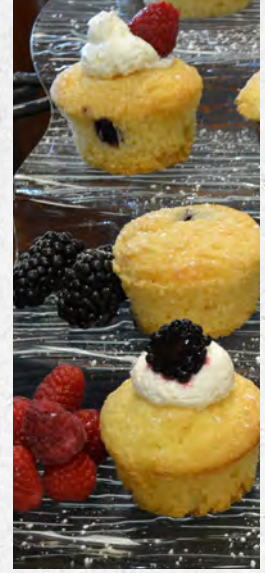




CATERING IDEA BOOK



Metz
CULINARY MANAGEMENT



WELCOME

We are excited to provide you with our catering menus to assist in the planning your event. Our menus are meant to offer suggestions and represent some of our more popular selections. We continually develop menus and events, incorporating regional preferences and cutting-edge culinary trends.

Our commitment is to customize menus for your occasion.

We can meet your every need, from a formal dinner or a banquet-style reception, to simple refreshments for a meeting break, or a drop off sandwich and salad platter. We offer creative menus, elegant presentations and dedicated service to provide your guests with a memorable dining experience.

Budget permitting most menus can be adjusted to meet sustainability and organic concerns. We are always happy to include options based on special dietary needs as well as vegan or vegetarian diets.

Whatever your need, we always strive to offer fresh, seasonal and whenever possible partner with local or organic vendors.

We can also offer sustainable disposables upon request.

BREAKFAST





BREAKFAST

REGULAR AND DECAFFEINATED COFFEE AND A HOT TEA SELECTION IS OFFERED WITH ALL BREAKFAST ITEMS



QUICK START

Assorted Petite Danish, Mini Scones, Assorted Flavored Muffins



CLASSIC CONTINENTAL

Assorted Petite Danish, Mini Scones, Assorted Flavored Muffins, Assorted Bagels with Flavored Cream Cheeses and Butter
Seasonal Fruit Platter

LIVE WELL

Egg White Scramble with Vegetables, Turkey Bacon and Cajun Sweet Potatoes
Seasonal Fruit Platter
Yogurt Chia Parfait Bar

STEEL CUT OATS BAR

Oatmeal, Dried Cranberries, Raisins, Granola, Toasted Sliced Almonds, Flax Seed, Brown Sugar, Honey, Agave Syrup, Cream and Low Fat Milk
Assorted Baked Muffins
Seasonal Fruit Platter



CHIA YOGURT PARFAIT BAR

Vanilla Yogurt, Chia Pudding, Berries, Cranberries, Golden Sultanas, Toasted Coconut, Caramelized Walnuts, Granola, Honey and Agave Syrup
Seasonal Fruit Platter, Assorted Breakfast Pastries



Best choice for contactless catering



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BREAKFAST

REGULAR AND DECAFFEINATED COFFEE AND A HOT TEA SELECTION IS OFFERED WITH ALL BREAKFAST ITEMS

OMELET BAR

Fresh Eggs or Egg Substitute with Your Choice of Toppings: Diced Bacon, Ham, Sliced Turkey Sausage Links, Broccoli, Sautéed Mushrooms, Green Onions, Spinach, Roasted Peppers, Cheddar, Feta and Chopped Fresh Herbs Toasted Breads, Butter, a Selection of Jams, Assorted Danish and Muffins
Seasonal Fruit Plater

HOT BREAKFAST BUFFET SELECTIONS

Also Available Plated with Waiter Service

Scrambled Eggs with Cheddar and Green Onions, Crispy Applewood Bacon and Turkey Sausage Links
(Vegan Breakfast Patty Available Upon Request)
Lemon and Thyme Breakfast Potatoes or Hash Browns
Assorted Danish and Muffins
Seasonal Fruit Plater



BREAKFAST SANDWICH BUFFET

Includes Seasonal Fruit Platter and Home Fries

CHOOSE TWO SELECTIONS:

Egg Whites and Turkey Sausage on an English Muffin
Egg, Bacon and Cheese on an English Muffin
Egg, Bacon and Cheese on a Croissant
Egg, Turkey Bacon and Cheese on a Bagel
Fried Egg and Cheese on an English Muffin
Vegan Burrito on a Flour Tortilla



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LUNCH



LUNCH

CHOOSE ONE GREEN SALAD OR ONE COMPOSED SALAD PLUS ONE SANDWICH OR WRAP:



GREEN SALADS

Caesar

Mesclun or Baby Spinach with Italian and Raspberry Vinaigrette
(Reduced Fat Dressings are Available Upon Request)



COMPOSED SALADS

Italian Pasta Salad, Southwestern Quinoa Salad,
German Potato Salad, or Creamy Tri-Color Coleslaw.



