



Metro Breakfast & Brunch Buffets

All breakfasts & brunches include appropriate disposables. Food is presented in upscale black plastic bowls, trays and/or disposable wicker baskets. Hot food is served in foil pans. Disposable chafers with canned fuel available at 7.00 ea. For an attractive buffet using non-disposable serving pieces such as chafing dishes, decorative linens, glass platters, florals, and appropriate décor, see our "Metro Details" page. Check with your event planner for specifics.

15 person minimum for delivery.

Traditional Continental Breakfast

Our Metro standard assortment of fresh baked pastries, cinnamon rolls, homemade muffins, breads and bagels. Served with butter, cream cheese and assorted fruit juices. . . . 6.25 per person

The Healthy Choice Continental

Low fat blueberry yogurt bread, zucchini or pumpkin bread, raisin bran muffins, assorted bagels with low fat cream cheese, jams, assorted individual fruit yogurts, granola bars and assorted fruit juices. . . 7.95 per person

The Traditional Breakfast Buffet

Fresh scrambled eggs, bacon strips, sausage links, hash brown potatoes, assortment of fresh baked muffins, breads & bagels with butter & cream cheese. . . . 7.95 per person

For a heart healthy choice substitute Eggbeaters® and turkey bacon. . . . 8.95 per person

French Toast Casserole with Roasted Apples & Raisins

Our French toast casserole exudes "comfort food". This warm dish with apples, raisins and cinnamon combines with sides of smoked bacon and soft scrambled eggs, and fresh fruit salad to form a perfect breakfast combination. . . . 8.95 per person

(If apples & raisins aren't your thing, substitute our **Blueberry Cream French Toast Casserole** instead.)

Breakfast Sandwich Buffet

This menu comes with your choice of three breakfast sandwiches below, O'Brien style breakfast potatoes, and fresh cut fruit salad. . . . 8.95 per person

- Ham, egg & cheese bagel
- Bacon, egg & cheese croissant
- Grilled vegetable, egg & cheese croissant
- Sausage, egg & cheese biscuit
- Bacon, egg & cheese biscuit
- All sandwiches available without meat*

Yogurt Breakfast Station

Station includes yogurt, house made granola, fresh strawberries & blueberries, toasted almonds, honey, raisins, shaved chocolate and assorted breakfast breads & muffins with jams & jellies. 9.95 per person

Breakfast Stromboli

Your choice of breakfast Stromboli include:

- Sausage & Egg with Peppers, Onions & Cheese
- Grilled chicken with spinach, egg & Feta cheese
- Bacon, Egg, Potato & Cheddar Cheese
- Mediterranean roasted vegetables with egg & cheese

Served with a light lemon tomato sauce for dipping, O'Brien potatoes and fresh fruit salad. . . 9.95 per person

Metro Breakfast Strata

Your choice of egg strata. Choices include:

- Broccoli & three cheese strata
- Southwestern style strata with sausage, peppers & cheese
- Traditional bacon onion & cheese
- Mediterranean roasted vegetable strata with three cheeses
- Southern style breakfast casserole
- Mushroom, leek & goat cheese strata with Fresh Herbs

Served with freshly baked petite pastries, muffins, bagels & breads with cream cheese, butter & jams, and seasonal fruit salad. . . . 9.95 per person





Metro Breakfast & Brunch Buffets (Continued)

Omelet Station Breakfast

Assorted Muffins, Pastries & Cinnamon Rolls
 Omelets made to order with sides of:
 Peppers, Onions, Mushrooms, Tomatoes, Swiss
 & Cheddar Cheese and Diced Ham
 Choice of one: Bacon Strips or Sausage Links
 Fruit Display with Fresh Berries
 Butter and Fruit Jams
 Assorted Fruit Juices

14.95 per person

(Chef in field required – 25 person minimum)

Belgian Waffle Breakfast Buffet

Belgian Waffles with Butter & Syrup
 Strawberry & Blueberry Toppings
 Whipped Cream
 Scrambled Eggs
 Applewood Smoked Bacon
 Fresh Fruit Display with Berries
 O'Brien Potatoes
 Assorted Fruit Juices

14.95 per person

Additional Breakfast Side Options

Seasonal Fruit Platter or Salad . . . 2.25 pp (10 ct min.)
 Fresh Fruit Kebab "Sunburst". . . . 1.95 ea (15 ct min.)
 Granola & Berry Yogurt Parfaits . . . 2.95 ea (10 ct min.)
 Granola or Granola Bars. 1.50 ea (10 ct min.)
 Individual Low Fat Yogurts 1.95 ea (10 ct min.)
 French Toast with Butter & Syrup . . . 3.20 per person
 Bacon or Sausage Links. 1.95 per person (15 person min.)
 Egg Beater® Scrambled Eggs 1.95 person. (15 ct min.)
 O'Brien Breakfast Potatoes. 1.50 per person
 Jumbo Cinnamon Rolls (12 ct minimum) 1.95 each
 Biscuits with Butter & Honey 1.95 per person
 Oatmeal Station – Includes instant oatmeal packets, hot water
 and sides of butter, milk, brown sugar, raisins, almonds, chopped
 apple & sliced strawberries. 3.50 per person
 Breakfast Strata (Serves 9-12) 36.00 per pan
 (Selections include: • Broccoli Cheese; • Bacon, Onion & Cheddar;
 • Mushroom & Leek with Goat Cheese;
 • Sausage with Grilled Peppers & Onions)

Morning Beverages

Box-O-Coffee - Our disposable coffee box features our
 freshly brewed coffee or hot water with teabags & lemons;
 cups, sugars, sweeteners, stirrers and creamers included.

• 96 oz. Box 17.25 • 160 oz. Box 25.50

Regular or Decaf. Coffee Service - 18.00 per gallon

Assorted Tea Bags (20), Hot Water & Lemons 18.00

All beverage service includes cream, sugar, sweeteners, stirrers and
 styrofoam coffee cups. Full set-up coffee & tea service with non-
 staffed events may require return trip charge.

Assorted Canned Soft Drinks. 1.25 each

Assorted Bottled Juices. 1.95 each

Bottled Spring Water. 1.00 each

Dasani Bottled Water. 1.75 each

Canned & bottled beverages include cups, napkins and ice. See
 our Lunch Beverages section of this menu for more beverage
 options or for a complete list of available beverages see our
 full **Metro Cuisine Beverage Menu**.



Metro Afternoon Breaks

10 person minimum unless noted otherwise.

