

## INDIVIDUAL SALADS, PASTAS, GRAINS



Individual Boxes 8 minimum per selection

<b>PASTA WITH BASIL PESTO AND BROCCOLI</b>	
With EVOO & Pecorino Romano Cheese	\$10.00
<b>ORZO PASTA SALAD</b>	\$10.00
With artichoke hearts, olives, white beans, Feta cheese and sun-dried tomatoes	
<b>POWER GRAINS &amp; VEGGIES</b>	\$12.00
Organic Faro and lentils with seasonal vegetables and Lemon Tehina Dressing	
<b>HUMMUS w/ ROASTED VEGETABLES</b>	\$12.00
Creamy Hummus with Tehina topped with seasonal vegetables and spiced Chick Peas	
<b>ROASTED BROCCOLI</b>	\$10.00
With roasted bell peppers and roasted garlic Tehina Sauce	
<b>ROASTED CAULIFLOWER</b>	\$10.00
With caramelized Onion, Whole Grain Mustard Crème Fraîche	
<b>ROASTED BEETS AND AVOCADO</b>	\$12.00
With organic greens, cherry tomatoes and cheese	
<b>ORGANIC GREENS GARDEN SALAD</b>	\$8.00
Includes tomato, cucumber and bell pepper	
<b>MEDITERRANEAN SALAD</b>	\$10.00
Leafy greens with tomato, cucumber & bell pepper with Kalamata olives, Feta cheese	
<b>COBB SALAD</b>	\$12.00
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	
<b>MIXED GREENS AND CHEVRE</b>	\$10.00
With dried fruits & nuts or seasonal fresh fruits	
<b>ROASTED SEASONAL VEGETABLES</b>	\$12.00
On a bed of organic greens with Feta cheese	
<b>ROASTED POTATO SALAD</b>	per serving \$4.00
With sun dried tomatoes, artichoke hearts, olives and aioli	6 serving minimum

You may select from the following  
To add on to each individual Salad, Pasta or Grain:

ADD-ONS	PER SERVING
GRILLED CHICKEN BREAST	\$6.50
GRILLED, SLICED FLANK STEAK CAB	\$8.50
GRILLED, SCOTTISH SALMON FILET	\$9.50
GRILLED MARINATED TOFU	\$3.50
HARD BOILED EGG	\$1.50

## INDIVIDUAL ENTRÉES



8 minimum per selection

<b>GRILLED CHICKEN</b>	\$14.00
With roasted seasonal vegetables And orzo or quinoa pilaf	
<b>GRILLED SCOTTISH SALMON</b>	\$16.00
With roasted seasonal vegetables And orzo or quinoa pilaf	
<b>CHICKEN BREAST ROULADE</b>	\$12.00
Stuffed with spinach and feta cheese With orzo or quinoa pilaf	
<b>PANKO CRUSTED CHICKEN</b>	\$12.00
With penne pasta in marinara	
<b>VEGETABLE LASAGNA</b>	\$10.00
Fresh pasta layered with ricotta, mozzarella and Parmesan cheeses. fresh made tomato sauce.	
<b>ARTISAN BREAD</b>	per serving \$1.50

UTENSILS INCLUDED WITH BOX LUNCHES.  
HIGH QUALITY PLASTIC PLATES, UTENSILS, AND PAPER  
GOODS ADDITIONAL PER PERSON. \$1.25

WE RESERVE THE RIGHT TO MAKE SUBSTITUTIONS  
BASED ON MARKET AVAILABILITY

## BUDDHA BOWLS IN A BOX



\$15.00 each  
8 minimum per selection

- **Choose a combo**
- 1. Hummus, Roasted Vegetables, Spiced Chickpeas Greens
- 2. Sweet Potato, Broccoli and Greens
- 3. Beets, Roasted Onion and Greens
- **Add a choice an Organic Grain:**
- Ancient Farro, Quinoa or Brown Rice
- **Add a choice of protein:**
- Chicken, Tofu, Hard Boiled Egg
- **Choose a dressing:**
- Lemon Tehina, House Made Vinaigrette

## SANDWICHES



All sandwiches are on chef's selection of artisan rustic rolls  
baguettes, and caibatta.

Sandwiches are individually wrapped,  
or may be ordered as a complete Boxed Lunch

Choose your own or let us choose them for you.

**4 Minimum per selection.**

<b>GRILLED CHICKEN BREAST</b>	\$11.00
Grilled and sliced grain fed, hormone free, natural chicken breast with roasted peppers, tomato, lettuce, and herb mayonnaise	
<b>GRILLED SALMON</b>	\$12.00
Sustainably sourced, fresh grilled filet with sun dried tomato pesto and roasted peppers with arugula	
<b>GRILLED CAB FLANK STEAK</b>	\$12.00
Grilled, Certified Angus beef with caramelized onions, leafy greens, tomato and house dressing	
<b>CHICKEN BLT</b>	\$12.00
Grilled chicken breast with hardwood-smoked bacon, lettuce, tomato and black pepper mayonnaise	
<b>MOZZARELLA, PARMA PROSCIUTTO</b>	\$12.00
Fresh mozzarella and imported Parma Prosciutto with roasted peppers and arugula with evoo.	
<b>ITALIAN FENNEL SALAMI</b>	\$10.00
with pecorino Romano, roasted peppers, imported mustard	
<b>ALBACORE TUNA</b>	\$10.00
Pole caught, American Tuna brand, albacore tuna with olive tapenade, aaioli and tomato with seasonal greens	
<b>ROASTED EGGPLANT &amp; PEPPERS</b>	\$10.00
With creamy goat cheese, tapenade and organic greens	
<b>CHICKPEAS &amp; ROASTED PEPPERS</b>	\$10.00
With tapenade cucumber and organic greens	
<b>BOXED SANDWICH LUNCH</b>	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 <b>12 sandwich box minimums</b>	

<b>ROASTED POTATO SALAD</b>	per serving \$4.00
With sun dried tomatoes, artichoke hearts, olives and aioli	6 serving minimum

**BUFFET STYLE CATERING OF ALL MENU ITEMS IS  
AVAILABLE UPON REQUEST**

continued...

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## DESSERTS

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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.

<b>FRESH BAKED COOKIES</b>	\$1.50
<b>CHOCOLATE FUDGE BROWNIES</b>	\$4.00
<b>BAR COOKIES</b>	\$2.00
Lemon Bars, Pecan Bars, Almond Linzer Tart Or Seasonal Selection. <i>Chef's choice</i>	
<b>SWEET TRAY</b>	\$4.00
10 order minimum A selection of cookies, brownies and bar cookies	

Special order cakes and desserts are available  
3 business day notice

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## BEVERAGES

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BOTTLED WATERS	\$1.25
CANNED SODAS	\$1.25
ICED TEAS, SPARKLING WATERS	\$1.95

THIS MENU SHARES WITH YOU 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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## ORDERING & DELIVERY

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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.

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## PICK-UP ORDERS

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

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## PAYMENT

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May be made by American Express, Visa, MasterCard and approved business checks.

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## CANCELLATION POLICY

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

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VISIT OUR WEBSITE FOR  
SEASONAL AND SPECIAL EVENT MENUS  
[www.metrocateringsandiego.com](http://www.metrocateringsandiego.com)

OR CALL OUR CATERING STAFF AT

**858.626.2800**

E mail us at

[info@metrocateringsandiego.com](mailto:info@metrocateringsandiego.com)

FAX us at 858.626.2811



**METRO CATERING**



## MENU

### BUSINESS DAY LUNCHES

**858.626.2800**



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