METRO GOURMET

BREAKFAST ITEMS

PLEASE PLACE YOUR ORDER 2 DAYS IN ADVANCE.
$100 REQUIRED FOR MINIMUM ORDER.
DELIVERIES ARE AVAILABLE FROM 8:00 A.M.
SURCHARGE MAY BE APPLIED FOR EARLY DELIVERIES.

PASTRY TRAY $2.85
An assortment of fresh baked cinnamon rolls, pan au chocolat, raspberry pastries, almond crescents

MUFFINS $20.00
Assorted by the dozen

SWEET BREAD TRAY SERVES 6 15.00
Fresh baked pecan raisin bread with butter and preserves

BAGELS $2.25
With cream cheese, butter and preserves

QUICHE SERVES 8 - 12 $35.00
Spinach & mushroom with Gruyere cheese, or Quiche Lorraine with bacon and onion

STRATA SMALL $60.00 LARGE $110.00
Choice of filling layered with cheeses and custard soaked bread baked to a golden brown. Choose from Spinach and Mushroom or Sausage and Peppers

FRESH SEASONAL FRUITS

Small	SERVES 6 - 8	$25.00
Medium	SERVES 10 - 12	$45.00
Large	SERVES 15 - 20	$75.00

CHEESE AND FRESH FRUIT WITH CRACKERS

Small	SERVES 6 - 8	$36.00
Medium	SERVES 10 - 12	$60.00
Large	SERVES 15 - 20	$90.00

SANDWICHES

CHOOSE YOUR OWN OR LET US CHOOSE THEM FOR YOU.
ALL SANDWICHES FEATURE THE CHEF RECOMMENDED BREADS AND MAY BE SET ON BLACK PLASTIC TRAYS OR INDIVIDUALLY WRAPPED.

GRILLED BREAST OF CHICKEN $7.50
Grilled and sliced breast of chicken with tomato, lettuce, red onion, roasted peppers and herb mayonnaise

WHITE TUNA SALAD $6.25
White albacore tuna mixed with carrots, fresh dill, & mayonnaise with romaine lettuce and tomato

ROAST BEEF $7.50
Fresh roasted Angus beef with sliced tomato, caramelized onions, romaine lettuce and special dressing

HICKORY SMOKED HAM & BRIE $7.50
With imported whole grain Dijon mustard

GRILLED AHI TUNA $9.50
With baby greens, oven roasted tomato, and extra virgin olive oil

SMOKED TURKEY BLT $7.50
With applewood smoked bacon, lettuce, tomato and black pepper mayonnaise

THE ITALIAN SANDWICH $7.50
Genoa salami, smoked ham & turkey breast, provolone cheese, roasted peppers, red onion, tomato, lettuce, mustard

VEGETARIAN SANDWICH OF THE DAY $7.50
Chef's selection of seasonally fresh or roasted vegetables with cheese and special dressings

MEAT & CHEESE PLATTER $8.50
Sliced roast beef, hickory smoked ham, smoked turkey breast, Genoa salami, provolone, Swiss with tomato, lettuce, herb mayonnaise, mustard and assorted breads

SANDWICH BOXES ADDITIONAL $4.50
A sandwich from the above menu with salads of mixed baby greens and roasted red potato salad, presented in a environmentally friendly white box with a fresh baked cookie

TRAY SET-UP ADDITIONAL $2.50.

HIGH QUALITY PLASTIC PLATES, UTENSILS, AND PAPER GOODS .65¢ EXTRA PER PERSON.

