



METRO CATERING

Business Conference Sample Menu

Continental Breakfast

Assorted Fresh Baked Pastries and Muffins
Smoke Atlantic Salmon with Bagels and Cream Cheese
Fresh Seasonal Fruits and Artisan Cheese
Brewed Regular and Decaf Coffee Service
Hot Tea Service

Mid-Morning Break

Brewed Regular and Decaf Coffee
Hot Tea Service
Organic Iced Teas

Buffet Luncheon

Filet of Beef Tenderloin with Horseradish Cream and Whole Grain Mustard
Northern Halibut Provençal with Preserved Lemon

Mediterranean Salad
Roasted Seasonal Vegetables
Quinoa Pilaf
with Fresh herbs and Sun Dried Tomato with Pine Nuts

Fresh Baked Artisan Breads

Desserts

Assorted Fresh Baked Cookies
Chocolate Fudge Brownies
Lemon Bars, Pecan Bars



The Board of Directors Retreat

Continental Breakfast Buffet

Fresh Baked Cinnamon Rolls, Chocolate Croissants,
Raspberry Pastries, Assorted Muffins

Quiche Lorraine with Onion and Bacon
Zucchini and Mushroom Quiche

Seasonal Fruits including Pineapple, Melon, Kiwi, Papaya and Berries

Fresh Squeezed Orange Juice
Bottled Spring Waters
Regular and Decaf Coffee Service
Tea Service

Buffet Luncheon

Grilled Baby Lamb Chops with Chinese Barbeque Sauce
Herb Seared, Sushi Grade Ahi Tuna with Pea Sprout Salad and Special Sauces
Grilled Jumbo Shrimp with Orange Chipotle Sauce

California Sushi Rolls with Crab and Avocado
Fresh Summer Vegetable Spring Rolls with Sweet and Spicy Sauce

Sugar Snap Peas with Ginger Glaze
Cat's Ear Pasta with Portabella Mushrooms and Wilted Spinach

Fresh Baked Cookies
Lemon Shortbread, Almond Cookies, Chocolate Sparkle Cookies

Fresh Brewed Iced Tea with Lemon
Assorted Premium Sodas, Regular and Diet
Perrier, Bottled Waters



Business Conference Beach Party

Hors d'Oeuvres

Crisp Tortilla Chips
Fresh Avocado Guacamole ~ Salsa Fresca
Cheese and Chili Quesadillas

Buffet Dinner

Hot Tamales
Jumbo Shrimp Tamales with Jalapeno/Cilantro Masa and Rancho Sauce
Chicken Tamales with Roasted Corn Masa and Mole Poblano
Grilled Fajitas
Grilled Mahi~Mahi
Grilled, Pasilla Chili Rubbed Angus Flank Steak
Roasted Red Bell Peppers, Red Onion, and Zucchini
Marinated Guero Chiles
Salsa Verde ~ Chile Piquin Salsa ~ Crema Mexicana ~ Fresh Mango Salsa
Fresh Flour and Corn Tortillas
Crunchy Corn Taco Shells

Sides

Southwest Caesar Salad with Roasted Pepper Dressing and Chili Croutons
Black Beans & Red Chili Rice

Dessert

Cookie Tacos with Fresh Seasonal Fruit
Starfruit, Strawberries, Mexican Papaya, Mango, Pineapple, Watermelon, Kiwi

Beverages

Frozen Tequila Shots ~ Assorted Mexican Beers
Lime Margaritas ~ Virgin Strawberry Margaritas
Premium Sodas ~ Sparkling & Still Waters
Fresh Squeezed Lemonade