

## BUFFET ENTREES



6 person minimum per entrée selection unless otherwise noted

**GRILLED CHICKEN WITH ROASTED SEASONAL VEGETABLES** \$14.00  
Served with orzo pilaf

**GRILLED SCOTTISH SALMON WITH ROASTED SEASONAL VEGETABLES** \$16.00  
Served with orzo pilaf

**CHICKEN BREAST ROULADE** \$8.50  
Boneless Chicken breast stuffed with Spinach and Feta Cheese

**PANKO CRUSTED CHICKEN** \$8.50  
Baked chicken filet with crispy panko crust

**GRILLED WHOLE FILLET OF BEEF TENDERLOIN** serves 8-12 market price  
Served sliced, with horseradish cream, Dijon mustard and sliced baguette

**BREAD TRAY** per serving \$1.00

## PASTA, GRAINS, SIDES



serves 6-8 unless otherwise noted

**BAKED LASAGNAS** 2 day notice serves 12 \$65.00  
Fresh pasta layered with ricotta, mozzarella and Parmesan cheeses. fresh made tomato sauce.  
Select from Roasted Vegetables or Meat Sauce varieties

**ORZO PASTA** \$36.00  
With artichoke hearts, olives, white beans, Feta cheese and sun dried tomatoes

**PENNE PASTA & SUN DRIED TOMATO PESTO** \$36.00  
With julienned bell pepper, onion, and olives

**ORGANIC QUINOA** \$36.00  
With Roasted seasonal vegetables and fresh herbs

**BAKED EGGPLANT AND ZUCCHINI TORTINO WITH PARMESAN CRUST** serves 8-12 \$75.00

**RED RICE & ROASTED BEETS** \$36.00  
Roasted beets, sweet onion with fresh herbs

**ROASTED VEGETABLES & HUMMUS** \$65.00  
Creamy Hummus with Tehini topped with seasonal vegetables And spiced Chick Peas

**POWER GRAINS & VEGGIES** \$36.00  
Mixed Grains of Bulgur, Faro and lentils with seasonal vegetables and Lemon Tehina Dressing

## SALAD BOXES AND BOWLS



Individual Boxes 4 *minimum per selection* Single Serving  
Small Bowl Serves 6-12  
Large Bowl Serves 15-20

*All salads served with house made vinaigrettes*

**ORGANIC GREENS GARDEN SALAD** \$8/45/75  
Includes tomato, cucumber and bell pepper

**MEDITERRANEAN SALAD** \$10/55/85  
Leafy greens with tomato, cucumber & bell pepper with Kalamata olives, Feta cheese

**COBB SALAD** \$12/65/90  
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** \$9/55/85  
With dried fruits & nuts or seasonal fresh fruits

**ROASTED SEASONAL VEGETABLES** \$12/50/95  
Olive oil, oven roasted, seasonal vegetables  
Individual salad box on a bed of organic greens with Feta cheese

**ROASTED BEETS AND AVOCADO** \$12/55/85  
With organic greens, cherry tomatoes grated cheese

**ROASTED POTATO SALAD** per serving \$4.00  
With sun dried tomatoes, 6 serving minimum  
artichoke hearts, olives and aioli

**FRESH SEASONAL FRUITS**  
small serves 6-8 \$30.  
large serves 15-20 \$80.

### ADD-ONS PER SERVING

Grilled Chicken Breast \$5.50  
Grilled, Sliced Flank Steak CAB \$8.50  
Grilled, Scottish Salmon Filet \$8.50  
Pole Caught Albacore Tuna 6 oz. \$10.  
Grilled Marinated Tofu \$3.50

HIGH QUALITY PLASTIC PLATES, UTENSILS, AND PAPER GOODS ADDITIONAL PER PERSON \$1.25

UTENSILS INCLUDED WITH BOX LUNCHES.

WE RESERVE THE RIGHT TO MAKE SUBSTITUTIONS BASED ON MARKET AVAILABILITY

## SANDWICHES



All sandwiches are on chef's selection of artisan rustic rolls baguettes, and caibatta. Sandwiches individually wrapped  
Choose your own or let us choose them for you.  
Sandwich Tray set-ups each, \$3.00

**4 Minimum per selection.**

**GRILLED CHICKEN BREAST** \$9.50  
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

**SMOKED TAVERN HAM & BRIE** \$10.00  
With imported Dijon mustard and arugula

**CHICKEN BLT** \$12.00  
Grilled chicken breast with hardwood-smoked bacon, lettuce, tomato and black pepper mayonnaise

**MOZZARELLA, PARMA PROSCIUTTO** \$12.00  
Fresh mozzarella and imported Parma Prosciutto with roasted peppers and arugula with evoo.

**ALBACORE TUNA** \$10.00  
Pole caught, American Tuna brand, albacore tuna with olive tapenade, and tomato with seasonal greens

**ROASTED EGGPLANT & PEPPERS** \$9.50  
With creamy goat cheese, tapenade and organic greens

**FRESH MOZZARELLA & TOMATO** \$9.00  
With basil and extra virgin olive oil

**SANDWICH BOX LUNCH** *additional...\$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

**SANDWICH BOX SPECIAL 20 minimum** \$10.00  
A small sandwich on fresh baked bread with two salads and a fresh baked cookie.  
Choice of Grilled Chicken, Ham & Brie, Eggplant & Peppers

THIS IS JUST A SMALL SAMPLING OF THE QUALITY OFFERINGS AVAILABLE FROM METRO CATERING. CUSTOM MENUS CAN BE ARRANGED FOR YOUR CATERED EVENTS.

[www.metrocateringsandiego.com](http://www.metrocateringsandiego.com)

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## DESSERTS

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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.

<b>FRESH BAKED COOKIES</b> Chocolate Chunk, Oatmeal Raisin or seasonal specialties	\$1.50
<b>CHOCOLATE FUDGE BROWNIES</b>	\$4.00
<b>BAR COOKIES</b> Lemon Bars, Pecan Bars, Almond Linzer Tart Or Seasonal Selection	\$2.00
<b>SWEET TRAY</b> 6 order minimum A selection of cookies, brownies and bar cookies	\$4.00

Special order cakes and desserts are available.

Please inquire 3 business days in advance for New York Cheesecake, Chocolate Blackout, Carrot or Banana cakes and seasonal specialties.

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## BEVERAGES

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BOTTLED WATERS	\$1.25
CANNED SODAS	\$1.25
ICED TEAS, SPARKLING WATERS	\$1.95

**METRO CATERING CAN TAKE CARE OF ALL YOUR CATERING NEEDS FOR BOARD MEETINGS, CONFERENCES, OFF SITE EXECUTIVE RETREATS, PRODUCT LAUNCHES, CLIENT ENTERTAINING and EMPLOYEE APPRECIATION EVENTS.**

VISIT OUR WEBSITE FOR  
[SEASONAL AND EVENT MENUS](#)

OR CALL OUR CATERING STAFF AT  
858.626.2800.

E mail us at :

[INFO@METROCATERINGSANDIEGO.COM](mailto:INFO@METROCATERINGSANDIEGO.COM)

Effective 1/2/2018

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## ORDERING & DELIVERY

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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.

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.

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## PICK-UP ORDERS

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Orders may be picked up at our catering kitchen during normal business hours. Please arrange your pick-up time with our catering staff.

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## PAYMENT

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May be made by American Express, Visa, MasterCard and approved business checks.

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## CANCELLATION POLICY

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



**METRO CATERING**

6625 TOP GUN STREET #101 SAN DIEGO CA 92121

858.626.2800



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