METRO GOURMET

SALADS AND SIDES

INDIVIDUAL BOX	ONE SERVING
SMALL BOWL	SERVES 8 - 12
LARGE BOWL	SERVES 15 - 20

CHEF'S SALAD $10.50/37/75
Fresh greens with ham, turkey, Swiss and provolone cheeses with tomato, cucumber, hard boiled egg, choice of dressing on the side; French, Creamy Caesar, herb vinaigrette or blue cheese

TURKEY COBB SALAD $10.50/50/80
Organic baby spinach, diced turkey breast, bacon, tomato, hard boiled egg with creamy blue cheese dressing

GREEK SALAD $7.50/36/65
Romaine, feta cheese, olives, tomatoes, cucumber and red onion with an herb vinaigrette

MIXED GREENS WITH BLUE CHEESE $7.50/52/85
Organic baby greens with poached pears, toasted walnuts and balsamic vinaigrette

MIXED GREENS AND CHEVRE $7.50/52/85
Organic baby greens with creamy goat cheese, pecans, dried cranberries, Mandarin oranges, red onion, and balsamic vinaigrette

CAESAR SALAD $5.50/30/60
Crispy romaine, Parmesan cheese, fresh made croutons and creamy Caesar dressing

MIXED GREEN SALAD $5.50/26/55
With vine ripe plum tomatoes and herb vinaigrette

ADDITIONS TO ANY SALAD

Grilled Chicken Breast	$4.25
Roasted Salmon Filet	$5.50

FRESH MOZZARELLA & TOMATOES $7.50/30/60
With fresh basil and olive oil

ROASTED VEGETABLES $9.50/50/95
Roasted eggplant, zucchini, bell peppers, carrot, red onion

ROASTED RED SKIN POTATO SALAD PER PERSON $3.25, 6 person minimum
Sun dried tomatoes, artichoke hearts, olives, rosemary and aioli

FRESH SEASONAL FRUITS

Small	SERVES 6 - 8	$25
Medium	SERVES 10 - 12	$45
Large	SERVES 15 - 20	$75

CHEESE & FRESH FRUIT WITH CRACKERS

Small	SERVES 6 - 8	$36
Medium	SERVES 10 - 12	$60
Large	SERVES 15 - 20	$90

BREAD TRAY WITH ORDER $1.00

GARLIC BREAD $1.50

KETTLE STYLE POTATO CHIPS $1.25

MINI SALADS $3.50
Available when added to your order
Small Greek, Caesar or Garden Salad

ENTRÉES

SERVED AT ROOM TEMPERATURE. MINIMUM 6 PERSONS

GRILLED WHOLE FILET OF BEEF EACH $185.00, SERVES 10-12
Served sliced, with horseradish cream, whole grain mustard, sliced baguette

GRILLED AHI TUNA PER PERSON $13.95
With roasted potatoes and peppers, green beans, tomato, hardboiled eggs, olives, on a bed of baby greens

GRILLED CHICKEN WITH ROASTED VEGETABLES PER PERSON $10.75
Eggplant, zucchini, peppers, carrot, red onion. With golden orzo pilaf.

GRILLED BREAST OF CHICKEN PER PERSON $8.50
With a salad of artichoke hearts, roasted red pepper, black olives and rosemary

GRILLED SEASONAL FISH WITH ROASTED VEGETABLES market price
Market fresh fish with roasted eggplant, zucchini, peppers, carrot, red onion. With golden orzo pilaf.

DAILY SPECIALS MAY ALSO BE ORDERED FOR YOUR CATERED EVENTS. PLEASE CHECK OUR WEBSITE, OR CALL US FOR SELECTIONS

METRO GOURMET

PASTAS AL FRESCO

SERVED FAMILY STYLE AT ROOM TEMPERATURE.
EACH ORDER SERVES 4-8 PERSONS

PENNE WITH SUN DRIED TOMATOES $36.00
With sun dried tomatoes, Julienned bell peppers, onions, olives and sun dried tomato pesto

FUSILLI WITH ROASTED VEGETABLES $45.00
With roasted eggplant, tomato, zucchini, pine nuts, currants, feta, basil and balsamic vinaigrette

PASTA WITH FRESH TOMATOES & BASIL $30.00
With Parmesan cheese and olive oil

PASTA WITH MUSHROOMS & SPINACH $45.00
Sautéed portabella mushrooms and fresh baby spinach tossed with Feta cheese