- Cookies & Chocolate Brownies Tray. 1.75 per person
- Fresh Whole Fruit Basket 1.50 per person
- Kettle Chips & French Onion Dip . . . 1.75 per person
- Tortilla Chips & Salsa 1.95 per person
- Chex Mix 1.50 per person
- Gourmet Mixed Nuts 1.95 per person
- Assorted Petite Candy Bars & Mints . 1.50 per person

- Pre-Filled Popcorn Boxes 1.75 ea. (25 ct min)
- Fresh Vegetable Trays with Dip
 (Small 12" - 28.50 • Medium 16" - 36.50 • Large 18" - 48.75)
- Cubed Cheeses with Grapes, Berries & Crackers
 (Small 12"-34.00 • Medium 16" - 54.00 • Large 18" - 75.00)
- Fresh Fruit Trays with Dip
 (Small 12"-32.00 • Medium 16" - 54.00 • Large 18" - 69.00)



Metro Boxed Lunches – Salads & Chilled Entrées

We offer you a great variety of chilled main course selections that are not only appetizing to the eye and delicious to eat, but good for you as well. They're a light, yet satisfying noontime meal. Your guests will love them!

Served in attractive individual disposable containers or they're also great for plated served events.

(5-person minimum for any one selection)

Metro Chef Salad – Our traditional main course salad consists of fine julienne turkey & baked ham, cheddar and mozzarella cheeses, boiled eggs, tomatoes, olives, croutons and other seasonal vegetables. Includes a dinner roll, butter, dessert and assorted dressings. 9.50

"Veggie" Chef Salad – Our traditional main course salad with vegetables & cheese only. Salad includes: fresh tomatoes, cauliflower, broccoli, cucumber, carrots, avocado, shredded cheddar and mozzarella cheeses, olives, and toasted sunflower seeds. Includes a dinner roll, butter, dessert and assorted dressings. 8.95

Napa Valley Grilled Chicken & Tomato Capri - Although there are many versions of this classic Capri Island salad, our version, which includes the traditional fresh mozzarella, tomato & fresh basil combination, adds roasted shiitake mushrooms, marinated Greek olives, sliced grilled chicken, toasted pistachios and a light blush wine vinaigrette for a wholesome luncheon option. Served with a fresh dinner roll, butter and dessert. 10.95

Greek Salad with Grilled Chicken - Our combination of Mediterranean greens with roasted red peppers, marinated olives, tomatoes, cucumbers and Feta cheese is served with a grilled chicken breast, an olive oil and lemon vinaigrette, a fresh roll, butter and dessert. 9.95

Spinach Salad with Grilled Shrimp & Crumbled Chèvre - Balsamic marinated shrimp grilled and served atop a blend of fresh spinach & radicchio with fresh sliced strawberries, toasted almonds, crumbled Chèvre cheese and a light strawberry vinaigrette. Served with a fresh dinner roll, butter and dessert. 10.95

Mandarin Chicken Salad - Oriental flavor combinations have literally been evolving for centuries and it seems that a lot of Chinese cuisine is perfect "salad" food. Our presentation includes grilled Asian marinated chicken, crisp salad greens, mandarin oranges, candied almonds, toasted rice noodles and an exotic poppy seed dressing. Served with a dinner roll, butter and dessert. 9.95

Club House Lunch - An elegant light luncheon of chilled poached Gulf shrimp with cocktail sauce, fresh melons and seasonal berries, a petite chicken salad croissant, a turkey club wedge and dessert. 11.95

Grilled Chicken or Salmon Caesar - Caesar salad may seem like an Italian invention, but actually it's American born. Ours is the classic with fresh romaine & radicchio lettuce, homemade French bread croutons, shredded parmesan, an original style Caesar dressing, the addition of grape tomatoes and topped with a succulent marinated grilled chicken breast. Served with a dinner roll, butter and dessert.
9.95 for chicken - 12.95 for Salmon

Grilled Chicken with Quinoa & Black Bean Salad – Brushed with olive oil and fresh herbs, our grilled, boneless, skinless chicken is combined with a refreshing quinoa & black bean salad and served with multigrain rustic bread, butter and dessert. 10.95

Balsamic Marinated Steak & Gorgonzola Salad - Grilled sliced marinated Sirloin steak with crisp butter lettuce, arugula, endive, tomatoes, grilled asparagus and gorgonzola cheese with a balsamic vinaigrette, fresh dinner roll and dessert. 12.95





Metro Boxed Lunches - Sandwiches

All our boxed lunches are made fresh with the best ingredients available. Unless noted otherwise, each lunch comes with chips or pretzels, assorted bar desserts or cookies, mints, condiments, napkins & disposable flatware if needed. All attractively displayed in an individual, disposable container. To substitute chips, subtract \$1.00 and add an additional Side from our "Beverages & Sides" menu. Or add an additional side if it meets your situation. **Ten count minimum order. Minimum of 5 for any one variety.** (Some traditional sandwich options are available in smaller numbers, check with your event planner). (Gluten Free Bread available) **Changes to box lunch components may change the listed price.**

Basic Boxed Lunch – If you need an economical lunch for a large group or for younger kids and are looking for something not quite as elaborate as our regular boxed lunches, this works perfectly. The lunch includes a "light" sandwich: turkey-cheddar or ham & colby-jack on whole wheat or a Kaiser Bun, or a Vegetarian option of three-cheese on wheat, potato chips or pretzels, house made cookie, and fresh whole fruit. 6.95 per person

Turkey & Cheddar on Wheat - This hearty sandwich includes thin sliced oven roasted turkey breast, mild cheddar, red leaf lettuce & sliced tomato on whole wheat bread or fresh Kaiser bun. . . . 7.95 each

Baked Ham & Baby Swiss on Rye - Thinly sliced Virginia baked ham and smooth baby Swiss cheese with lettuce & tomato (whole wheat bread or fresh Kaiser bun also available). . . . 7.95 each

Roast Beef & Cheddar on Kaiser Bun - Thin sliced roast beef stacked high with cheddar cheese, lettuce and tomato on a fresh baked Kaiser roll, or if you prefer whole wheat. . . . 8.50 each

Pecan Chicken Salad - Our pecan chicken salad has always been a favorite! Served on whole wheat bread or Kaiser bun with leaf lettuce. . . . 8.25 each

Classic American Club Kaiser - Sliced baked turkey breast, smoky bacon, cheddar cheese, lettuce and tomato on a fresh baked Kaiser bun 8.50 each

Our Original Sub - An eight-inch sub stacked with Genoa salami, baked ham, provolone cheese, sliced tomatoes, razor thin slices of red onion, mild banana pepper rings and shredded lettuce. Condiments and sub sauce served on the side. (Turkey Subs also available). . . . 8.50 each

Tuna Salad - Our house-made tuna salad is topped with sharp cheddar cheese and red leaf lettuce on whole wheat bread or if you prefer a fresh Kaiser bun. . . . 8.95 each

Grilled Chicken Sandwich – An absolutely delicious sandwich with marinated grilled chicken breast, Provolone cheese, lemon-basil aioli, red leaf lettuce & sliced tomato. . . . 9.50 each

California Grilled Chicken Club – Our marinated grilled chicken breast topped with crisp Apple-wood smoked pepper bacon, Monterey Jack cheese, fresh avocado, lettuce & tomato with a Dijon mayonnaise. On a fresh Kaiser bun. . . . 9.95 each

Three Cheese and Fresh Vegetables on Wheat – A popular combination of cheddar, Colby Jack and Baby Swiss Cheese topped with sliced tomato, bell peppers, cucumbers, leaf lettuce and shredded carrot with ranch dressing. (Vegan option also available with hummus & Fresh Vegetables). . . . 8.50 each

Grilled Chicken Wrap with Fresh Spinach, Dried-Cranberries, Pecans & Feta - A light, low fat option compared to our regular wraps. A whole wheat tortilla roll-up served with a savory raspberry vinaigrette dressing on the side. . . . 8.75 each





Metro Boxed Lunches Continued

Roast Beef or Turkey Wraps - Our tortilla roll-ups are a unique and tasty presentation to the traditional sandwich. Thinly sliced roast beef or turkey with cheddar cheese, diced tomato, black olives, herbed cream cheese and shredded lettuce. 7.95 for Turkey Wraps . . . 8.45 for Roast Beef.

