



METZ & ASSOCIATES
Catering
MENU AND GUIDE

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Getting Started

THE CONTINENTAL

Chilled juices, assorted fresh-baked muffins, assorted yogurts, danish, scones and fruited breads served with butter and preserves, fresh fruit, brewed coffee and assorted teas.

EUROPEAN

Assorted smoked fish display, imported soft cheeses, rustic breads, assorted bagels and crostinis, fresh fruit mirror served with cream cheese, butter and preserves, fresh brewed coffee, tea and bottled water.

MIX IT UP

This is our most popular alternative! We incorporate muffins, breakfast pastries, bagels and all of the accompaniments. A fresh fruit platter with several yogurt dipping sauces and granola with dried fruits add to this pleasant start of the day. Fresh brewed coffee, assorted teas and fruit juices accompany these selections. Bottled water and fruit smoothies are available for an additional charge.



DAYBREAKERS BUFFET

This choice is for those who like to keep it simple. You can choose one selection from each of these categories:

Eggs

Scrambled eggs; scrambled eggs and cheddar; scrambled eggs and chives; egg, pepper and cheddar skillet

Griddle

Buttermilk pancakes, vanilla-infused French toast, cinnamon-glazed griddle cake, waffles

Meats

Sausage links, grilled ham, bacon, turkey sausage, sausage patties, turkey bacon

Potatoes

Potato O'Brien, home fries, hash browns

This package also includes: assorted muffins, bagels and fresh fruit with all of the accompaniments, fresh brewed coffee, assorted teas, assorted fruit juices and bottled water.

BRAVO STATION

Need to impress a certain someone? Let our Chefs prepare omelets tableside. This package comes with a variety of omelet toppings and one choice from each of the following categories:

Meat

Sausage links, grilled ham, bacon, turkey sausage, sausage patties, turkey bacon

Griddle

Buttermilk pancakes, vanilla-infused French toast, cinnamon-glazed griddle cake, waffles

Potato

Potato O'Brien, home fries, hash browns

Omelet Toppings

Tomatoes, mushrooms, peppers, sausage, bacon, cheddar cheese, scallions, broccoli, grilled vegetables, jalapeno peppers, salsa and black olives

This package also includes: fresh fruit, mini breakfast pastries, bagels and all of the accompaniments, fresh brewed coffee and assorted tea service, assorted fruit juices and bottled water.

Eggbeaters and egg whites are also available upon request

Casual Affairs

Box Lunches and Deli Luncheons

These luncheon packages have been created to encompass all of our guest's requirements for a casual and light flavor fare. These menu items address a healthier lifestyle.

Executive Box Lunch

Choose one of the specialty sandwiches, wraps or premium salad and select a side salad, chips or whole fresh fruit, one of our cookie classics and a beverage.

The Wall Street Broker

This package can be designed to fit your client's wishes for a delightful casual experience.

You can design your own menu from our artful display of menu items. Choose three different sandwiches or wraps, two sides and one complete salad. Our in-house fresh flavored chips, desserts and beverages will accompany your package.



Selections

SANDWICHES AND WRAPS

Grilled Chicken and Portobello Mushroom

Marinated and grilled breast of chicken, sliced tomato, mozzarella cheese and a grilled portobello mushroom on ciabatta bread with a balsamic aioli

Roasted Turkey Caesar Wrap

Oven-roasted breast of turkey sliced thin, romaine lettuce, herbed croutons and Parmesan cheese drizzled with Caesar dressing and wrapped in an herbed Parmesan tortilla

Grilled Chicken Breast with Arugala

Marinated and grilled breast of chicken, olive tapenade, roasted red peppers, arugala with a lemon Caesar mayonnaise on a French baguette

Muffuletta

Genoa salami, ham, provolone cheese, artichoke hearts, black and green olives with an herbed vinaigrette on Italian bread

Toscana

Cappicola, Genoa salami, pepperoni, ham, arugala, sliced tomatoes, Provolone and a vinegar garlic aioli on focaccia bread

Tuna Rustica

Fresh white albacore tuna salad with tomatoes, leaf lettuce, thinly slice onions and a piquant vinaigrette on a rustic multi-grain roll

Grilled Lavash

Marinated and grilled vegetables, tomatoes, red leaf lettuce and basil pesto hummus wrapped in a lavash

Cajun Pepper Jack Turkey

Roasted breast of turkey, Cajun jam, tomato, leaf lettuce and Pepper Jack cheese on a ciabatta

LIGHT LUNCHEONS

All luncheon selections are presented with iced tea and water service, fresh-baked breads and flatbreads, coffee and tea service and a dessert to compliment your event.

Grilled Orange Chili Glazed Breast Of Chicken Salad

Julienne strips of breast of chicken, toasted walnuts, crumbled bleu cheese and red grapes over mesclun mix with a drizzle of chive grapefruit vinaigrette

Salmon Bruschetta

Cedar-plank-roasted salmon, toasted foccacia crostinis with a tomato arugula salad drizzled with a basil white balsamic vinaigrette

Classic Chicken or Shrimp Caesar

This all-time favorite is prepared with romaine lettuce, Parmesan cheese and garlic-herbed croutons tossed lightly with Caesar dressing and your choice of breast of chicken or grilled shrimp

Tuna Pineapple Wasabi

Grilled wasabi-encrusted tuna steak, romaine lettuce, grilled pineapple, toasted peanuts, Granny Smith apples in a soy ginger vinaigrette and garnished with fried red onion

Chicken Cashew

Poached breast of chicken, toasted cashews, diced tomatoes and julienned cucumbers and carrots nestled over a baby mixed green salad with a balsamic vinaigrette

