



Seasonal Foods To Go From Our Kitchen To your Table

A Rotating Menu Of Seasonal And Farmer's Market Foods And Treats



SNACKS AND STARTERS

FRESH TOMATO AND GRUYERE TARTS

\$96 per order of two dozen

EMPANADAS: SPICY BEEF or CHICKEN, ALBACORE TUNA, SPINACH AND PINE NUTS

\$96 per order of two dozen one selection

ALÇASE BACON AND ONION TARTS WITH CRÈME FRAICHE

\$96 per order of two dozen

GRILLED AND CHILLED SHRIMP COCKTAIL WITH HORSERADISH SAUCE

\$102 per order Two Dozen Colossal sized, Wild Caught

SMOKED SALMON AND BRIE STRUDEL

\$102 per order Two Dozen

HOUSE SMOKED FRESH SALMON ON ENDIVE WITH ARUGULA AND MUSTARD SAUCE

\$102 per order Two Dozen

BASIL CHICKEN BITES WRAPPED IN GRILLED ZUCCHINI

\$102 per order Two Dozen

MERGUEZ SPICED MEATBALLS WITH LEMON TEHINA DIPPING SAUCE

\$102 per order Two Dozen

SESAME CRUSTED SALMON CAKES WITH SWEET AND SPICY MUSTARD SAUCE

\$102 per order of 24

CARAMELIZED ONION AND ARTICHOKE FLATBREADS

\$84 per order Two Dozen

SPANIKOPITA: SPINACH AND FETA PIE IN PHYLLO

Fresh Spinach, farm fresh eggs, sautéed onion and fresh herbs with Feta Cheese

\$50 Half Pan serves 6-12

CREAMY HUMMUS WITH OLIVE OIL ROASTED CHERRY TOMATOES

With Chermoula Sauce and Pita Breads

\$75 serves 6-10

FLANK STEAK CROSTINI ON GARLIC TOAST WITH CHIMICHURRI AND ARUGULA

market price serves 30-50



SALADS AND SIDES

GREEN BEAN SALAD WITH RADICCHIO, TOASTED WALNUTS SHAVED PECORINO ROMANO AND MUSTARD VINAIGRETTE

\$75 serves 6-10

ROASTED BEETS WITH ARUGULA, SHAVED FENNEL, FRESH CITRUS AND CREAMY CHEVRE WITH BALSAMIC VINAIGRETTE

\$75 serves 6-10

GRATED ORGANIC CARROT SALAD WITH DATES, TOASTED NUTS, FRESH MINT AND CUMIN VINAIGRETTE

\$42 serves 6-10

MEDITERRANEAN FRESH CHOPPED VEGETABLE SALAD WITH CHICKPEAS AND LEMON VINAIGRETTE WITH FETA CHEESE, OLIVES AND FRESH HERBS

\$72 serves 6-10

NIÇOISE SALAD WITH ALBACORE TUNA, GREEN BEANS, TOMATO, OLIVES HARD BOILED EGGS, POTATOES BUTTER LETTUCE AND LEMON VINAIGRETTE

