



METRO CATERING

Salads

Grilled Chicken Salad

With Artichoke Hearts, Roasted Red Peppers, Kalamata Olives
and Fresh Herbs on a Bed of Seasonal Greens

Sesame Roast Chicken Salad

with Snow Peas, Fresh Bean Sprouts, Scallions Toasted Pecans and a Ginger Sesame Dressing

Tarragon Chicken Salad

with Celery, Scallions and Fresh Tarragon
With Seasonal Greens and Creamy Whole Grain Mustard Dressing

Basil Parmesan Chicken Salad

Grilled Breast of Chicken with Basil Pesto Dressing and Toasted Pecans

Tuna Nicoise Salad

Potatoes, Artichoke Hearts, Hard Boiled Egg and Garden Vegetables and Black Olives with
Sun Dried Tomatoes Vinaigrette with Capers and Anchovies

Seafood Louie

Fresh Poached Shrimp and Lump Crab
on a Bed of Greens with Cucumber, Tomato, Avocado and Creamy Thousand Island Dressing

Grilled Shrimp Salad

Grilled Shrimp and Spicy Corn Relish
with Herb Vinaigrette on a Bed of Baby Greens

Salmon Baked in Phyllo

Seasoned with Fresh Dill and Shallots
with Salad of Exotic Rice with Julienned Vegetables

Grilled Salmon Filet

with a Salad of Exotic Rice with Julienned Vegetables

Grilled Mahi Mahi with Tropical Fruit Salsa

Served on a Bed of Mixed Baby Greens with Lime Vinaigrette

Grilled Sliced Flank Steak

Salad of Mixed Baby Greens and Vine Ripe Tomatoes and Roasted Potato Salad

Roasted Vegetable Salad

with Creamy Goat Cheese and Croutons

Vine Ripe Tomatoes and Fresh Mozzarella

with a Chiffonade of Fresh Basil and a Drizzle of Extra Virgin Olive Oil with Baby Arugula

Rainbow Vegetable Salad with Basil Vinaigrette

Baby Greens, Shaved Fennel, Carrot Ribbons, Radishes, Bell Peppers and Cherry Tomatoes

Strawberry Salad

With Baby Arugula, Creamy Chevre and Toasted Hazelnuts with Balsamic Vinaigrette