ARTISAN SANDWICH BOARD

Roast Turkey and Cheddar on Ciabatta
Turkey Cranberry Croissant Sandwich
Lettuce Wrap with Mango And Turkey
Tuscan Mediterranean Flatbread Sandwich
Californian Chicken on Focaccia
Ham and Artichoke Mozzarella Baguette
The Parisian - *Ham and Brie Honey Mustard Panini*
Black and Bleu - *Roast Beef and Blue Cheese Baguette*
Mango Shrimp and Avocado Salad Croissant Sandwich
Classic Ruben Sub Sandwich
Caprese Ciabatta with Fresh Mozzarella, Tomato and Basil



IT'S A WRAP!

Buffalo Chicken
Chicken Caesar
Power Grain Marinated Grilled Vegetable
Hummus, Avocado Roasted Vegetable
Southwest with Vegetables and Black Beans



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LUNCH



BOXED LUNCHES

Each box includes sandwich condiments, whole fruit, chips, cookies and water

- Roast Beef Sandwich
- Buffalo Chicken Wrap
- Classic Italian Wrap
- Rustico Ham and Cheese Flatbread
- Ham and Swiss Cheese
- Turkey and Roasted Tomato Sandwich with Swiss and Spinach
- Turkey and Cheddar Ciabatta
- Grilled Vegetable Reuben Sandwich



ENTRÉE SALADS TO GO

- Chicken Caesar Salad
- Georgia Chicken Peach Salad
- Traditional Chef's Salad
- Cobb Salad
- Poached Salmon with Mesclun Greens, Cucumber, Almonds and a Cider Yogurt Dressing
- Vegetarian Quinoa Salad with Spicy Pumpkin Dressing



HOUSEMADE SOUP

- Broccoli Cheese
- Chicken Noodle
- Beef Barley and Mushroom
- Potato Leek
- Carrot Coriander
- Vegan Curried Vegetable



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BUFFETS





BUFFET THEMES

OUR BUFFETS INCLUDE INFUSED FLAVORED WATER, ICE TEA, CONDIMENTS, ASSORTED COOKIES AND BARS



THE COOK OUT

BBQ Chopped Chicken
Grilled Hamburgers
Garden Burgers
Mac n Cheese
Baked Beans
Ruby Slaw
Hawaiian and Brioche Rolls
Condiments and Toppings



PURELY PLANT BASED

Fiery Bean and Beyond® Beef Chili Bowls and Topping Bar
Roasted Spaghetti Squash with Mushroom, Garlic and Sage
Broccoli Rabe Penne Pasta with Smoky Charred Chickpeas
Autumn Wild Rice Topped with Dried Cranberries and Toasted Almonds
Creamy Herbed Mashed Potatoes
Orange Glazed Beet Salad with Carrots and Quinoa
Chocolate Chai Cupcakes



FIESTA MEXICANA

Grilled Chicken Fajitas
Vegetarian Fajitas with Peppers and Onions
Barbacoa Pork
Mexican Rice
Black Beans with Sofrito
Tomatillo Corn Salsa
Cilantro Crema
Guacamole
Warm Tortillas
Tortilla Chips
Churros with Chocolate Dipping Sauce



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BUFFET THEMES

OUR BUFFETS INCLUDES INFUSED FLAVORED WATER, ICE TEA, CONDIMENTS, ASSORTED COOKIES AND BARS



SOUTHERN Q

Fried Chicken
BBQ Chicken Quarters
Macaroni and Cheese
Collard Greens
BBQ Honey Sauce
BBQ Pulled Pork
Creamy Coleslaw
Potato Salad
Corn on the Cob
King's Hawaiian® Rolls
Ice Tea
Country Peach Cobbler