Italian Sub Wrap - Genoa salami, baked ham, provolone cheese, tomatoes, onion, pepper rings and shredded lettuce, rolled up in a flour tortilla with our special sub sauce. 8.25 each

Grilled Chicken or Steak Wrap - Marinated grilled chicken breast or grilled sirloin with shredded cheddar, crisp romaine, sour cream and tropical salsa, all neatly rolled up in a fresh tortilla.

- Grilled Chicken Wrap 8.50 each
- Grilled Steak Wrap 9.50 each

Tuscan Vegetable Wrap - A spinach tortilla with a pesto cream cheese, fresh mozzarella, grilled asparagus, roasted red pepper and chopped romaine. 9.50 each

Grilled Chicken Caesar Wrap - A take off the popular salad. A grilled chicken breast with shaved parmesan, crisp romaine lettuce, Caesar dressing and herbed croutons all rolled up in a whole wheat tortilla. 8.75 each

Grilled Veggie & Hummus Wrap – A great vegetarian option with smooth Greek style hummus, roasted vegetables with olive oil & herbs and crumbled feta cheese with fresh spinach. 8.50 each

California BLT Wrap - Stuffed and rolled with roasted turkey breast, peppered bacon, avocado, cream cheese, tomato, spring greens and a lemon basil mayo. 9.95 each



Salad Bar Buffets

Our salad bars are great for large groups; you can please even the most discriminating eater, especially with the addition of a soup. All include appropriate disposables. Food is presented on upscale black plastic trays, bowls and/or wicker baskets.
20 person minimum order.

Chef Salad Bar - A luncheon buffet to please any guest. Fresh mixed salad greens with sides of the traditional julienne turkey and ham, tomato wedges, cucumbers, broccoli & cauliflower florets, baby corn, olives, croutons, shredded cheddar, shredded Mozzarella, sliced peppers and boiled eggs. Served with baskets of assorted dinner rolls, butter and assorted desserts. 9.50 per person

California Salad Bar - California salad greens with sides of grilled diced chicken, crumbled apple wood smoked bacon, Gorgonzola cheese crumbles, fresh avocado, tomato, cucumber, peppers, shredded Colby-Monterey Jack cheese, marinated olives, and homemade croutons with assorted dressings, assorted dinner rolls & butter and assorted desserts. 10.95 per person

Add soup to your salad bar. (Priced per person and includes crackers and disposable service ware):

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|------------------------------|------|---------------------------|------|-----------------------------|------|
| • Fresh Tomato-Basil | 2.50 | • Old Fashioned Vegetable | 2.25 | • Lentil & Tomato Bacon | 2.75 |
| • Traditional Chicken Noodle | 2.50 | • Potato & Cheese | 3.50 | • Chicken Tortilla Soup | 2.75 |
| • Beef & Barley | 2.95 | • Beef Chili | 3.95 | • Tortellini & Sausage Soup | 2.95 |
| • Broccoli & Cheddar | 3.25 | • White Chicken Chili | 2.95 | • Vegan Eggplant & Tomato | 3.50 |





Metro Cold Lunch Buffets

All lunches include appropriate disposables. Food is presented on upscale black plastic trays, bowls and/or wicker baskets. For an attractive buffet using non-disposable serving pieces such as decorative linens, glass platters, florals, and appropriate décor, see our "Metro Details" page. Ten person minimum, check with your event planner for specifics regarding your situation.

Metro Sandwiches & Wraps Buffet – Menu includes your choice of four sandwich or wrap selections below, assorted chips & pretzels, dill pickle spears, condiments and assorted desserts.

Menu price is 3.50 per person plus sandwich selections below:

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|---|---|
| ● Roasted Turkey with Cheddar on Wheat . . . 5.25 | ● Turkey Cheddar Wrap 5.25 |
| ● Roast Beef & Cheddar on a Kaiser bun . . . 5.95 | ● Italian Sub Wrap 5.25 |
| ● Ham & Swiss on Rye 5.25 | ● Roast Beef Wrap 5.75 |
| ● Pecan Chicken Salad on Wheat 5.50 | ● Grilled Chicken Wrap 5.95 |
| ● Italian Sub 5.95 | ● Grilled Steak Wrap 6.95 |
| ● Grilled Chicken Kaiser 6.25 | ● Tuscan Vegetable Wrap 6.95 |
| ● Tuna Salad on Wheat 6.75 | ● California BLT Wrap 7.25 |
| ● Classic Turkey Bacon Club Kaiser 5.95 | ● Grilled Chicken Caesar Wrap 5.95 |
| ● California Grilled Chicken Club 7.25 | ● Grilled Veggie & Hummus Wrap 5.95 |
| ● Pepper Bacon BLT with fresh Mozzarella . . . 6.95 | ● Chicken, Pecans, Spinach & Feta Wrap . . . 5.95 |
| ● Roast Beef & Baby Swiss on Focaccia 7.75 | ● Egg Salad with Lettuce & Tomato 4.95 |

Gluten Free Wheat Bread available on request. For sandwiches on butter croissants add .75 each
See page 12, "Lunch Beverages, Sides & Desserts" for other additional side options.

Soup and Salad Buffet - Your choice of house made soups. Served with a fresh garden salad with dressings, fresh rolls & butter and assorted desserts. 5.25 per person plus soup selection price below:

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|-----------------------------------|--------------------------------|----------------------------------|
| ● Fresh Tomato-Basil 2.50 | ● Old Fashioned Vegetable 2.25 | ● Lentil & Tomato Bacon 2.50 |
| ● Traditional Chicken Noodle 2.50 | ● Potato & Cheese 2.75 | ● Chicken Tortilla Soup 2.50 |
| ● Beef & Barley 2.95 | ● Beef Chili 3.95 | ● Tortellini & Sausage Soup 2.95 |
| ● Broccoli & Cheddar 3.25 | ● White Chicken Chili 2.95 | ● Vegan Eggplant & Tomato 3.50 |

Add any sandwiches to your soup & salad buffet. See selections above this menu.
Check with your event coordinator for options that might work for your group.

