

INDIVIDUAL SALADS, PASTAS, GRAINS



Individual Boxes 8 minimum per selection

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

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

GRILLED CHICKEN WITH ROASTED SEASONAL VEGETABLES	\$14.00
And orzo or quinoa pilaf	
GRILLED SCOTTISH SALMON WITH ROASTED SEASONAL VEGETABLES	\$16.00
And orzo or quinoa pilaf	
CHICKEN BREAST ROULADE WITH SPINACH AND FETA CHEESE	\$12.00
With orzo or quinoa pilaf	
PANKO CRUSTED CHICKEN BREAST WITH PENNE PASTA IN MARINARA	\$12.00
VEGETABLE LASAGNA	\$10.00
Fresh pasta layered with ricotta, mozzarella and Parmesan cheeses. fresh made tomato sauce.	
ARTISAN BREAD	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:**
- Diced 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.

GRILLED CHICKEN BREAST	\$12.00
Grilled and sliced grain fed, hormone free, natural chicken breast with roasted peppers, tomato, lettuce, and herb mayonnaise	
GRILLED SALMON	\$12.00
Sustainably sourced, fresh grilled filet with sun dried tomato pesto and roasted peppers with arugula	
GRILLED CAB FLANK STEAK	\$12.00
Grilled, Certified Angus beef with caramelized onions, leafy greens, tomato and house dressing	
CHICKEN BLT	\$12.00
Grilled chicken breast with hardwood-smoked bacon, lettuce, tomato and black pepper mayonnaise	
MOZZARELLA VINE RIPE TOMATO	\$12.00
Fresh mozzarella Tomato with roasted peppers and Basi with evoo.	
ITALIAN FENNEL SALAMI	\$12.00
with pecorino Romano, roasted peppers, imported mustard	
ALBACORE TUNA	\$12.00
Pole caught, American Tuna brand, albacore tuna with olive tapenade, aioli and tomato with seasonal greens	
ROASTED EGGPLANT & PEPPERS	\$10.00
With creamy goat cheese, tapenade and organic greens	
CHICKPEAS & ROASTED PEPPERS	\$10.00
With tapenade cucumber and organic greens	

BOXED SANDWICH 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 minimums

BUFFET STYLE CATERING OF ALL MENU ITEMS IS AVAILABLE UPON REQUEST

continued...

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. <i>Chef's choice</i>	
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

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.

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 approved business checks
and corporate ACH Accounts welcome

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 OF DIRECTORS MEETINGS, CONFERENCES, OFF SITE EXECUTIVE RETREATS, PRODUCT LAUNCHES, CLIENT ENTERTAINING and EMPLOYEE APPRECIATION EVENTS.

VISIT OUR WEBSITE FOR
SEASONAL AND SPECIAL EVENT MENUS
www.metrocateringsandiego.com

OR CALL OUR CATERING STAFF AT

858.626.2800

E mail us at

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FAX us at 858.626.2811



METRO CATERING



MENU

BUSINESS DAY LUNCHES

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