

BUFFET ENTREES



12-person minimum per entrée selection unless otherwise noted

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| GRILLED CHICKEN WITH ROASTED SEASONAL VEGETABLES Served with orzo pilaf | \$14.00 |
| GRILLED SCOTTISH SALMON WITH ROASTED SEASONAL VEGETABLES Served with orzo pilaf | \$16.00 |
| CHICKEN BREAST ROULADE Boneless Chicken breast stuffed with Spinach and Feta Cheese | \$8.50 |
| PANKO CRUSTED CHICKEN Baked chicken filet with crispy panko crust | \$8.50 |
| GRILLED WHOLE FILLET OF BEEF TENDERLOIN Served sliced, with horseradish cream, Dijon mustard and sliced baguette | serves 10-18 market price |
| BREAD TRAY | per serving \$1.50 |

PASTA, GRAINS, SIDES



serves 8-10 unless otherwise noted

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| BAKED LASAGNAS 2 day notice serves 12 Fresh pasta layered with ricotta, mozzarella and Parmesan cheeses. fresh made tomato sauce. Select from Roasted Vegetables or Meat Sauce varieties | \$65.00 |
| ORZO PASTA SALAD With artichoke hearts, olives, white beans, Feta cheese and sun dried tomatoes | \$36.00 |
| PENNE PASTA & SUN DRIED TOMATO PESTO With julienned bell pepper, onion, and olives | \$36.00 |
| ORGANIC QUINOA With seasonal vegetables and fresh herbs | \$36.00 |
| HUMMUS w/ ROASTED VEGETABLES Creamy Hummus with Tehina topped with seasonal vegetables And spiced Chick Peas | \$65.00 |
| POWER GRAINS & VEGGIES Mixed Grains of Bulgur, Faro and lentils with seasonal vegetables and Lemon Tehina Dressing | \$36.00 |
| ROASTED BROCCOLI With roasted bell peppers and roasted garlic Tehina Sauce | \$65.00 |
| ROASTED CAULIFLOWER With caramelized Onion, Whole Grain Mustard Crème Fraiche | \$65.00 |

SALAD BOWLS AND BOXES



Individual Boxes *6 minimum per selection* Single Serving
Small Bowl Serves 6-10
Large Bowl Serves 15-20

All salads served with house made vinaigrettes

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| ORGANIC GREENS GARDEN SALAD Includes tomato, cucumber and bell pepper | \$8/45/75 |
| MEDITERRANEAN SALAD Leafy greens with tomato, cucumber & bell pepper with Kalamata olives, Feta cheese | \$10/55/85 |
| COBB SALAD 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 | \$12/65/90 |
| MIXED GREENS AND CHEVRE With dried fruits & nuts or seasonal fresh fruits | \$9/55/85 |
| ROASTED SEASONAL VEGETABLES Olive oil, oven roasted, seasonal vegetables Individual salad box on a bed of organic greens with Feta cheese | \$12/50/95 |
| ROASTED BEETS AND AVOCADO With organic greens, cherry tomatoes grated cheese | \$12/55/85 |
| ROASTED POTATO SALAD per serving \$4.00 With sun dried tomatoes, 6 serving minimum artichoke hearts, olives and aioli | |
| FRESH SEASONAL FRUITS small serves 10-15 \$50. large serves 15-25 \$80. | |

| ADD-ONS | PER SERVING |
|---------------------------------|-------------|
| Grilled Chicken Breast | \$6.00 |
| Grilled, Sliced Flank Steak CAB | \$8.50 |
| Grilled, Scottish Salmon Filet | \$8.50 |
| Pole Caught Albacore Tuna 6 oz. | \$10. |
| Grilled Marinated Tofu | \$3.50 |

HIGH QUALITY PLASTIC PLATES, UTENSILS, AND PAPER GOODS ADDITIONAL PER PERSON \$1.25

UTENSILS INCLUDED WITH BOX LUNCHES.

