

## SALADS

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Individual Box	One Serving
Small	Serves 6 - 12
Large	Serves 15 - 20

**TURKEY COBB SALAD** \$10.95/65/100  
Fresh roasted turkey on a bed of greens with bacon, tomato, hard boiled egg, blue cheese and house made vinaigrette

**CHEF'S SALAD** \$10.95/65/100  
Mixed greens with ham, turkey, Swiss cheese, hard boiled egg, tomatoes, and cucumbers

**MEDITERRANEAN SALAD** \$8.95/55/85  
Leafy greens, feta, olives, tomatoes, cucumber, peppers, onion and house made lemon vinaigrette

**MIXED GREENS AND CHEVRE** \$8.95/55/85  
With creamy goat cheese, pecans, dried cranberries and red onion.  
With balsamic vinaigrette

**MIXED ORGANIC GREENS** \$6.95/50/85  
With tomatoes, fresh vegetables and herb vinaigrette

**ROASTED VEGETABLES** \$10.95/50/95  
Seasonal selection of oven roasted vegetables with olive oil and herbs.  
Individual salad box includes organic greens, feta cheese, toasted pinenuts and balsamic vinaigrette

**ROASTED POTATO SALAD** PER PERSON \$3.95  
With sun dried tomatoes, artichoke hearts, olives, rosemary aioli  
6 PERS MIN.

**ORGANIC WHOLE GRAIN PILAF** PER PERSON \$4.50  
With fresh herbs and vegetables, daily selection including quinoa, brown rice, or wheat berries  
6 PERS MIN.

**FRESH SEASONAL FRUITS**

small	SERVES 6 - 10	\$30.00
medium	SERVES 10 - 15	\$50.00
large	SERVES 15 - 25	\$80.00

**ADD TO ANY SALAD, PER SERVING...**

Grilled Sliced Steak, Certified Angus Beef	\$8.50
Atlantic Salmon Filet	\$6.00
Grilled Chicken Breast, grain fed, hormone free	\$4.50
Albacore Tuna	\$4.00
Grilled Marinated Tofu	\$3.50

## SANDWICHES

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Choose your own or let us choose them for you.  
All sandwiches on chef's selection of artisan breads featuring La Brea Bakery.

**GRILLED BREAST OF CHICKEN** \$8.95  
Grilled and sliced grain fed, hormone free chicken breast with roasted peppers, tomato, lettuce, and herb mayonnaise

**GRILLED BEEF STEAK** \$11.95  
Grilled, Certified Angus beef with sliced tomato, caramelized onions, leafy greens and house dressing

**SMOKED HAM & BRIE** \$8.95  
With imported Dijon mustard

**TURKEY BLT** \$9.95  
Fresh roasted turkey breast with hardwood smoked bacon, lettuce, tomato and black pepper mayonnaise

**TUNA SALAD** \$8.95  
Pole caught American Tuna with olive oil, tomato, cucumber, onion, olive tapenade and fresh greens

**ROASTED EGGPLANT AND PEPPERS** \$8.95  
With goat cheese, black olive tapenade and organic greens

**FRESH MOZZARELLA AND TOMATO** \$7.95  
With basil and extra virgin olive oil

**SANDWICH BOXES** Additional \$6.00  
A sandwich from the above menu with salads of mixed baby greens and roasted red potato salad, presented in a environmentally friendly box with a fresh baked cookie

**BOX LUNCH SPECIAL** \$9.00  
A small sandwich on fresh baked roll with two salads and a cookie. Choice of Grilled Chicken, Tuna, Ham & Brie, Eggplant & Peppers

HIGH QUALITY PLASTIC PLATES, UTENSILS,  
AND PAPER GOODS ARE \$1.25 EXTRA PER PERSON.

UTENSILS INCLUDED WITH BOX LUNCHES.

