Seasonal Foods To Go
From Our Kitchen To your Table
A Rotating Menu Of Seasonal And Farmer’s Market Foods And Treats

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SNACKS AND STARTERS

SPANIKOPITA: MEDITERRANEAN SPINACH AND FETA PIE IN PHYLLO
$50 Half Pan  serves 6-12

MARYLAND STYLE BLUE CRABCAKES WITH HORSERADISH COCKTAIL SAUCE
$80 per order  serves 6-12

FRESH SALMON CAKES IN THE STYLE OF CRABCAKES WITH HORSERADISH COCKTAIL SAUCE
$65 per order  serves 6-12

GRILLED AND CHILLED COLLOSAL SHRIMP WITH HORSERADISH COCKTAIL SAUCE
$50 per Dozen, colossal sized, wild caught

FRESH TOMATO AND GRUYERE TART
$65 serves 8-12

EMPANADAS: ARGENTINE TUNA, SPICY CHICKEN, SPINACH AND PINE NUTS
$85 per order of 2 dozen, one selection

SPRING VEGETABLE MINESTRONE
$20 per quart  2 quart minimum

CREAMY CHICKPEA AND TEHINI HUMMUS WITH OLIVE OIL ROASTED CHERRY TOMATOES CHERMOUA SAUCE AND PITA BREADS
$60 serves 6-10

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SIDES AND SALADS

ORGANIC CORN AND RED PEPPER SAUTÉE
$50 serves 4-8

ROASTED BEETS WITH ARUGULA, FENNEL, FRESH CITRUS AND CREAMY CHEVRE
$50 serves 4-8  with balsamic vinaigrette

CARROT SALAD WITH DATES, TOASTED HAZELNUTS, FRESH HERBS AND CUMIN VINAIGRETTE
$42 serves 4-8

GREEN BEAN SALAD WITH RADICCHIO AND MUSTARD VINAIGRETTE WITH TOASTED WALNUTS AND PECORINO ROMANO
$50 serves 4-8

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SIDES AND SALADS... continued

MEDITERRANEAN FRESH VEGETABLE SALAD WITH TOASTED CHICKPEAS FETA CHEESE, OLIVES, HERBS AND LEMON VINAIGRETTE
$50 serves 6-10

QUINOA PILAF WITH ROASTED SEASONAL VEGETABLES AND FRESH HERBS
$36 serves 6-8

OLIVE OIL ROASTED SEASONAL VEGETABLES
$42 serves 6-8

ROASTED VINE RIPE TOMATOES WITH HERBS DE PROVENCE
$60 serves 6-8

GRILLED ZUCCHINI AND CHERRY TOMATO SALAD WITH PECORINO ROMANO
$65 serves 6-10

SPICED CARROT TORTILLA WITH EGGS AND POTATOES
$36 per order serves 8-12

LAYERED RATATOUILLE OF EGGPLANT, ZUCCHINI, TOMATO AND CARAMELIZED ONIONS
$42 per order

EGGPLANT ROLLENTINE STUFFED WITH HERB FRITATTA WITH FRESH TOMATO SAUCE
$60 Serves 4-8

BAKED ZUCCHINI AND EGGPLANT TORTINO WITH PECORINO ROMANO
$60 Serves 8-12

CRISP ROSTI POTATOES
$22. Serves 6-8

BLACK JAPONICA RICE WITH GREEN PEAS
$42 serves 6-8

FARO PILAF WITH CHICKPEAS, ROASTED PEPPERS AND BROCCOLI
$42 serves 6-8

FRESH MOZZARELLA WITH HEIRLOOM TOMATOES AND FRESH BASIL
$60. serves 4-8

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MAIN COURSES

GRILLED, MARINATED BONELESS SKINLESS CHICKEN BREASTS
$39 order of 6

CRISPY BAKED, PANKO CRUSTED CHICKEN BREASTS
Dipped in Egg and Breadcrumbs with California Olive Oil Add $5 For Gluten Free
$54 order of 6

ROASTED WHOLE SIDE OF SCOTTISH SALMON WITH RED ONION AND PANKO CRUST
$250 serves 10-15

WHOLE, GRILLED FILET OF BEEF TENDERLOIN WITH HORSERADISH CREAM OR TENDERLOIN WITH FRESH HORSERADISH CRUST
$325 serves 8-12

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MAIN COURSE....continued

SPRINGTIME BRAISED BONELESS SHORTRIBS
With tomato, carrots and Pine Nut Gremolata
$176 6-8 pc serving per order

MACADAMIA CRUSTED SEASONAL FISH FILETS WITH RED PEPPER COULIS
$market price

GRILLED BUTTERFLIED LEG OF LAMB
$market price

THREE CHEESE LASAGNA WITH ROASTED SEASONAL VEGETABLES
Or SPINACH AND MUSHROOM LASAGNA WITH BECHAMEL
$75 each

VEGETARIAN BAKED STUFFED BELL PEPPERS WITH WHOLE GRAINS
Or BAKED STUFFED BELL PEPPERS WITH GROUND TURKEY AND GRAIN
$40 4 servings

GRILLED MARINATED TOFU
$25 for 4-6 servings

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SAUCES AND SPREADS

SUN DRIED TOMATO PESTO
Sun Dried Tomatoes, Basil, Roasted Peppers, Capers, Olives, California Olive Oil, Garlic & Herbs
$18 per pint

BASIL PESTO GENOVESE
Fresh Basil, California Olive Oil, Imported Pecorino Romano Cheese, Pine Nuts, Fresh Garlic
$15 per pint

OLIVE TAPENADE
A mix of imported black and green olives, capers, a touch of garlic and Extra Virgin Olive Oil
$18 per pint

SALSA VERDE
$15 per pint

BASIC TOMATO SAUCE
$18 per quart  tomato filet, onion, garlic, spices

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

PLEASE PLACE YOUR ORDER 5 BUSINESS DAYS IN ADVANCE
$250 MINIMUM ORDER REQUESTED

EMAIL YOUR ORDER TO: INFO@METROCATERINGSANDIEGO.COM

CALL US TO PLACE YOUR ORDER 858.626.2800
PLEASE LEAVE A DETAILED MESSAGE

All Foods in Disposable Pans
or
Tray up on Plastic Cater Trays available.

Do you have a special pan or tray for your food order?
Bring it to us for that special home style touch.

HANDS FREE CURB SIDE PICK-UP OF YOUR ORDER
Delivery can be arranged at an additional cost

PLEASE VISIT OUR WEBSITE FOR COCKTAIL PARTIES,
THEMED MENUS, DINNER PARTIES AND DESSERTS.

CORPORATE CATERING FOR IN HOUSE MEALS AND EVENTS ARE AVAILABLE FOR YOUR BUSINESS AND ORGANIZATION MEETINGS.