\$96 serves 6-10

FRESH TOMATO AND GRUYERE TART ON BUTTER PUFF PASTRY CRUST

\$60 serves 6-10

ROASTED SEASONAL VEGETABLES

\$65 serves 6-10

GRILLED ZUCCHINI RIBBONS AND CHERRY TOMATOES WITH PECORINO ROMANO

\$65. serves 6-10

HARISSA SPICED SPANISH CARROT EGG AND POTATO TORTILLA

\$65 serves 6-12

BAKED ZUCCHINI SPEARS WITH PECORINO CRUST

\$60 serves 6-12

EGGPLANT AND ZUCCHINI ITALIAN TORTINO WITH AGED ITALIAN CHEESE CRUST

\$75 per order *serves 8-12*

EGGPLANT ROLLENTINI STUFFED WITH HERB FRITATTA WITH FRESH TOMATO SAUCE

\$65 Serves 4-8

SHRIMP AND WHITE BEAN SALAD WITH FRISEE

\$150 serves 6-10

CRISP POTATOES ROSTI

\$48 Serves 6-8

QUINOA PILAF WITH ROASTED SEASONAL VEGETABLES AND FRESH HERBS

\$36 serves 6-10

ORGANIC JEWELED RED RICE AND QUINOA, DRIED APRICOTS, PISTACIOS, ALMONDS AND ORANGE ZEST

\$40 per order

ITALIAN FARO GRAIN PILAF WITH SHALLOTS, CHICKPEAS, ROASTED PEPPERS

\$42 per order



ENTRÉES

ROASTED WHOLE SIDE OF SCOTTISH SALMON WITH RED ONION AND PANKO CRUST
\$275 serves 10-15

GRILLED, MARINATED FREE RANGE CHICKEN AND VEGETABLE KABOBS
\$50 order of 6

CRISPY BAKED, PANKO CRUSTED FREE RANGE CHICKEN BREASTS
Dipped in Egg and Breadcrumbs with California Olive Oil Add \$10 For Gluten Free
\$65 order of 6

PISTACHIO CRUSTED HALIBUT WITH YELLOW PEPPER COULIS
\$market price

SALMON BAKED IN PHYLLO WITH DILL CAPERS AND AIOLI
\$60 order of 4

GRILLED WHOLE FILET OF BEEF TENDERLOIN
\$market price

GRILLED MARINATED BUTTERFLIED LEG OF COLORADO LAMB
\$market price

**THREE CHEESE LASAGNA WITH ROASTED SEASONAL VEGETABLES
SPINACH AND MUSHROOM LASAGNA WITH BECHAMEL**
\$75 Serves 6-12

**VEGETARIAN BAKED STUFFED BELL PEPPERS WITH WHOLE GRAINS
WITH TOMATO SAUCE**
\$48 4 servings

**BAKED STUFFED BELL PEPPERS WITH GROUND TURKEY AND WHOLE GRAINS
WITH TOMATO SAUCE**
\$60 4 servings

GRILLED MARINATED ORGANIC TOFU
\$20 for 4 to 6 servings



SAUCES AND SPREADS

SUN DRIED TOMATO PESTO
Sun Dried Tomatoes, Basil, Roasted Peppers, Capers, Olives, California Olive Oil, Garlic & Herbs
\$18 per pint

BASIL PESTO GENOVESE
Fresh Basil, California Olive Oil, Imported Pecorino Romano Cheese, Pine Nuts, Fresh Garlic
\$15 per pint

OLIVE TAPENADE
A mix of imported black and green olives, capers, a touch of garlic and Extra Virgin Olive Oil
\$18 per pint

CHERMOULA MOROCCAN HERB SAUCE
\$15 per pint

SAUCE VIERGE WITH GREEN OLIVES CAPERS HERBS AND OLIVE OIL
\$18 per pint



SWEETS

ORANGE AND ALMOND FLOUR MINI CAKES
\$36 for 6 gluten free

DARK BELGIAN CHOCOLATE FUDGE BROWNIES
\$24 for 6

LEMON TART WITH SHORTBREAD CRUST
\$38 9"x13"

CARAMEL PECAN TART
\$46 9"x13"

ALMOND LINZER TART WITH RASPBERRY JAM
\$38 9"x13"

CLASSIC DARK CHOCOLATE LAYER CAKE WITH WHIPPED GANACHE FROSTING
\$56 9"



The above menu is a small sampling of prepared food available from Metro Catering.
Custom orders are available upon request based on market availability.

PLEASE PLACE YOUR ORDER AT LEAST 5 BUSINESS DAYS IN ADVANCE

E MAIL TO: INFO@METROCATERINGSANDIEGO.COM

CALL US AT 858.626.2800 AND LEAVE A DETAILED MESSAGE

All Foods in Disposable Pans.
Tray up on Plastic Cater Trays available.

Delivery on orders \$250 and more can be arranged at an additional cost