Sliced Deli-Meats & Cheeses - An attractive display of thin sliced roast beef, baked ham, sliced roast turkey breast, Genoa salami and assorted deli cheeses. Served with assorted gourmet rolls & breads, lettuce-tomato-pickle tray, assorted chips & pretzels, condiments and assorted desserts. 9.95 per person

Metro Salad Trio - Traditional pecan chicken salad, tuna salad and egg salad, served buffet style with baskets of fresh baked breads & rolls, sliced tomatoes, leaf lettuce & pickle spears, assorted chips & pretzels and assorted desserts. 9.95 per person

Metro City Luncheon Buffet – Assorted petite sandwiches (Turkey bacon clubs, Ham & Colby-jack on mini wheat, Turkey with havarti, Roast beef & cheddar), fresh vegetable & relish trays with dip, assorted domestic cheeses with grapes & berries and crackers, with assorted desserts. 9.95 per person



Metro Hot Lunch Buffets

All lunches include appropriate disposables. Food is presented in upscale black plastic bowls, trays and/or disposable wicker baskets. Hot food is served in foil pans. Disposable chafers with canned fuel available at \$7.00 ea. For an attractive buffet using non-disposable serving pieces such as chafing dishes, decorative linens, glass platters, florals, and appropriate décor, see our "Metro Details" page. Side selections can be changed or substituted. Check with your event planner for specifics 15 person minimum.

Poultry

Italian Baked Chicken with Herbs - A slow roasted bone-in herbed chicken with a flavor and aroma that's simply outstanding! Served with redskin potatoes with fresh parsley, garden salad with dressings, rolls & butter and assorted desserts. 9.95 per person

Romano Crusted Chicken - A light Romano cheese encrusted boneless chicken breast is sautéed, topped with a creamy Italian tomato sauce, and additional fresh grated imported Romano cheese. Served with buttered linguine noodles, fresh garden salad with dressings, dinner rolls & butter and assorted desserts. Eggplant version also available. 10.95 per person

Roasted Chicken with Lemon & Garlic - Chilean herbs and spices combine with fresh lemon for a fabulous roasted chicken. Served with roasted redskin potatoes, garden salad with dressings, rolls & butter and assorted desserts. 10.95 per person

Marinated Charbroiled Chicken Breast with Grilled Mango Salsa - A citrus marinade makes for a remarkably juicy grilled chicken with an outstanding fresh mango salsa. Served with roasted rosemary potatoes and fresh green beans or tossed salad with dressings, rolls, butter and assorted desserts. . . . 9.95 per person

Herb Stuffed Chicken with Chardonnay Cream Sauce - A roasted boneless skinless chicken breast with a savory herb stuffing and a classic Chardonnay supreme sauce. Served with your choice of redskin potatoes or wild rice pilaf, fresh green beans or salad with dressings, rolls & butter and assorted desserts. 10.50 per person

Sautéed Chicken with Mushrooms, Marsala & Mascarpone - An incredibly savory combination of sautéed chicken, Parisian mushrooms & Marsala wine, slowly simmered together and smoothed out with wonderful Mascarpone cheese. Served with your choice of orzo-wild rice pilaf or redskin potatoes with fresh parsley, fresh garden salad & dressings, dinner rolls & butter and assorted desserts. . . . 10.95 per person

Southern Fried Chicken - A home-style luncheon done in traditional country fashion! Our delicious fried chicken is served with buttered redskin potatoes, coleslaw, dinner rolls & butter and assorted desserts. (Substitute mashed potatoes & gravy for .75 per person). 9.95 per person

Grilled Lemon-Soy Glazed Chicken - A grilled marinated chicken breast brushed with a fresh lemon, brown sugar and sweet soy glaze evoking a soft Asian influence. Served with a nutty white & wild rice pilaf, tossed salad with dressings, rolls, butter and assorted desserts. 9.95 per person

Prosciutto & Boursin Cheese Stuffed Chicken - You can't go wrong with our version of the classic French cordon bleu: Prosciutto style ham, and herbed cheese filling, lightly breaded, and served over a Chablis wine sauce. Served with new potatoes or orzo & wild rice pilaf, tossed salad & dressings, rolls, butter and assorted desserts. 11.95 per person

Seafood

Honey-Ginger Glazed Grilled Salmon - This salmon is marinated and grilled over open flame and brushed with its marinade for a wonderful flavor. Served with your choice of wild rice pilaf or buttered mashed potatoes, tossed salad with dressings, rolls & butter and assorted desserts. 12.95 per person



Metro Hot Lunch Buffets Continued

Beef & Pork

Meatloaf with Bourbon Glaze - Our presentation of this popular American dish is far from mundane and actually quite delicious! Topped with a traditional ketchup & brown sugar glaze and served with homemade mashed potatoes, gravy, green beans, rolls, butter and assorted desserts. 10.95

Beef Tips with Mushrooms & Onions - A rich wonderful dish of slow simmered beef tips in burgundy wine with mushrooms & onions. Served with your choice of buttered egg noodles or fresh mashed potatoes, tossed garden salad with dressings, rolls, butter and assorted desserts. 12.95

English Pot Roast - Slow roasted with a rich beef stock and a hearty Burgundy wine until fork tender for a simple, but intensely flavored beef roast your guests will love. Served with real mashed potatoes or roasted redskins, fresh green beans or tossed garden salad with dressings, rolls, butter and assorted desserts. 12.95

Barbeque Beef Brisket - Our slow cooked tender beef brisket is sliced and served with an authentic Texas table "mop". Served with your choice of macaroni & cheese or fresh mashed potatoes, tossed garden salad with dressings, dinner rolls, with butter and assorted desserts. 13.95

Herbed Roast Pork - A slow roasted boneless pork shoulder with traditional pork gravy. Served with roasted redskins, tossed salad with dressings, rolls & butter and assorted desserts. 10.95

Pork Chops with Roasted Apple & Sage Dressing - A tender juicy pork chop served over a savory herbed country stuffing with roasted apples. Menu includes rich brown gravy, mashed potatoes, tossed salad with dressings, rolls, butter and assorted desserts. 11.95

Louisiana Pork Loin with Stone Ground Mustard Sauce - An enticing combination of flavors, this roast pork loin evokes the class and flavor of French cuisine with the spice and comfort of Louisiana bayou cooking. Complimented nicely with buttery mashed potatoes, tossed salad with dressings, dinner rolls & butter and assorted desserts. 11.95



Hot Sandwich Lunches

Grilled Chicken Bar – Served with marinated grilled chicken breasts served hot off the grill, baskets of soft Kaiser buns, sliced cheddar and Colby-jack cheeses, sliced tomatoes, dill pickles, fresh leaf lettuce and pepper bacon strips. Potato chips and your choice of one side below and assorted desserts. 10.95

Pulled Bourbon Barbeque Chicken or Pork - Our southern style Bourbon pulled chicken or slow cooked pulled pork is served with baskets of buns, dill pickle spears, potato chips and assorted desserts. For additional sides see our sides menu. 9.50

Amish Style Chicken Sandwiches – A country style luncheon of tender and flavorful pulled chicken with baskets of assorted rolls & buns, assorted chips & pretzels and your choice of one standard side selection listed below and assorted desserts. 8.95

Hamburger and Hotdog Bar – This all American cookout is sure to please all your guests. Grilled all beef hamburgers and hotdogs, baskets of buns, sliced cheeses, lettuce, tomato, onions, pickle relish and sliced dill pickles, condiments, your choice of one side dish below, assorted chips & pretzels and dessert. 9.95

Sides included with Hot Sandwich Lunches: • Redskin Potato Salad, • Pasta Salad; • Macaroni Salad, • Cole Slaw & • Old Fashioned Potato Salad. See our Beverage, Sides & Dessert menu for more options.





