



**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

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 MINISTRONE
\$20 per quart 2 quart minimum

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



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

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



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

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



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*



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

E MAIL 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.*