WE RESERVE THE RIGHT TO MAKE SUBSTITUTIONS BASED ON MARKET AVAILABILITY

SANDWICHES



All sandwiches are on chef's selection of artisan rustic rolls baguettes, and caibatta. Sandwiches individually wrapped Choose your own or let us choose them for you. Sandwich Tray set-ups each, \$3.00

4 Minimum per selection.

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| GRILLED CHICKEN BREAST Grilled and sliced grain fed, hormone free, natural chicken breast with roasted peppers, tomato, lettuce, and herb mayonnaise | \$10.00 |
| GRILLED SALMON Sustainably sourced, fresh grilled filet with sun dried tomato pesto and roasted peppers with arugula | \$12.00 |
| GRILLED CAB FLANK STEAK Grilled, Certified Angus beef with caramelized onions, leafy greens, tomato and house dressing | \$12.00 |
| SMOKED TAVERN HAM & BRIE With imported Dijon mustard and arugula | \$10.00 |
| CHICKEN BLT Grilled chicken breast with hardwood-smoked bacon, lettuce, tomato and black pepper mayonnaise | \$12.00 |
| MOZZARELLA, PARMA PROSCIUTTO Fresh mozzarella and imported Parma Prosciutto with roasted peppers and arugula with evoo. | \$12.00 |
| ALBACORE TUNA Pole caught, American Tuna brand, albacore tuna with olive tapenade, and tomato with seasonal greens | \$10.00 |
| ROASTED EGGPLANT & PEPPERS With creamy goat cheese, tapenade and organic greens | \$10.00 |
| FRESH MOZZARELLA & TOMATO With basil and extra virgin olive oil | \$9.50 |
| SANDWICH BOX LUNCH ADD ON...\$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 12 sandwich box minimum | |
| SANDWICH BOX SPECIAL 20 minimum \$10.00 A small sandwich on fresh baked bread with two salads and a fresh baked cookie. Choice of Grilled Chicken, Ham & Brie, Eggplant & Peppers | |

THIS IS JUST A SMALL SAMPLING OF THE QUALITY OFFERINGS AVAILABLE FROM METRO CATERING. CUSTOM MENUS CAN BE ARRANGED FOR YOUR CATERED EVENTS.

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continued...

BUDDHA BOWLS IN A BOX



\$12.00 each
24 item minimum total order of these items
8 each per selection requested

Choose a Grain:

Brown Rice, Quinoa, Wheat Bulgur

Choose a protein:

Chicken, Tuna, Tofu, Beans

Choose a dressing:

Lemon Sesame Tehina, Balsamic Vinaigrette

- Butternut Squash Zucchini And Greens
- Sweet Potato Spiced Chick Peas Broccoli
- Beets Lentils Roasted Onion And Herbs
- Hummus Roasted Squash Spiced Chick Peas And Cabbage
- Crunchy Raw Vegetables With Cucumbers Cabbage Radishes Carrot And Tomatoes

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 \$1.50

CHOCOLATE FUDGE BROWNIES \$4.00

BAR COOKIES \$2.00

Lemon Bars, Pecan Bars, Almond Linzer Tart
Or Seasonal Selection. *Chef's choice*

SWEET TRAY \$4.00

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 \$1.95

ORDERING & DELIVERY

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

CANCELLATION POLICY

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

METRO CATERING CAN TAKE CARE OF ALL YOUR CATERING NEEDS FOR BOARD MEETINGS, CONFERENCES, OFF SITE EXECUTIVE RETREATS, PRODUCT LAUNCHES, CLIENT ENTERTAINING and EMPLOYEE APPRECIATION EVENTS.

VISIT OUR WEBSITE FOR
SEASONAL AND EVENT MENUS
OR CALL OUR CATERING STAFF AT

858.626.2800

E mail us at

INFO@METROCATERINGSANDIEGO.COM

6625 TOP GUN STREET #101 SAN DIEGO CA 92121
www.metrocateringsandiego.com



METRO CATERING



MENU

BUSINESS DAY LUNCHES

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