

Metro market CATERING

The following sample menus are examples of customized menus designed for our clients.

*We can tailor a menu to suit your occasion and provide staffing if needed
or you can explore our pre-set seasonal menus of "Freshly-made Platters"
that can be picked up at our kitchen or delivered
for an effortless alternative for your business or personal events*

*We also offer a complete and portable Boxed Lunch Menu for five or more people
as well as our daily Take-out Menu (and Specials!)
with no minimum order or advance notice available Monday-Friday*

INTERNATIONAL APPETIZER RECEPTION MENU

Roasted Vegetable Antipasto
including Colorful Peppers, Sweet Onions, Squash and Portobello Mushrooms
served with Green Olive-Citrus Tapenade
and Essential Bakery Breads including Rosemary and Whole Wheat Walnut

Mediterranean Trio
Moroccan Eggplant Relish with Pine Nuts, Yogurt Tzatziki
and Middle Eastern-spiced Chickpea Spread
served with toasted Pita Triangles and Cucumber & Carrot 'Chips'

Tortilla Spiral Slices
filled with Shrimp, Cilantro-Lime Spread and Organic Greens

Chicken Satay with Peanut Dipping Sauce

Asparagus Tips roasted with Lemon-Olive Oil wrapped in Prosciutto

Warm Phyllo Tartlets
filled with Herbed Sun-dried Tomato and Chevre Custard

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LAVISH HORS D'OEUVRES MENU

passed hors d'oeuvres:
Warm Gougères
savory puffs filled with spinach and brie

Broiled Prosciutto-wrapped Prawns with Pernod

Gingered Beef and Snow Pea Spirals
with Peanut Dipping Sauce

displayed hors d'oeuvres:
Mushroom Crostini
garlic crostini topped with wild & tame mushrooms, fresh herbs and romano curls

Goat Cheese Fondue with Lavender
served with Baguettes and Apple Slices

Asparagus Spears rolled with Smoked Salmon
with Lemon-scented Crème Fraiche

Radicchio and Butter Lettuce Cups
filled with seared Duck Breast slices and Roasted Pear-Ginger Chutney

Pissaladière
puffed pastry tart with caramelized onions, roasted red peppers and kalamata olives

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SIMPLE SUMMER WEDDING MENU

displayed hors d'oeuvres:

Warm Brie filled with fresh Plum Chutney
served with
sliced freshly-baked Baguettes
displayed with Grapes, Summer Melons and Berries

dinner buffet:

Grilled Jerked Boneless Chicken Breasts
with fresh Pineapple-Red Pepper Salsa

Northwest Seafood Farfalle Salad
Bowtie Pasta Salad with Wild Salmon, Shrimp, Green Onions & Sweet Corn
dressed with a fresh Basil Vinaigrette

Organic Greens with a Balsamic Vinaigrette,
Crumbled Chevre and Toasted Walnuts

Assorted Essential Bakery Breads
including Rosemary, Potato and Whole Wheat-Walnut
with Sweet Butter

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SOPHISTICATED WEDDING MENU

passed hors d'oeuvres:

Caesar Lotus

bite-sized romaine leaves arranged like an open blossom in a lemony caesar spread

Classic Dungeness Crabcakes
with Red Pepper Aioli

Toasted Polenta Fingers with Parsley-Walnut Pesto and Romano

buffet:

Roasted Vegetable Antipasto

including Asparagus, Colorful Peppers, Sweet Onions, Squash and Portobello Mushrooms
drizzled with Rosemary Olive Oil and garnished with Marinated Kalamata Olives

Chilled Sake-Poached Wild Salmon Filets
decorated with Nori and served with Wasabi-Cucumber Cream

Grilled Skewered Pork Loin Satay with Curried Cilantro-Mint Chutney
served on a bed of Gingered Napa Slaw

French Green Lentil Salad with Grape Tomatoes and a Tarragon-Chive Vinaigrette

Island Grown Greens with Crumbled Chevre and Toasted Pistachios
with an Orange-Balsamic Dressing

Assorted Essential Bakery Breads
including Rosemary, Potato and Whole Wheat Walnut
with Nasturtium Butter

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ELEGANT SIT-DOWN DINNER MENU

passed hors d'oeuvres:

Crostini topped with sliced Peppered Filet, Horseradish Cream and Chives

Sautéed Pernod Prawns with Basil

Warm Phyllo Tartlets baked with Crab, Roasted Garlic and Sun-dried Tomatoes

appetizer:

