



Food at Home
From Our Kitchen To your Table
A Rotating Menu Of Seasonal And Farmer's Market Foods And Treats

SNACKS

HUMMUS WITH TAHINI

\$30

Made with Fresh Cooked Chickpeas, Sesame Tahini, Olive Oil, Lemon and a touch of garlic
With Fresh Made Pita Chips

SPANIKOPITA

\$50 Half Pan

Traditional Mediterranean Phyllo Pie with Fresh Spinach and Imported Feta Cheese

BLUE CRAB MARYLAND STYLE CRABCAKES

\$80 per order of 12 Appetizer or 24 Cocktail sized

CHILLED SHRIMP COCKTAIL WITH HORSERADISH SAUCE

\$50 per order

One Dozen, Colossal sized, Wild Caught

SPANISH TORTILLA OMELETTE WITH POTATO

\$42. Serves 6-12

Delicious hot or cold as a snack or for breakfast. Add Sausage+\$9

CHARCUTERIE AND CHEESE

\$9.50 per person 6 person minimum

A Selection Of 3 Cured Meats And 3 Artisan and Imported Cheese with Olives, Cornichons and Mustards

THREE CHEESE LASAGNA WITH ROASTED SEASONAL VEGETABLES

\$75

Scratch made with ricotta, fresh mozzarella, Pecorino Romano and house made tomato sauce

BAKED MACARONI AND CHEESE

\$75

Macaroni noodles layered with aged cheddar cheese and baked till bubbly and brown

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SOUPÇON

SCRATCH MADE SOUPS

A rotating menu of soups made with fresh stocks, vegetables and some with meat or chicken.

Sold by the quart. Frozen for your convenience.

Please inquire about varieties when placing your order

MAINS

GRILLED CHICKEN BREASTS

\$39 order of 6

Fresh, California Free Range, Boneless Skinless
Great as an entrée, for sandwiches, or add on to salads

CRISPY BAKED, BREADED CHICKEN BREASTS

\$48 order of 6

Dipped in Egg White and Breadcrumbs with California Olive Oil
Drizzle with a squeeze of fresh lemon for Milanese Style
Or serve with our Basic Tomato Sauce and cheese for Chicken Parmesan

SPATCHCOCKED ROASTED, WHOLE CALIFORNIA FREE RANGE CHICKEN

\$29 for each

PAN SEARED BLACKENED SHRIMP

\$50 per order

One Dozen, Colossal sized, Wild Caught

GRILLED FRESH SALMON FILETS

\$34 for an order of 2 generous servings

sustainably sourced, wild fresh salmon

FRESH SALMON CROQUETTES

\$45 for an order of 4

fresh sustainably sourced fresh salmon cakes. Lightly sautéed in olive oil

GRILLED CAB FLANK STEAK

\$30 for an order for 6

Great as an add on to salads or as a filling for tacos or sandwiches
Slice and serve cold, or warm before serving

GRILLED MARINATED TOFU

\$10 for 2 to 4 servings

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SIDES

ORGANIC SUMMER CORN AND ZUCCHINI SAUTÉE WITH RED PEPPER

\$36 per order

OLIVE OIL ROASTED SEASONAL VEGETABLES

\$36 per order

QUINOA PILAF WITH SEASONAL VEGETABLES, EDAMAME AND FRESH HERBS

\$36 per order

ORGANIC JAPONICA BLACK RICE WITH GREEN PEAS AND GREENS

\$36 per order

FARRO ANCIENT GRAIN PILAF

\$36 per order

CHICKPEA AND LENTIL SALAD WITH FRESH HERBS AND SPICE

\$36 per order

Eat as a side dish or add-on to pasta

FARMERS MARKET SALADS AND VEGETABLES AVAILABLE WEEKLY. PRE-ORDER.

SAUCES AND SPREADS

BASIC TOMATO SAUCE

\$10 for 16 ounces \$18 for 32 ounces

California Tomato Filets, Sweet Cooked Onion, Olive Oil, Herbs and Spice
slow cooked, small batches. Order extra to keep on hand in the freezer.

SUN DRIED TOMATO PESTO

\$10 for 8 ounces

Sun Dried Tomatoes, Basil, Roasted Peppers, Capers, Olives, California Olive Oil, Garlic & Herbs

BASIL PESTO GENOVESE

\$7.5 for 8 ounces

Fresh Basil, California Olive Oil, Imported Pecorino Romano Cheese, Nuts, Garlic
Order extra to keep on hand in the freezer.

OLIVE TAPENADE

\$10 for 8 ounces

A mix of black olives, capers, a touch of garlic and Extra Virgin Olive Oil

CHIICHURRI

\$7.5 for 8 ounces

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SWEETS

DARK CHOCOLATE FUDGE BROWNIES

\$16 for 4

ORANGE ALMOND FLOUR CUPCAKES *GLUTEN FREE*

\$16 for 4

SOURCREAM POUNDCAKE

\$16

Great for Strawberry Shortcake or with Ice Cream

CHOCOLATE CHUNK COOKIES

\$18 per dozen

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The above menu is a sampling of the wonderful foods available from Metro Catering.
Custom orders are available upon request based on market availability. .

PLEASE PLACE YOUR ORDER AT LEAST 2 BUSINESS DAYS IN ADVANCE

E MAIL TO: INFO@METROCATERINGSANDIEGO.COM

CALL US AT 858.626.2800 AND LEAVE A DETAILED MESSAGE

HANDS FREE CURB SIDE PICK-UP OF YOUR ORDER

Delivery can be arranged at an additional cost