
INDIVIDUAL SALADS, GRAINS & PASTAS



Individual Servings 8 minimum per selection
Unless otherwise noted

MEDITERRANEAN SALAD Leafy greens with tomato, cucumber & bell pepper with Kalamata olives, Feta cheese	\$12.00
COBB SALAD 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	\$13.00
VEGETARIAN COBB SALAD Baked marinated tofu, legumes, tomato, hard-boiled egg and blue cheese with balsamic vinaigrette	\$12.00
ORGANIC GREENS GARDEN SALAD Includes tomato, cucumber and bell pepper with balsamic vinaigrette	\$9.00
MIXED GREENS AND CHEVRE With seasonal fresh fruits, nuts and balsamic vinaigrette	\$12.00
ROASTED BEETS AND AVOCADO With organic greens, cherry tomatoes and cheese	\$15.00
MIXED GREENS ROASTED SEASONAL VEGETABLES On a bed of organic greens with Feta cheese.	\$12.00
POWER GRAINS & ROASTED VEGGIES Organic Faro, Rice and lentils with seasonal vegetables and Lemon Tehina Dressing (quinoa substitute for GF)	\$15.00
HUMMUS and ROASTED VEGETABLES Creamy Hummus with Tehina topped with roasted seasonal vegetables and spiced Chickpeas with pita bread	\$15.00
HUMMUS w/ ROASTED VEGETABLES Creamy Hummus with Tehina topped with roasted seasonal vegetables and spiced Chickpeas with pita bread	\$15.00
FRESH MOZZARELLA AND TOMATOES Sliced Vine Ripe Tomatoes and Fresh Mozzarella with Basil and Fresh Greens	\$15.00

BUFFET STYLE SALADS AND GRAINS AVAILABLE
UPON REQUEST

ADD-ONS TO SALADS AND PASTAS



PER SERVING:	
GRILLED CHICKEN BREAST	\$8.50
GRILLED SLICED FLANK STEAK CAB	\$10.50
GRILLED SCOTTISH SALMON FILET	\$9.50
GRILLED MARINATED TOFU	\$3.50
HARD BOILED EGG	\$1.50

ENTRÉES



8 minimum per selection
Unless otherwise noted

GRILLED CHICKEN With roasted seasonal vegetables And orzo or quinoa pilaf	\$15.00
GRILLED SCOTTISH SALMON With roasted seasonal vegetables And orzo or quinoa pilaf	\$18.00
CHICKEN BREAST ROULADE Stuffed with spinach and feta cheese With orzo or quinoa pilaf	\$15.00
PANKO CRUSTED CHICKEN With penne pasta in marinara	\$15.00
WHOLE ROASTED FILET OF BEEF TENDERLOIN Served sliced with chimichurri	market price
ARTISAN BREAD	per serving \$1.50

INDIVIDUALLY BOXED ENTREES
Or BUFFET STYLE SERVICE AVAILABLE

PASTAS AND GRAINS



BAKED ROASTED VEGETABLE LASAGNA Fresh pasta layered with ricotta, mozzarella and Pecorino Romano cheeses with freshly made tomato sauce. serves 8-12	\$75.00
BAKED SPINACH & MUSHROOM LASAGNA Fresh pasta with sauteed mushrooms, steamed spinach, creamy béchamel, Pecorino Romano cheese . serves 8-12	\$75.00
PASTA WITH BROCCOLI AND BASIL PESTO With EVOO & Pecorino Romano Cheese serves 6-8	\$36.00
ORZO PASTA SALAD per order serves 6-8 With artichoke hearts, olives, sun dried tomato, white beans	\$36.00
QUINOA PILAF per order serves 6-8 With seasonal vegetables and fresh herbs.	\$36.00
ROASTED POTATO SALAD per serving With sun dried tomatoes, artichoke hearts, olives and aioli	\$4.00

INDIVIDUALLY BOXED SERVINGS AVAILABLE

UTENSILS INCLUDED WITH BOX LUNCHES.
HIGH QUALITY PLASTIC PLATES, UTENSILS, AND PAPER
GOODS ADDITIONAL PER PERSON. \$1.25

SANDWICHES



Choose your own or let us choose them for you.
4 Minimum per selection.

GRILLED CHICKEN BREAST Grilled and sliced Jidori Chicken breast with roasted peppers, tomato, lettuce, and herb mayonnaise	\$12.50
GRILLED SALMON Sustainably sourced, fresh grilled salmon with sun dried tomato pesto and roasted peppers with arugula	\$12.50
GRILLED CAB FLANK STEAK Grilled, Certified Angus beef with caramelized onions, leafy greens, tomato and house dressing	\$12.50
CHICKEN BLT Grilled free range chicken breast with hardwood-smoked bacon, lettuce, tomato and black pepper mayonnaise	\$15.00
MOZZARELLA and PARMA PROSCIUTTO Fresh mozzarella and imported Parma Prosciutto with roasted peppers and arugula with evoo.	\$12.00
ITALIAN FENNEL SALAMI with Pecorino Romano, roasted peppers, imported mustard	\$12.00
ALBACORE TUNA Pole caught, American Tuna brand, albacore tuna with olive tapenade, aioli and tomato with seasonal greens	\$12.00
ROASTED EGGPLANT & PEPPERS With creamy goat cheese, tapenade and organic greens	\$12.00
CHICKPEAS & ROASTED PEPPERS With tapenade. cucumber and organic greens	\$10.00
BOXED SANDWICH LUNCH <i>additional ... \$6.00</i> 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 8 sandwich box minimum	

All sandwiches are on chef's selection of artisan rustic rolls
baguettes, and caibatta.
Sandwiches are individually wrapped or as a Boxed Lunch

BUFFET STYLE CATERING OF ALL MENU ITEMS AVAILABLE
UPON REQUEST

WE RESERVE THE RIGHT TO MAKE SUBSTITUTIONS
BASED ON MARKET AVAILABILITY

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 \$1.75

CHOCOLATE FUDGE BROWNIES \$4.00

BAR COOKIES \$2.25

Lemon Bars, Pecan Bars, Almond Linzer Tart
Or Seasonal Selection. *Chef's choice*

SWEET TRAY per person \$5.00

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 \$2.50

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 lunch 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 American Express, Visa,
MasterCard and approved business checks
or pre-arranged ACH accounts.

CANCELLATION POLICY

Two full business day's notice is required to cancel an order, unless otherwise arranged.

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

CONTACT OUR CATERING STAFF AT
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METRO CATERING



**MENU
BUSINESS DAY LUNCHES**

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