Metro Hot Lunch Buffets Continued

Luncheon Favorites

Traditional Lasagna with Three Cheeses - Tender pasta layered with a rich herbed tomato sauce, sweet Italian sausage & ground beef, ricotta, mozzarella and Parmesan cheeses. Served with a fresh garden salad & dressings, assorted rolls with butter and assorted desserts. (Vegetarian lasagna available upon request.) 9.95 per person

Tortellini with Grilled Chicken & Tomato-Basil Pesto - Cheese filled tortellini tossed with sliced grilled chicken, and a pesto made with roasted tomatoes, olive oil, fresh basil and shredded Parmesan cheese. Served with tossed salad or if you prefer our classic Caesar salad, rolls & butter and assorted desserts. 10.95 per person

Stromboli - This wonderful Italian favorite is stuffed and rolled in a pizza-style dough and baked golden brown. Served with an Italian tomato sauce for dipping, Parmesan cheese, fresh garden salad with dressings and assorted desserts. Choice of Two fillings: • Sausage & Pepperoni • Grilled Chicken with Mushrooms & Spinach or • Roasted Italian Vegetables & Herbed Cheese. 9.95 per person

Traditional Taco & Fajita Bar - Grilled fajita chicken and spicy taco beef lead this exciting popular lunch buffet. Served with a basket of taco shells, flour tortillas & tortilla chips, sides of sour cream, shredded cheddar, grilled peppers & onions, chopped green onion, chopped tomato, jalapenos, shredded lettuce, salsa, Mexican rice pilaf and assorted desserts. 9.95 per person
(Healthy Matters turkey taco meat can be substituted for our traditional taco beef – no additional charge.)

Street Taco Station – An upgrade from our popular Fajita Bar: Menu includes pork carnita, & grilled fajita chicken (To substitute shredded guisado beef or shrimp add 1.50). Served with flour tortillas, ranchero sauce, sour cream, crumbled queso fresco, shredded cheddar, grilled peppers & onions, chopped onion, fresh jalapenos, chopped Romaine, Pico-de-qallo, radishes, Mexican rice pilaf and assorted desserts. . . . 10.95 per person

Soup, Salad, & Baked Potato Bar - A popular luncheon selection. Hot baked potatoes with sides of sour cream, butter, bacon crumbles, chopped scallions, shredded cheddar, and broccoli. Served with a tossed salad with dressings, rolls & butter, and assorted desserts. . . . 8.95 per person plus soup selection price below:

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|------------------------------|------|---------------------------|------|-----------------------------|------|
| • Fresh Tomato-Basil | 2.50 | • Old Fashioned Vegetable | 2.25 | • Lentil & Tomato Bacon | 2.50 |
| • Traditional Chicken Noodle | 2.50 | • Potato & Cheese | 2.75 | • Chicken Tortilla Soup | 2.50 |
| • Beef & Barley | 2.95 | • Beef Chili | 3.95 | • Tortellini & Sausage Soup | 2.95 |
| • Broccoli & Cheddar | 3.25 | • White Chicken Chili | 2.95 | • Vegan Eggplant & Tomato | 3.50 |

Mediterranean Pasta Bar - This popular buffet includes penne pasta with sides of marinara sauce, basil cream sauce, shredded parmesan cheese, crumbled Feta, sliced kalamata olives, sautéed zucchini & mushrooms, grilled peppers, meatballs, grilled chicken, dinner rolls with butter, tossed salad with dressings and assorted desserts. (Whole wheat or Gluten Free penne pasta is available as a substitute if desired.) 12.95 per person
Add cheese filled tortellini to go with the standard pasta for an additional 1.00 per person

Greek Mezze Station – Something different that your guests will love. A build your own lunch consisting of grilled lemon chicken, beef & lamb gyro meat, fresh tomatoes, cucumbers, onion, chick peas with lemon & cumin, crumbled Feta, shredded lettuce, pita bread, fresh lemons and tzatziki sauce. Served with hummus, Greek olives, pickles, roasted vegetable couscous, and assorted desserts. This works well for a party or reception type lunch where a regular option just doesn't fit and there is something for vegetarians as well. . 11.95 (20 person minimum)

Bibimbap Station – A popular Korean style lunch. Menu includes white rice, purple rice, salad greens, grilled chicken, Korean beef, (fried tofu also available as a substitute), black beans, roasted potatoes, corn, Sesame carrots, julienne shiitakes, fried egg strips, cucumber, shredded Jack cheese, daikon radish, yum-yum sauce, Korean garlic sauce, and spicy Gochujang. 11.95 (20 person minimum)



Wellness Menu

We understand that making healthy food choices is not easy and good nutrition is key to good health. With that in mind, we at Metro Cuisine have added a menu section dedicated to wholesome, natural, and honest food with no coloring or preservatives and minimal processing.

While we use high quality ingredients in all of our food, this menu was specifically developed in conjunction with Local Matters, a not-for-profit in Columbus working to educate individuals and families about delicious and nutritious food! For more information please go to www.local-matters.org. We hope you enjoy this light and tasty menu.