THE MEDITERRANEAN

Mediterranean Chickpea Soup
Chicken Souvlaki Skewers
Beef Kofta
Greek Salad with Feta Cucumbers and Tomato
Red Pepper Hummus
Baba Ghanoush
Tabbouleh
Tzatziki Sauce
Toasted Pita
Mediterranean Quinoa Salad
Baklava, Assorted Cookies

RICE AND NOODLE BAR

CHOOSE 2

Rice Noodles
Lo Mein
Jasmine Rice
Brown Rice

CHOOSE 4

Broccoli
Napa Cabbage
Bok Choy
Mixed Vegetable Stir Fry
Water Chestnuts
Grated Carrot
Mushrooms

CHOOSE 2

Asian Marinated Pork
Chicken
Beef
Tofu
Shrimp

CHOOSE 2

Thai Broth
Five Spice Beef Broth
Asian Vegetable Broth

ACCOMPANIED BY:

Fresh Cilantro, Sauces and Condiments,
Sliced Scallions, and Toasted Peanuts
Asian House Salad
Vegetable and Pork Pot Stickers
Assorted Cookies and Bars



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SIGNATURE SERVED OR BUFFET- LUNCH OR DINNER

LAND AND SEA ENTREES INCLUDE THE CHOICE OF TWO SIDES AND ONE SALAD. PLANT-BASED ENTREE INCLUDES THE CHOICE OF ONE SIDE AND ONE SALAD.

ENTRÉE CHOICES...BY LAND

Grilled Filet Mignon with Dijon Maple Sauce
Roast Beef Au Jus
Rosemary and Garlic Roast Beef
Five Spice Flank Steak with Chimichurri Sauce
Balsamic Honey Garlic Chicken Breast
Chicken Breast Florentine
Parmesan Chicken Breast
Fried Chicken
Apple Shallot Roasted Turkey
Orange Cranberry Glazed Turkey
Maple Glazed Roasted Pork Tenderloin with Cider Gravy
Mango Chipotle Pork Loin

ENTRÉE CHOICES...BY SEA

Blackened Pollock Fillet
Almond Crusted Salmon with Lemon and Thyme Butter Sauce
Asian Marinated Salmon
Potato Encrusted Cod
Citrus Herbed Cod

PLANT BASED OPTIONS

Vegan Vegetable Lasagna
Broccoli Rabe Penne Pasta with Smoky Charred Chickpeas
Chimichurri Stuffed Peppers
Vegan Carrot 'Osso Bucco' with Creamy Polenta

SIDES

Roasted Baby Potatoes
Cajun Roasted Sweet Potatoes
Creamy Herbed Mashed Potatoes
Quinoa Pilaf
Wild Rice Pilaf
Lemon Scented White Rice
Creamy Polenta
Tuscan Garbanzo Beans
Roasted Asparagus
Fresh Green Bean Provençal
Honey Roasted Brussels Sprouts
Roasted Mixed Vegetables
Steamed Seasoned Broccoli
Baked Parmesan Cauliflower

SALADS

Vegan Pasta
Asian House
Greek Potato
Spinach, Berry and Almond
Pasta with Black Beans and Asparagus
Caesar Salad
Mixed Greens



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SIGNATURE HORS D'OEUVRES SERVED OR BUFFET-LUNCH OR DINNER

SIGNATURE HORS D'OEUVRES - HOT

- Spanakopita with Tzatziki Dipping Sauce
- Petite Quiche
- Coconut Shrimp with Lime Cilantro Cream
- Pan Seared Mini Crab Cakes with Cajun Remoulade
- Vegan Crab Cakes with Cajun Remoulade
- Chicken Satay with Peanut Dipping Sauce
- Meatballs in Marinara with Crispy Basil
- Spiced Sweet Potato and Grilled Portobello Petite Taco
- Corn Fritters with Honey-Jalapeño Aioli
- Bacon Wrapped Scallops
- Crab Stuffed Mushrooms
- Hot Spinach Dip with Tortilla Chips
- Buffalo Chicken Dip
- Pork Pot Stickers
- Vegetable Pot Stickers