TRAY SET UP ADDITIONAL \$3.00

WE RESERVE THE RIGHT TO MAKE SUBSTITUTIONS  
BASED ON MARKET AVAILABILITY

## PASTAS AL FRESCO

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**PASTA WITH SUN DRIED TOMATOES** \$36.00  
With julienned bell peppers and onions, olives and sun dried tomato pesto  
SERVES 6 - 10

**PASTA WITH FRESH TOMATOES & BASIL** \$32.00  
With Parmesan cheese and olive oil  
SERVES 6 - 10

**BAKED LASAGNAS** SERVES 8 - 12 \$65.00  
SERVES 18 - 24 \$150.00  
Fresh lasagna pasta layered with ricotta, mozzarella and Parmesan cheeses with fresh made tomato sauce with choice of poultry sausages or roasted vegetables

## BUFFET ENTREES

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**GRILLED WHOLE FILLET OF BEEF TENDERLOIN** EACH \$195.00  
SERVES 10-12  
Served sliced, with horseradish cream, Dijon mustard, sliced baguette

**GRILLED CHICKEN WITH ROASTED SEASONAL VEGETABLES** \$12.95  
PER PERSON  
Served with orzo pilaf

**GRILLED SALMON WITH ROASTED SEASONAL VEGETABLES** \$13.95  
PER PERSON  
Served with orzo pilaf

**SEASONAL MARKET FRESH FISH** market price  
Seasonal and regional preparations of fresh market fish.

**BREAD TRAY** PER PERSON \$1.00

**GARLIC BREAD** PER PERSON \$1.00

THIS IS JUST A SMALL SAMPLING OF THE QUALITY OFFERINGS FROM METRO CATERING.

CUSTOM SPECIALS MAY BE ORDERED FOR YOUR CATERED EVENTS. BOARDROOM PRESENTATION ON PORCELAIN PLATTERS IS AVAILABLE.

VISIT OUR WEBSITE FOR ADDITIONAL SAMPLE MENUS

WWW.METROCATERINGSANDIEGO.COM

OR CALL OUR CATERING STAFF AT 858.626.2800.

## DESSERTS

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Desserts are baked in our own kitchen with grade AA butter and eggs, cane sugar, Belgian chocolate and a proprietary blend of whole grain and unbleached flours.

<b>FRESH BAKED COOKIES</b>	\$1.50
Chocolate Chunk cookies with pecans, Oatmeal Raisin or Peanut Butter	
<b>CHOCOLATE FUDGE BROWNIES</b>	\$3.00
<b>LEMON BARS</b>	\$2.00
<b>PECAN BARS</b>	\$2.00
<b>ALMOND LINZER TART</b>	\$2.00
<b>SWEET TRAY</b>	\$4.00
6 ORDER MINIMUM A selection of cookies, brownies and bar cookies	

Special order cakes and desserts are available.

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

## BEVERAGES

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<b>SODAS</b>	\$1.35
<b>ICED TEAS</b>	\$1.95
<b>MINERAL WATERS</b>	\$1.75
<b>PREMIUM SODAS</b>	\$1.95
<b>SPECIALTY DRINKS OR JUICES</b>	\$1.95
<b>ICE AND BUCKET</b>	\$2.00
Ice bucket complimentary with beverage order of 6 or more	

**METRO CATERING CAN TAKE CARE OF ALL YOUR CATERING NEEDS WHETHER IT'S A BOARD MEETING, BREAKFAST OR BABY SHOWER. PLEASE CALL OUR CATERING TEAM FOR ASSISTANCE TO HELP MAKE YOUR NEXT EVENT A HUGE SUCCESS. FOR MORE INFORMATION, PLEASE CALL OR EMAIL US AT [INFO@METROCATERINGSANDIEGO.COM](mailto:INFO@METROCATERINGSANDIEGO.COM)**

## ORDERING & DELIVERY

Since all our ingredients are prepared from scratch, we request 48 hours notice for catering orders. We will do everything we can to fulfill last minute requests. Faxed 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 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 are scheduled on a first come, first serve basis.

## PICK-UP ORDERS

Any order 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. Corporate accounts are welcomed. Please call for credit arrangements.

## CANCELLATION POLICY

One full business day's notice is required to cancel an order.



**METRO CATERING**

6625 TOP GUN STREET #101 SAN DIEGO CA 92121  
858.626.2800 FAX 626.2811

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



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