COLD NOODLES WITH SESAME-PEANUT SAUCE $25.00

ADDITIONS TO ANY PASTA
Grilled Chicken Breast $4.25
Roasted Salmon Filet $5.50

BEVERAGES

SODAS		$1.25
SNAPPLE ICED TEAS		$1.50
MINERAL WATERS		$1.75
PREMIUM SODAS		$1.75
BOTTLED JUICES		
Orange Juice		$1.50
Martinelli Apple Juice		$1.75
FRESH SQUEEZED ORANGE JUICE Breakfast Only	PITCHER	$18.00
COFFEE SERVICE	PER POT	$18.00
TEA SERVICE assorted teas	PER POT	$15.00

ICE BUCKET COMPLIMENTARY WITH
BEVERAGE ORDER OF 6 OR MORE

PLEASE HAVE BREAKFAST COFFEE POTS AVAILABLE
FOR PICK-UP BY 12 NOON THE SAME DAY.

BAKED PASTAS

ALL BAKED PASTAS ARE MADE FRESH IN OUR KITCHEN
PLEASE PLACE YOUR ORDER 2 DAYS IN ADVANCE.

SMALL SERVES 12 / LARGE SERVES 24

LASAGNA WITH TURKEY SAUSAGE
With sautéed peppers and onions, three cheeses and fresh made tomato sauce
SMALL $65.00
LARGE $125.00

ROASTED VEGETABLE LASAGNA
Roasted eggplant, zucchini and bell peppers layered with fresh lasagna noodles, three cheeses and our own fresh made tomato sauce
SMALL $65.00
LARGE $125.00

SPINACH & MUSHROOM LASAGNA
Fresh lasagna pasta layered with ricotta, Parmesan and mozzarella cheeses with spinach, mushrooms and a light béchamel sauce
SMALL $65.00
LARGE $125.00

BAKED MACARONI & CHEESE
Elbow macaroni baked with mix of white and yellow cheddar cheese, combined with creamy cheese sauce and baked until bubbly browned
SMALL $65.00
LARGE $125.00

DESSERTS

FRESH BAKED COOKIES $1.25
Chocolate Chunk Cookies With Pecans & Walnuts, Oatmeal Raisin, Peanut Butter

CHOCOLATE WALNUT FUDGE BROWNIES $2.00

LEMON BARS $1.50

PECAN BARS $1.50

SWEET TRAY 6 ORDER MINIMUM $3.25
A selection of cookies, brownies and sour cream poundcake

SPECIAL ORDER
CAKES & DESSERTS ARE AVAILABLE

PLEASE INQUIRE 2 BUSINESS DAYS IN ADVANCE FOR CHOCOLATE BLACKOUT, CARROT CAKE, BANANA CAKE, CREAMY NEW YORK CHEESECAKE AND FRUIT TARTS.

METRO GOURMET

METRO GOURMET CAN ATTEND TO ALL YOUR CUSTOM
CATERING NEEDS FOR LUNCHEONS, MEETINGS, SEMINARS AND SPECIAL EVENTS.
PLEASE CALL OUR CATERING CONSULTANT FOR ASSISTANCE.

DELIVERY

Free delivery for orders of $100 or more
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 for an additional charge.

Fees are determined by location and
final guest counts. Charges may apply for pick-up
of catering equipment. Deliveries are scheduled
on a first come, first serve basis.

To insure prompt delivery, please place
your lunch order 24 hours in advance.
Please inquire for same day orders by 8 am.

High quality plastic plates, utensils,
and paper goods are .65¢ extra per person.
Utensils included with salad boxes.
Serving utensils included with entrees, salads, and sides.

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 Cash, Company Checks,
American Express,Visa, MasterCard and Discover.
No Personal Checks.
Corporate Accounts are welcomed.
Please call 858.622.6600 for credit arrangements

CANCELLATION POLICY

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

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