



## 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

#### **CRABCAKES: MARYLAND STYLE BLUE CRAB WITH HORSERADISH SAUCE**

\$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

#### **GRILLED WILD CAUGHT SHRIMP WRAPPED IN PARMA PROSCIUTTO**

\$58 per order of 12

One Dozen, Colossal sized, Wild Caught

#### **HUMMUS WITH TAHINI**

\$35

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

#### **EMPANADAS: ARGENTINE ALBACORE TUNA OR SPICY CHICKEN**

\$85 per order of 24 one flavor

#### **HERB CHEESE STICKS**

\$50 per order

#### **BARCELONA FOCACCIA TART**

**WITH TOMATO, ONIONS, OLIVES, ALMONDS AND GRATED AGED SHEEP'S MILK CHEESE**

\$45. Half Sheet

#### **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





## **MAINS**

### **GRILLED CHICKEN BREASTS**

\$39 order of 6

Fresh, California Free Range, Boneless Skinless

*Great as and entrée, for sandwiches, or add on to salads*

### **PANKO CRUSTED, BAKED CHICKEN BREASTS**

\$48 order of 6

Dipped in Egg and Breadcrumbs with California Olive Oil Add \$5 For Gluten Free

*Drizzle with a squeeze of fresh lemon for Milanese Style*

*Or serve with our Basic Tomato Sauce and cheese for Chicken Parmesan*

### **GRILLED FRESH SCOTTISH SALMON FILETS**

\$54 for an order of 6

*sustainably sourced, wild fresh salmon*

### **SALMON BAKED IN PHYLLO**

\$70 for an order of 6

*Fresh salmon seasoned with fresh dill and capers wrapped in phyllo and baked crisp*

### **GRILLED MARINATED TOFU**

\$10 for 2 to 4 servings

### **ROASTED WHOLE SIDE OF SCOTTISH SALMON WITH RED ONION AND PANKO CRUST**

\$225 serves 10-12

### **WHOLE, GRILLED FILET OF BEEF TENDERLOIN WITH HORSERADISH CREAM**

**Or TENDERLOIN WITH FRESH HORSERADISH CRUST**

\$325 serves 8-12



## **SIDES**

*Serves 6*

### **QUINOA PILAF WITH SEASONAL VEGETABLES AND FRESH HERBS**

\$36 per order

### **ROASTED CAULIFLOWER WITH CARAMELIZED ONION AND**

**WHOLE GRAIN MUSTARD CRÈME FRAICHE**

\$36 per order

### **OLIVE OIL ROASTED SEASONAL VEGETABLES**

\$36 per order

### **HONEY BAKED WINTER SQUASH**

\$36 per order

### **FARRO ANCIENT GRAIN PILAF WITH CHICKPEAS AND PEPPERS**

\$36 per order

### **BAKED EGGPLANT, ZUCCHINI AND PARMESAN TORTINO**

\$75 per order *serves 8-12*

### **SAVORY MUSHROOM BREAD PUDDING**

\$75 per order *serves 8-12*





**SAUCES AND SPREADS**

**FRESH BASIC TOMATO SAUCE**

\$18 per quart *or 2 pints*

*Serve this delicious sauce with chicken, pasta or sausage and order extra to keep on hand in the freezer.*

**SUN DRIED TOMATO PESTO**

\$15 per pint

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

*Great with grilled meats, on crostini or tossed with pasta*

**BASIL PESTO GENOVESE**

\$15 per pint

Fresh Basil, California Olive Oil, Imported Pecorino Romano Cheese, Nuts, Garlic

*Order extra to keep on hand in the freezer.*

**OLIVE TAPENADE**

\$15 per pint

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

**CHIICHURRI**

\$15 per pint



**SWEETS**

**DARK CHOCOLATE FUDGE BROWNIES**

\$24 for 6

**ORANGE ALMOND FLOUR CUPCAKES *GLUTEN FREE***

\$24 for 6

**CHOCOLATE CHUNK COOKIES**

\$18 per dozen

**OATMEAL CHOCOLATE CHUNK COOKIES *GLUTEN FREE***

\$20 per dozen



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](mailto: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.

**HANDS FREE CURB SIDE PICK-UP OF YOUR ORDER**

*Delivery can be arranged at an additional cost*