

Metro market CATERING

TAKE OUT
MONDAY-FRIDAY 11AM-2PM

FALL/WINTER 2007 MENU

boxed lunch menu available
for larger groups

....please see our daily specials list...

SOUPS

Cup of Soup with Focaccia	4.50
Bowl of Soup with Focaccia	6.00

SALADS

Organic Greens <i>dressed with balsamic vinaigrette, served with focaccia</i>	4.50/6.75
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Caesar with Romano & herbed croutons	4.50/6.75
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Add Lemon-Roasted Chicken Breast <i>slices to either salad</i>	2.50
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Add Tuna 'Niçoise'	2.50
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GRILLED PANINI

Turkey Breast with Provolone & walnut-parsley pesto	7.25
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Honey Ham with Swiss & rosemary mustard	6.75
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Tillamook Cheddar with Grilled Cheese with Oven-roasted Roma Tomatoes	5.75
Add Bacon	1.50

BAGUETTE SANDWICHES

Tuna Salad 'Niçoise' <i>albacore with olives, capers & sun-dried tomatoes</i>	6.25
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Peppered Roast Beef <i>with roasted red pepper aioli & organic greens</i>	6.75
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WRAPS

Whole Wheat Tortilla filled with Middle Eastern Spiced Chickpea Spread, Carrots, English Cucumbers & Organic Greens	6.00
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Spinach Tortilla filled with Caesar Salad and Lemon-Roasted Chicken Breast	6.75
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All Sandwiches are Accompanied by
Tim's Cascade Potato Chips

Focaccia	.50
Tim's Cascade Potato Chips	.75
Whole Apples	1.25
Perrier	2.00
Water, Coke, Diet Coke, 7-up	1.00
Juice Squeeze/Sobe Tea	2.00
Freshly Brewed Coffee	1.50
Assorted Hot Teas	1.50

PASTRIES

Coffee Cakes and Sweet Breads	1.75
Assorted Metro Market Cookies	1.75
Carmelitas with organic oats, our own caramel, chocolate & pecans	1.75
Biscotti	1.25

RETAIL ITEMS

Metro Market Blueberry-Maple-Walnut Granola	8.50 per lb.
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Metro Market Vegan Frozen Soups	14.00 per quart
See soup list and ask us what's on hand...	

Gift Cards

Perfect for lunch or catering!

Metro market CATERING

a world of flavor

...For events grand or intimate, around the Sound

phone 206.842.8524 fax 206.842.8529
www.metrocatering.com

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