SIGNATURE HORS D'OEUVRES - COLD

- Domestic Cheese Board with Crackers and Fruit
- Seasonal Fruit Platter with Honey-Yogurt Dip
- Antipasto Skewers
- Smoked Salmon, Dill, Chive Cream Cheese and Capers Canapés
- Shaved Roasted Beef with Horseradish Crostini
- Pulled Pork Canapés with Salsa Fresca, Lime Crème and Fresh Cilantro
- Bruschetta with Kalamata Olives, Roasted Tomato and Fresh Basil
- Caprese Mini Skewers
- Seared Tuna with Chili Garlic Aioli
- Shrimp with Asian Slaw and Drizzled Sriracha Honey
- Boursin and Roasted Vegetable Pinwheels
- Lemon-Herb Garlic Chanterelle and Brown Mushroom Canapés
- Honey Brûlé Petite Fruit Kabobs
- White Grapes Rolled in Goat Cheese and Pistachio
- Gourmet Cheese Board Featuring Imported, Domestic Cheese, Fruit Garnish, Parmesan Herb Baguette and Crackers



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MEETING BREAKS AND SNACKS



MEETING - BREAKS AND SNACKS

BREAK PACKAGES

All Breaks Served with Assorted Sodas and Bottled Water, in Addition to the Beverages Listed Below



BRAIN FOOD BREAK

Pistachio Granola, Roasted Almonds, Banana Chips and Dried Fruit
Zucchini Walnut Bread
Carrot Raisin Bran Muffins
Assorted Flavored Greek Yogurts
Assorted Bottled Juice and Vitamin-Infused Waters



GREAT GREENS

Fresh Granny Smith Apples
Diced Honey Dew Melon and Green Grape Clusters
Fresh Broccoli Florets, Sliced Celery Sticks and Pesto Ranch Dressing
Guacamole with Tortilla Chips
Pistachios
Perrier®



“BETTER FOR YOU” INDIVIDUALLY PACKAGED SNACKS

trEAT4u Sunshine Blend
Chia ReCharge Stix Mix™
ReCharge® Dark Chocolate Energy Boost
Nature's Bakery® Gluten Free Fig Bars
Rhythm® Kale Chips
Beanfield® Chips



Best choice for contactless catering



MOVIE NIGHT!

Selection of Flavored Popcorn
Chocolate Raisins Dots, Gummy Bears and Cracker Jack®
Nachos, Chips and Salsa
Assorted Sodas/Flavored Carbonated Waters and Bottled Water



BEVERAGE

Freshly Brewed Coffee
Freshly Brewed Decaffeinated Coffee
Assorted Gourmet Teas, Served with Honey and Lemon
Orange or Cranberry Juice
Bottled Water

Half-and-Half, Low Fat Milk, (Dairy Free Creamer Available on Request)
Iced Tea with Lemon
Fruit or Cucumber Infused Waters

SPRITZER BAR

S.Pellegrino® or Perrier® with Fruit Nectars, and a Selection of Berries and Herbs
Fruit Canned Soda
Canned Flavored Carbonated Water
Bottled Water
Sparkling Bottled Water



Chex™ Mix

Pretzels
Assorted Granola Bars
Mixed Nuts
Hummus and Pita
Pico de Gallo and Tortilla Chips



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BAKESHOP



DESSERTS

- Carrot Cake**
- Gluten Free Flourless Chocolate Cake**
- Creme Brulee Cheesecake**
- Three Layer Chocolate Cake**
- Decadent Peanut Butter Chocolate Cake**
- Tiramisu**
- Churros with Chocolate Dipping Sauce**
- Chocolate Chai Cupcakes**
- Baklava**
- Country Peach Cobbler**
- Assorted Petite Danish**
- Mini Scones**
- Assorted Flavored Muffins**
- Seasonal Speciality Dessert from our Bakery**



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PROCEDURES

ORDERING PROCESS

To allow the best possible service please, whenever possible, allow 5 business days, particularly for larger events. We will of course accommodate last minute requests whenever possible.

GUEST COUNTS

We request a confirmed number of attendees 48-hours prior to any event to ensure that we can organize your event effectively.

CANCELLATION

Please give a minimum of 48-hours notice of the event date.

SERVICE WARES

Rentals for china wares, cutlery, glassware are available with pricing provided by your catering contact. Plated service is available.

FOOD SAFETY

Perishable foods with sensitive temperature holding will be picked up within a safe time frame. Sensitive foods cannot be left on display for prolonged periods of time. Should to-go containers be needed, they will be provided for a minimal charge per your catering contact.

SPECIAL DIETS

Special diets will always be accommodated upon request.