Whole Wheat Penne with Roasted Chicken & Summer Vegetables – Fresh basil, spinach and summer vegetables combine with chicken and nutritious whole grain pasta for a delicious lunch. Served with fresh grated parmesan cheese, and our Corn & Black-eyed Pea Salad. 10.95

(Gluten Free Pasta available on request)

Chicken Tagine with Carrots, Chic Peas, and Kale – A wonderfully wholesome stew, slow simmered and served with a whole grain red rice pilaf and a mesclun greens salad with vinaigrette dressing. 9.95

Whole Wheat Linguini Puttanesca with Albacore Tuna – This whole wheat pasta with tomato, kalamata olives, garlic, extra virgin olive oil and fresh herbs, packs flavor and combines well with our raw kale salad with apples & almonds, for a flavorful and healthy luncheon option. Served with crusty multi-grain bread. 10.95

Lentil and Spinach Masala – A lentil dish with traditional Indian spices and the addition of fresh spinach. Served with sides of coconut rice, a fresh minted cucumber yogurt salad, and warm naan bread. 8.95

Grilled Chicken with Quinoa & Black Bean Salad – Brushed with olive oil and fresh herbs, our grilled, boneless, skinless chicken is combined with a refreshing quinoa & black bean salad and served with multigrain rustic breads. 10.95

Tofu with Korean Spicy Garlic Sauce & Fried Brown Rice – Marinated pan seared tofu with a savory Korean sauce, served with Asian style whole grain brown fried rice with vegetables, and a fresh fruit & berry salad. 8.95

Moroccan Red Lentil Stew with Rainbow Chard – A flavorful vegetarian option served with our vegetable & fresh herb couscous, crusty whole grain bread and a lemony Greek yogurt. 8.95

Additional Wellness Sides:

Quinoa & Black Bean Salad	3.95	Fresh Fruit & Berry Salad	2.50
Southwestern Corn & Black-eyed Pea Salad	1.80	Raw Kale Salad with Apples & Almonds	2.25
Potato and Green Bean Salad with Vinaigrette	2.75	Tabbouleh Salad with Parsley & Lemon	2.30
Black Beans with Cumin & Coriander (Served Hot)	1.90	Soba Noodle Salad with Asian Vegetables	2.25
Wholesome Pumpkin-Walnut Bread	1.60	Orange & Berry Yogurt Parfait with Granola	2.40
Angel Food Cake with Fresh Berries	2.50		



Two Entrée Luncheon Buffet

Almost all of our standard entrée selections are suitable for a two or three entrée lunch. This is a great option if you would like to design your own lunch buffet and offer your guests a larger selection. Select your entrées or tell your event coordinator what you are thinking of doing and then choose any side selections you want to build your menu. Prices vary depending on the entrees and side selections chosen.

Check with your Event Coordinator for your specific pricing.

See page 12, "Lunch Beverages, Sides & Desserts" for a listing of side options.





Metro A la Carte Menu

Our A la Carte Menu is great if you are on a budget or if you are supplying your own sides but simply need a main course. These options also work well if you are supplementing a menu for heavy eaters or to meet a vegetarian need. Food is presented in upscale black plastic bowls, trays and/or disposable wicker baskets. Hot food is served in foil pans. See our "Metro Details" page. Minimum orders may apply, check with your event planner for specifics.

Hot Lunch Selections

Beef Lasagna (Foil ½ pan Serves 9)	39.50
Roasted Vegetable Lasagna (Foil ½ pan Serves 9)	38.50
Pulled BBQ Pork (½ pan serves 12 to 16) Served with baskets of soft Kaiser rolls.	36.95
Marinated Grilled Chicken Breasts	4.25 ea
Roasted Turkey Breast with Gravy (One lb. serves 2 to 3 people depending on sides – 5 lb Minimum)	10.75 lb.
Macaroni & Cheese (½ pan serves 12 to 16)	23.50
Au gratin Potatoes (½ pan serves 12 to 16)	27.50
Potato Casserole (½ pan serves 12 to 16)	25.50

Traditional Deli Trays

Sliced Deli Meats

Our sliced deli meats tray includes: sliced roast beef, sliced baked deli style ham, roast turkey breast and hard salami. Price includes assorted deli breads & rolls and condiments.

Small (10-14)	Medium (16-22)	Large (Serves 25-30)
54.00	89.50	129.00

Sliced Cheese Platters

A compliment to your Meat Tray – Sliced Cheddar, Baby Swiss, Havarti and Colby-Jack Cheeses

Small (10-14)	Medium (16-22)	Large (Serves 25-30)
19.50	29.50	39.50

Lettuce & Tomato Platters

Small (10-14)	Medium (16-22)	Large (Serves 25-30)
14.95	19.95	28.95

Fresh Kaiser Buns

8.95 per dozen

Deli Wheat Bread

8.95 each – Serves 10

Cold Side Salads – A la Carte

All of our salads are house made with the freshest ingredients possible and each one is delicious in its own right! Depending on how much additional food you serve, one gallon of salad will feed between 16 to 30 guests and a pound of main course salad will serve 2 to 4. Ask one of our catering representatives what might be best for your situation.

Old Fashioned Potato Salad.	29.50 gal	Fresh Fruit Salad.	6.95 per lb.
Dilled Redskin Potato Salad.	29.50 gal	Macaroni Salad.	26.50 gal
Italian Pasta Salad.	28.50 gal	Marinated Vegetable Salad	29.50 gal
Cole Slaw	14.50 gal	Mediterranean Pasta Salad	32.50 gal
Sesame Noodle Salad.	32.50 gal	Broccoli Grape Salad	32.50 gal

Main Course Salads & Misc.

(One pound makes 4 to 6 sandwiches – Does not include Breads & Rolls)

Chicken Salad.	8.95 per lb.
Tuna Salad	9.95 per lb
Ham Salad	7.95 per lb.
Egg Salad	6.75 per lb

Vegetable & Relish Platters with Dip

Small (10-14)	Medium (16-22)	Large (Serves 25-30)
28.50	36.50	48.75

Mexican Layer Dips – Includes tortilla chips

Small 12"(10-14)	Medium 16"(15-25)	Large 18"(25-35)
25.95	38.25	46.75

Sandwiches – A la Carte

Italian Subs (turkey also available) – Our popular subs with ham, salami, provolone, lettuce, tom and sub sauce.

Serves 10. 59.50

Assorted Deli Sandwiches – An assortment of our favorite deli sandwiches. Roast beef, roasted turkey, sliced ham, and pecan chicken salad. – Platter Serves 10. 55.50

Assorted Wraps Platter – An assortment of our delicious traditional tortilla wraps. Turkey, Ham & Roast Beef.

Platter serves 10 59.50

Standard Disposable Service50 per person
(Dinner Plates, Dessert Plates, Forks, Knives & Din. & Bev. Napkins)





Lunch Beverages, Sides & Desserts

Beverages - All beverage prices include disposable cups, ice, an ice bowl and beverage napkins.

- Assorted Canned Soft Drinks. 1.25
- Assorted Bottled Fruit Juices. 1.95
- Traditional Bottled Spring Water. 1.00
- Dasani Bottled Water. 1.75
- Perrier Sparkling Water. 1.75
- Lipton Bottled Green Tea. 1.65
- San Pellegrino Sparkling Citrus. 1.75
- Assorted Vitamin Water Zero. 1.95
- Assorted Sobe Life Water. 1.95
- Fresh Brewed Iced Tea – per gallon. 12.00
- Fresh Made Lemonade – per gallon. 12.00
(One gallon serves 12 to 18 people.)

Cold Lunch Side Selections.

