen with grade AAA butter, organic eggs, cane sugar, Belgian dark chocolates and a proprietary blend of organic whole grain and unbleached flours.

FRESH BAKED COOKIES	\$1.75
CHOCOLATE FUDGE BROWNIES	\$4.00
BAR COOKIES	\$2.50
Lemon Bars, Pecan Bars, Almond Linzer Tart Or Seasonal Selection. <i>Chef's choice</i>	
SWEET TRAY	per person \$5.00
10 order minimum A selection of cookies, brownies and bar cookies	

Special order cakes and desserts are available
3 business day notice

BEVERAGES



BOTTLED WATERS	\$1.25
CANNED SODAS	\$1.25
ICED TEAS, SPARKLING WATERS	\$2.75

**THIS MENU IS JUST A SMALL SAMPLING
OF THE QUALITY OFFERINGS AVAILABLE
FROM METRO CATERING.**

**CUSTOM MENUS CAN BE ARRANGED
FOR YOUR CATERED EVENTS.**

ORDERING & DELIVERY

Since all our ingredients are sustainably sourced and prepared from scratch, we request at least **48 hours'** notice for lunch catering orders.

We will do everything we can to fulfill last minute requests.

Faxed and E-mail orders must be confirmed to ensure availability.

A service charge may be added for late orders and orders below minimum requirements.

Delivery is available to all areas within the Golden Triangle, Sorrento Valley and the Torrey Pines Science Park Area Monday through Friday.

Delivery to other parts of the city is available by arrangement.

Delivery fees are determined by location and final guest counts and deliveries are scheduled on a first come, first serve basis.

PICK-UP ORDERS

Orders may be picked up at our catering kitchen during normal business hours. Please arrange your pick-up time with our catering staff.

PAYMENT

May be made by American Express, Visa, MasterCard and approved business checks or pre-arranged ACH accounts.

CANCELLATION POLICY

Two full business day's notice is required to cancel an order, unless otherwise arranged.

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CONFERENCES, OFF SITE EXECUTIVE RETREATS,
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SEASONAL AND SPECIAL EVENT MENUS
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858.626.2800

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METRO CATERING



MENU

BUSINESS DAY LUNCHES

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