



Seasonal Foods To Go

From Our Kitchen To your Table

A Rotating Menu Of Seasonal And Farmer's Market Foods And Treats
Custom menus available.



SNACKS AND STARTERS

**FRESH SPANISH STYLE COD FISH CROQUETAS, BAKED WITH PANKO CRUST
WITH BRAVAS AIOLI**
\$65 per order serves 6-12

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

CHILLED SHRIMP COCKTAIL WITH HORSERADISH COCKTAIL SAUCE
\$60 per Dozen, u-12 colossal sized, wild caught

FRESH TOMATO AND GRUYERE TART ON BUTTER PUFF PASTRY
\$65 serves 8-12

BUTTERNUT SQUASH AND APPLE GALETTE WITH ORGANIC WHOLE WHEAT CRUST
\$65 serves 8-12

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

**CREAMY CHICKPEA HUMMUS with TEHINI WITH OLIVE OIL ROASTED CHERRY TOMATOES
CHERMOULA SAUCE AND PITA BREADS**
\$75 serves 6-10

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

**CARAMELIZED ONION FLATBREADS WITH ARTICHOKE HEARTS, WITH BACON, OR OLIVES
AND ANCHOVIES**
\$85 per order of 2 dozen

VEGETABLE MINISTRONE SOUP
\$18 per quart 2 quart minimum

BUTTERNUT SQUASH SOUP
\$18 per quart 2 quart minimum





SIDES AND SALADS

ZUCCHINI GRATIN WITH GRUYERE AND BREADCRUMB CRUST

\$50 serves 6-10

EGGPLANT TOMATO AND ZUCCHINI GRATIN

\$75 serves 6-10

ROASTED BEET SALAD WITH BABY ARUGULA, SHAVED FENNEL, FRESH CITRUS AND CREAMY CHEVRE

\$50 serves 4-8 with balsamic vinaigrette

ORGANIC CARROT SALAD WITH DATES, TOASTED HAZELNUTS, FRESH HERBS AND APPLE CIDER VINAIGRETTE

\$42 serves 4-8

GREEN BEAN SALAD WITH CHOPPED EGG FRESH HERBS AND HORSERADISH DRESSING

\$50 serves 4-8

MEDITERRANEAN FRESH VEGETABLE SALAD WITH TOASTED CHICKPEAS FETA CHEESE, OLIVES, HERBS AND LEMON VINAIGRETTE

\$60 serves 6-10

QUINOA PILAF WITH ROASTED SEASONAL VEGETABLES AND FRESH HERBS

\$42 serves 6-8

OLIVE OIL ROASTED SEASONAL VEGETABLES

\$42 serves 6-8

GRILLED ZUCCHINI RIBBONS AND CHERRY TOMATO SALAD WITH PECORINO ROMANO AND PINE NUTS

\$65 serves 6-10

SPICED SPANISH STYLE CARROT, POTATO AND EGG TORTILLA

\$60 per order *serves 8-12*

EGGPLANT ROLLENTINE STUFFED WITH HERB FRITATTA WITH FRESH TOMATO SAUCE

\$60 Serves 4-8

BAKED ZUCCHINI AND EGGPLANT TORTINO WITH PECORINO ROMANO CUSTARD

\$60 Serves 8-12

CRISP ROSTI POTATOES

\$22. Serves 6-8

ORGANIC FARO PILAF WITH CHICKPEAS, ROASTED PEPPERS AND ROASTED BROCCOLI

\$42 serves 6-8

FRESH MOZZARELLA WITH HEIRLOOM TOMATOES AND FRESH BASIL CAPRESE

\$60. serves 4-8



MAIN DISHES

GRILLED, MARINATED BONELESS SKINLESS CHICKEN BREASTS

\$42 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

MAIN DISHES...continued

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

ROASTED WHOLE SIDE OF SCOTTISH SALMON WITH RED ONION AND PANKO CRUST
\$market price

WHOLE, GRILLED FILET OF BEEF TENDERLOIN WITH HORSERADISH CREAM
\$ market price serves 8-12

BRAISED BONELESS SHORTRIBS MEDITERRANEAN FLAVORED
\$22 per serving 8 serving minimum

PAN SEARED SEASONAL FISH FILETS WITH RED PEPPER COULIS
\$market price

CARIBBEAN STYLE FREE RANGE CHICKEN AND RICE "ARROZ CON POLLO"
WITH TOMATO PEPPERS ONION OLIVES, CAPERS AND HERBS
\$60 serves 2-4

THREE CHEESE LASAGNA WITH ROASTED SEASONAL VEGETABLES
or **SPINACH AND MUSHROOM LASAGNA WITH BECHAMEL**
\$75 each serves 8-12

VEGETARIAN BAKED STUFFED BELL PEPPERS WITH WHOLE GRAINS
WITH FRESH TOMATO SAUCE
\$50 4 servings

BAKED STUFFED BELL PEPPERS WITH FREE RANGE GROUND TURKEY
AND MIXED GRAINS WITH FRESH TOMATO SAUCE
\$72 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 and Extra Virgin Olive Oil
\$18 per pint

SALSA VERDE
\$15 per pint

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



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

Or

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 orde?
Bring it to us for that specia hme style touch.

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.*

Payments By Checks, Cash, Zelle app Or ACH