- Assorted Potato Chips & Pretzels 1.00
- Baked Lays or Sun chips 1.25
- Cole Slaw 1.50
- Traditional Macaroni Salad 1.50
- Old Fashioned Potato Salad 1.60
- Dilled Redskin Potato Salad 1.60
- Italian Pasta Salad 1.60
- Marinated Vegetable Salad (Vegan) 1.75
- Southwestern Corn & Black-eyed Pea Salad . 1.80
- Fresh Fruit & Berry Salad 1.90
- Mixed Greens Salad with Fruits, Nuts & Poppy Seed Dressing. 3.95
- Garden Salad with Dressings 2.25
- Caesar Salad 2.25
- Raw Kale Salad with Apples & Almonds . . . 2.25
- Fall Harvest Salad with Apples & Gorgonzola 2.95
- Fresh Tomato Mozzarella Basil Salad. 2.95
- Soba Noodle Salad with Asian Vegetables. . 2.25
- Broccoli-Grape Salad. 3.25
- Mediterranean Pasta Salad. 2.95
- Roasted Potato Salad with Green Beans . . . 1.90
- Vegan Quinoa & Black Bean Salad. 3.95

Standard Hot Side Selections

- Fresh Green Beans. 2.20
- Green Bean Casserole 1.80
- Baked Macaroni & Cheese. 2.25
- Sautéed Mixed Vegetables 1.80
- Corn & Cheddar Souffle 1.90
- Texas Style Baked Beans 1.60
- Buttered Corn 1.50
- Coconut Rice. 1.80
- Redskins with Butter & Parsley 1.80
- Oven Roasted Redskins with Rosemary . . . 1.80
- Buttermilk Mashed Potatoes 2.50
- Country Sage Dressing 1.75
- White & Wild Rice Pilaf 1.75
- Buttered Egg Noodles or Linguine 1.50
- Penne with Marinara or Alfredo 1.80
- Herbed Corn & Edamame Succotash 1.95

Standard Bar Desserts & Cookies - For specific bar dessert requests we ask for at least a twenty person minimum, unless we can accommodate your choice from our daily selection. Check with Event Coordinator for specifics.

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> ● Assorted Freshly Baked Cookies (2 ct) ● Gluten Free Cookies (2 ct) ● Assorted Brownies & Bar Desserts ● Chocolate Brownies ● Chocolate Decadence Cake ● Lemon Bars | <ul style="list-style-type: none"> ● Apple Cake with Caramel Icing ● Raspberry or Apricot Crumb Bars ● Peanut Butter Bars ● Seven Layer Bars ● Texas Sheet Cake ● Banana Cake | <ul style="list-style-type: none"> ● Swiss Carrot Cake ● Cheesecake Bars ● Bourbon Pecan Bars ● Rocky Road Brownies ● Swirled Cheesecake Brownies |
| 1.50 each | | 1.75 each |

Sheet Cakes - Great for birthdays, graduations, company parties, promos or any other event.

Half size (serves 25-30): 49.00 Full size (serves 50 to 60) 89.00

See our full **Dessert Menu** for additional options. Minimums may apply.





Metro Details. . .

Billing or Credit Terms

Corporate Credit can be established upon completion and approval of our credit application. If no prior credit has been established, all orders are C.O.D. and are payable with a check or credit card. (Visa, MasterCard or American Express accepted.)

When to Place Your Order

In order to properly plan and prepare your order we appreciate as much advance notice as possible. We welcome advance notice for orders, even if you do not have all the details. Due to the increase in business during peak holiday times, please give us as much notice as possible. Special events that require service staff or equipment should be booked at least 10 days prior to the event date. Our event planners will be happy to assist you in the planning and pricing of special events.

Guest Count Guarantees

In order to properly prepare your order and produce it in the most efficient way possible, your final guest count for daily corporate events must be received **forty-eight (48) hours** prior to your scheduled delivery. While we would like as much notice as possible, we understand that unexpected guests can show up or that some last minute changes can occur and we will accommodate your situation if it is in our power to do so.

Last Minute Changes to Orders

We understand that last minute changes may be necessary for daily orders, but to continue to provide you with timely service, final details for confirmed orders must be received **twenty-four (24) hours** prior to your scheduled delivery. That being said, give us a call, if we can help, we will.

Cancellation Policies

Metro Cuisine realizes that under certain circumstances an order may need to be cancelled. Orders cancelled with less than a 48-hour notice may be subject to a cancellation fee. This fee will vary based on the type of food ordered and our ability to halt preparation. In general we will try to accommodate your situation.

For your protection, cancellations must be received by phone during normal business hours from 8:30 AM to 5:00 PM and confirmed with an e-mail or fax. We will acknowledge the cancellation by sending you a Cancellation Facsimile or E-mail, as long as we have your current information on file. Again, for your protection, voice-mail and e-mail cancellations alone will not be accepted.

Service-ware Options

Do to the variety of event situations, only our breakfast & lunch menus include disposable service ware such as plates, flatware, and napkins. Beverages on this menu also include plastic or foam cups. For all other menus, service ware is ala carte and determined based on your needs. Should you wish to upgrade your disposable service or change to something more appropriate for your event, such as china or glass service, please consult your event planner for arrangements that fit your unique situation.





Metro Details Continued

The Way We Deliver Food

Disposable Drop-off - Hot or Cold Buffet (all buffet ware can be kept or discarded). Disposable chafing dishes can be provided at 7.00 each. The wire frames and 4" foil water pans are **reusable** and we recommend keeping them for your next event. We will supply heating fuel at no charge, but there is a 2.00 charge if you need a new water pan. Disposable tablecloths may be purchased for 4.75 each.

Full Service Events - Full service events include things such as weddings, corporate events and everything in between. Please consult your event planner for details. Our event planners are ready to assist you with all the details of your upcoming event. Please call us to schedule an appointment so that we can meet with you to personally discuss how we can make your next event a celebration to remember.

Customer Pick-Up at Metro Cuisine - Any breakfast, lunch or dinner order with food displayed on disposable trays and in disposable bowls may be picked up at our office during normal business hours (8:30 am to 5:00 pm), or at other times with prior arrangements

Delivery Fees

Generally delivery rates depend on your particular location and situation. Check with your event planner for specifics. While we want to accommodate all requests, the volume of deliveries on certain days requires us to manage the order of stops in such a way that we can serve all our customers in a timely and efficient manner.

Please allow for a fifteen minute delivery window and make your reservations as early as possible.

Downtown Columbus deliveries can require special considerations. If needed, please call ahead to secure parking in your loading dock prior to our arrival. We can alert you 15 minutes before we arrive. However, if we are unable to park in the loading dock of your building or at a parking meter nearby, we will call you to meet us near an entrance to accept the order or to assist us in securing space at the dock.

Special rates may apply for special event catering and major holidays. Please inquire about these rates.