Organic Greens with a Balsamic-Orange Vinaigrette,
crumbled Chevre & Candied Pecans topped with sliced seared Duck Breast

entrée:

Roasted Wild Salmon Fillets with a 'Piccata' Glaze of Lemon, Capers and Virgin Olive Oil
served with Roasted Gold Potatoes, Sweet Onions, Fennel and Red Peppers

Essential Bakery Rosemary Rolls with Sweet Butter

dessert:

Free Form Caramel Mousse Napoleon
in a pool of Bittersweet Chocolate Sauce



VEGAN GARDEN BUFFET MENU

Almond-Basil Pâté
with Garlic Crostini

Mediterranean Pita Platter
Middle Eastern-spiced Chickpea Spread and Moroccan Eggplant Relish
displayed with Grated Carrots and Pita Pockets

Green Lentil and Spiced Israeli Couscous Salad
with ripe Tomatoes, Cucumbers and Green Onions

Roasted Vegetable Antipasto
including Summer Squash, Portobello Mushrooms, Sweet Onions,
Gold Potatoes and Colorful Peppers with Rosemary-Garlic Oil

Island-grown Greens & Blossoms with a Lemon Vinaigrette

Assorted Sliced Essential Bakery Breads with Herbed Virgin Olive Oil

Summer Fruit Display
including Grapes, Melon, Pineapple and Berries

Ginger-Spice Carrot Cake
with Cashew Coconut Cream Frosting

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4th of JULY BLOW-OUT MENU

off the grill:

Grilled Shrimp Skewers with Mango-Tomato Salsa

Grilled Isernio's Italian Fennel Chicken Sausage
smothered with colorful Roasted Peppers & Sweet Onions
served with Fresh Rosemary Mustard and Ciabatta Rolls

Grilled White Corn Cobb-ettes with Chili-Lime Butter

buffet:

Cold Cracked Dungeness Crab
served with Lemons and Fresh Horseradish Cream

Steamed Local Manila Clams
with ripe Tomatoes, Herbs, White Wine and Sweet Butter

Picnic Red Potato and Green Bean Salad with Fresh Marjoram Dressing

Island-Grown Greens and Blossoms
with an Orange-Balsamic Vinaigrette

Assorted Essential Bakery Breads
including Rosemary, Potato, Whole Wheat Walnut and Olive

Summer Fruit Cascade
including Melon, Grapes, Pineapple, Kiwis and Strawberries

dessert:

Warm Nectarine and Blueberry Cobbler
served with Dulce de Leche Ice Cream



DELIVERED PLATTERED BREAKFAST MENU

Frittata Triangles
with Gold Potatoes, Spinach, Roasted Red Peppers and Chevre

Lemon-Currant Scones

Honey Bran Muffins

Fruit Skewers
including Grapes, Pineapple and Melon
with Spiced Orange Yogurt Dip



WINTER LUNCHEON MENU

buffet:

Winter Polenta Strata

Baked Polenta with White Corn layered with Butternut Squash,
sautéed Onions & Mushrooms and Garlic Ricotta

Wild & Brown Basmati Rice Salad with Roasted Turkey, Golden Raisins, Green Onions
and Toasted Pecans with a Mustard Dressing

Classic Caesar Salad with a Lemony Dressing and Herbed Croutons
topped with Poached Shrimp

Toasted Rosemary Focaccia Fingers
with Sun-dried Tomato-Walnut Pesto and Romano

plated dessert:

Fresh Pumpkin-Maple Mousse Napoleon
layered with Puffed Pastry and Candied Pecans

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CHRISTMAS PARTY MENU

savories:

Crispy Puffed Pastry Pesto Palmiers

Wild Mushroom Tartlets with Porcinis and Chanterelles

Cornmeal Blinis with Smoked Salmon and Crème Fraiche

Baked Bourbon-glazed Ham with Honey-Mustard

Winter Crudités with Herbed Shallot-Buttermilk dip
including Jicama, Red & Green Bell Peppers and Cauliflower

Pickled Winter Vegetables with Peperoncini
and Mixed Garlic Olives

Chilled Ginger-poached Shrimp with Tangerine Cocktail Sauce

Curry-spiced Mixed Nuts

sweets:

Bite-sized Cheesecakes with Cranberry-Tangerine Topping

Bittersweet Chocolate Cookies with White Chocolate Drizzle

Toasted Almond Cut-out Cookies

Fresh Fruit Cascade
including Pineapple, Satsumas, Grapes and Kiwi

beverages:

Coffee, Mulled Cider and Sparkling Water