Additional Services by Metro Cuisine

Please consider Metro Cuisine for all your catering needs. We pride ourselves on our outstanding food quality, courteous staff, timely deliveries, detailed planning and broad range of menus and services including:

- Corporate and Social Picnics
- Wedding Receptions & Rehearsal Dinners
- Hors d'oeuvres & Dessert Receptions
- Plated & Buffet Dinners
- Themed Events
- Bridal & Baby Showers
- Brunches
- Holiday Parties & Galas

We offer a complete line of event rental equipment for all your party needs including:

- Tables & Chairs
- Linens
- Table Top Accessories
- Themed Props
- China & Glassware
- Buffet Equipment
- Florals
- Tents
- Flatware
- Beverage & Bar Equipment
- Grills & Cooking Equipment
- Specialty Lighting

Please visit our web site at www.metrocuisine.com for pictures and other information.





Chilled Plated Luncheon Selections

Chilled Plated Luncheon selections include Rolls & Breads with Butter when listed, ice water, coffee, and standard china service with linen napkins (choice of colors). & white table linens.
(25 Guest minimum – Service staff, and Taxes additional)

Chicken Salad Croissant

A traditional luncheon favorite, our popular pecan chicken salad is served in a flaky butter croissant with fresh fruit salad and our Italian pasta salad.

14.95 per person

Grilled Mandarin Chicken Salad

Asian flavors blend beautifully in this popular salad of grilled Asian marinated chicken, crisp salad greens, mandarin oranges, candied almonds, fried wonton strips, and an exotic poppy seed dressing. Served with assorted breads, rolls & butter.

14.95 per person

Grilled Steak & Gorgonzola Salad

Grilled sliced balsamic vinegar & olive oil marinated sirloin steak with crisp butter lettuce, arugula, endive, tomatoes, grilled asparagus and gorgonzola cheese with a red wine vinaigrette and gourmet breads & rolls.

16.95 per person

Grilled Chicken or Salmon Caesar

The classic Caesar with fresh romaine and radicchio lettuce, homemade French bread croutons, shredded parmesan, an original style fresh lemon Caesar dressing, and topped with a succulent marinated grilled chicken breast or if you prefer, a marinated grilled salmon filet.

Served with assorted breads, rolls & butter.

14.95 for Chicken or 18.50 for Salmon

Greek Salad with Grilled Chicken

Our combination of Mediterranean greens with roasted red peppers, marinated olives, tomatoes, cucumbers and Feta cheese is served with a grilled chicken breast, an olive oil and lemon vinaigrette.

15.50 per person

Turkey-Bacon-Club Wedges

The original triple-decker sandwich with sliced baked turkey breast, cheddar cheese, bacon, lettuce and tomato. Served with kettle chips, grapes & strawberries.

14.25 per person

Metro Chef Salad

Crisp salad greens with fine julienne turkey & baked ham, cheddar and mozzarella cheeses, boiled eggs, tomatoes, olives, croutons and other seasonal vegetables. Served with gourmet breads, rolls & butter and assorted dressings.

14.95 per person

Metropolitan

An elegant luncheon or light dinner of chilled poached Gulf shrimp with cocktail sauce, a petite chicken salad croissant, a turkey club wedge and dilled egg salad on swirled rye bread with sliced fresh fruit and seasonal berries.

15.95 per person

Napa Valley Grilled Chicken & Tomato Capri

Our version of this classic Capri Island salad includes the traditional fresh mozzarella, tomato & fresh basil combination, adds roasted shiitake mushrooms, marinated Greek olives, sliced grilled chicken, toasted pine nuts and light blush wine vinaigrette. Served with gourmet breads, rolls & butter.

16.50 per person

Spinach Salad with Grilled Shrimp & Chèvre

Balsamic marinated jumbo shrimp grilled and served atop a blend of fresh spinach & radicchio with fresh sliced strawberries, toasted almonds, crumbled Chèvre cheese, and a light strawberry vinaigrette. Served with assorted breads, rolls & butter.

15.95 per person





Metro Vegan & Vegetarian Lunch Buffets

All lunches include appropriate disposables. Food is presented in upscale black plastic bowls, trays and/or disposable wicker baskets. Hot food is served in foil pans. Disposable chafers with canned fuel available at \$7.00 ea. For an attractive buffet using non-disposable serving pieces such as chafing dishes, decorative linens, glass platters, florals, and appropriate décor, see our "Metro Details" page. Side selections can be changed or substituted. Check with your event planner for specifics 15 person minimum.

Grilled Vegan Burgers & Sides – Made with whole grain rice and black beans with a spicy blend of barbeque seasonings. Served with Gluten Free Buns and sides of sliced tomato, lettuce & fresh spinach, pickles, sliced red onions, roasted shiitake mushroom "bacon", vegetable "slaw", mustard, ketchup and bbq sauce. Served with our fresh Quinoa & Black Bean Salad and fresh fruit salad. 10.95 per person

Vegan Street Taco Bar – A build your own menu that includes a flavorful "pulled" Chipotle Jack fruit instead of chicken and a quinoa style "taco meat". Menu include warm flour tortillas, taco shells, fresh salsa, diced tomatoes, sliced jalapeno, "quick-pickled" onion, sliced radishes, black beans, fresh cilantro, a vegan "sour cream" and a vegan "shredded cheese". Served with a cilantro lime brown rice and a bowl of fresh strawberries. 10.95 per person

Barbeque "Pulled" Jack Fruit Sandwiches with Avocado Cashew Slaw – A wonderful vegan option that even your meat lovers will like. "Pulled" slow simmered jackfruit with bbq seasonings, baskets of fresh Gluten free buns and a side of fresh avocado veggie slaw. Served with fresh Garden Vegetable Salad and fat free dressings and a vegan potato salad made with tofu "mayo". 10.95 per person

Vegetable Tagine with Carrots, Chic Peas, and Kale – A wonderfully wholesome stew, slow simmered and served with a whole grain red rice pilaf and a mesclun greens salad with fat free dressing, and fresh fruit salad. 10.95 per person

Grilled Portabella Mushrooms Stuffed with Roasted Vegetable Cous Cous – Portabella mushrooms brushed with balsamic vinegar & fresh herbs grilled and topped with a vegetable cous cous all served over a Tomato & Shallot "Fondue". Menu includes fresh vegetable salad with fat free dressings and fresh fruit salad. 10.95 per person

Moroccan Red Lentil Stew with Rainbow Chard – A flavorful vegetarian option served with our vegetable & fresh herb brown rice, and a raw kale & apple salad with fat free dressings. 10.95 per person

Gluten Free Pasta with Sautéed Spinach, and Roasted Summer Vegetables – Fresh basil, spinach and grilled & roasted summer vegetables gluten free pasta for a delicious lunch. Served our Corn & Black-eyed Pea Salad and a fresh tomato & cucumber herb salad. 10.95 per person

Vegan Salad Bar – A vegan luncheon buffet to please any guest. Fresh mixed salad greens with sides of fresh tomato, cucumbers, broccoli & cauliflower florets, baby corn, olives, sliced peppers, celery, radishes and green onion. Also served a classic 3-Bean Salad (no oil), a vegan macaroni salad (using house made tofu mayo), Rustic whole grain breads with fat free hummus, and assorted fat free dressings. 10.95 per person