Bourbon Glazed Flank Steak Salad

A sweet and spicy bourbon-glazed flank steak grilled medium rare and served with caramelized red onions, grape tomatoes, bleu cheese crumbles, applewood bacon crisps over romaine lettuce with a cajun cool ranch dressing

AFTERNOON BREAKS

Cheese and Fruit

An assortment of cheeses and fruits garnished with crostinis and assorted beverages

Trio of Chips, Dip and Crudités

Tortilla chips with salsa, Jack cheese, pico de gallo, guacamole and sour cream and fresh vegetables with assorted beverages

Bar Mix

Assorted roasted nuts, chips, sourdough pretzels and assorted beverages

Decadence

Dessert bars, cookies, brownies and assorted beverages

Napa Spa

Granola bars, yogurt and dried fruit parfaits, assorted vegetable platters with low fat yogurt sauces, fresh fruit and assorted beverages

All of the items above are also available á la carte.





HORS D'OEUVRE SELECTIONS

The following selections are offered as a tray of 50 pieces:

- Petite Quiche Lorraine
- Sweet and Sour Meatballs
- Cocktail Franks in Puff Pastry
- Spanikopita
- Chili Poppers
- Vegetable Spring Rolls
- Sesame Chicken
- Mushroom Caps with Italian Sausage
- Fried Ravioli
- Pot Stickers
- Beef Satay
- Thai Peanut Chicken Satay
- Bruschetta on Garlic Crouton
- Gravlax and Herbed Crème Fraîche on Crostinis
- Cheddar Scones with Black Forest Ham and Honey Mustard

PLATINUM HORS D'OEUVRE SELECTIONS

The following selections are offered as a tray of 50 pieces:

- Scallops Wrapped in Bacon
- Mushroom Caps with Crab Meat
- Seafood Crepe Bundle
- Filet Mignon Wrapped in Pepper Bacon
- Coconut Shrimp, Spicy Mango Coulis
- Blue Claw Crab Cakes with Tomato Remoulade
- Panang Pork, Peanut Lime Sauce
- Coconut Shrimp
- Grilled Duck and Monterey Jack Quesadilla
- Grilled Shrimp in a Chili Thai Glaze
- Brie and Raspberry baked in Phyllo dusted with Almonds

We recommend six pieces per person per hour



HORS D'OEUVRE DISPLAYS

- Imported and Domestic Cheese and Fruit Display with Melba Toasts and Herbed Crackers
(serves 75 guests)
- Fresh Vegetable Crudités with Herb Dip
(serves 50 guests)
- Seasonal Fruit Display
(serves 50 guests)
- Mirror Display of Assorted Cold Canapés
(150 Pieces)
- Mirror Display of Roasted Vegetables with Pesto Sauces and Grilled Breads and Flatbreads
(serves 75 guests)

ONE HOUR HORS D'OEUVRE PACKAGE

(May be added to any dinner menu)

- Cold Hors D'Oeuvres Buffet Package
- Imported and Domestic Cheese Display
- Fresh Vegetable Crudités with Herb Dip
- Choice of two Hot Hors D'Oeuvres

BUTLERED HORS D'OEUVRE PACKAGE

Select any four Silver Selections Hors D'Oeuvres from the previous page
(Total – six pieces per person)

Please feel free to contact the Dining Services Office for any special requests that you may have and we would more than happy to accommodate.

ELEGANT EVENINGS

BUFFET

Your selections include a mixed field green salad, coffee and tea service, iced tea and water, dessert and rolls with butter.

Carving Station

(Choice of One)

Maple Glazed Pork Loin
Top Round Of Beef
Beef Tenderloin
Herb-Rubbed Turkey Breast
Pork Tenderloin
Herb-Roasted Prime Rib

Vegetables

(Choice of One)

Green Bean Amandine
Roasted Carrots with a Honey, Tarragon Glaze
Pan-Steamed Broccoli with Roasted Red Peppers and Herbs
Sautéed Zucchini and Yellow Squash with Garlic, Shallots and Fresh Tomato
Grilled Vegetables
Fresh Vegetable Medley with Herbs
Baby Carrots Steamed with Herb Butter
Green Beans with Caramelized Shallots and Julienned Carrots

Starches

(Choice of One)

Herb-Roasted Red Potatoes
Parsilled Potatoes
Wild and Long Grain Rice Pilaf
Garlic Smashed Potatoes
Rissole Yellow Potatoes and Chives
Barley and Brown Rice Pilaf with Fresh Herbs
Classic Rice Pilaf

Pasta

(Choice of One)

Vegetarian Lasagna
Radiatori with Asparagus, Sundried Tomato, Mushrooms and Caramelized Shallots
Penne and Fire Roasted Vegetables
Farfalle, Broccoli, Roma Tomatoes and Roasted Garlic Finished with Buffalo Mozzarella
Rotelli with Roma Tomatoes, Julienned Chicken, Scallions in a Roasted Garlic Velouté
Traditional Baked Ziti

DINNER SELECTIONS

SERVED

These entrée selections are accompanied by a vegetable and a starch. A mixed field green salad, iced tea and water, rolls and butter, coffee and tea service and dessert also accompany your entrée.

Maple Pork

Maple Soy Glazed Pork Tenderloin with a Mango Chive Relish

Jerk Salmon

Caribbean Jerk Salmon Filet served with an Orange Shallot Jus

Montreal Beef

Prime Rib with a Montreal Steak Seasoning Rub infused with Garlic and a Port Wine Demi-Glace

Chicken Champagne

French Breast of Chicken, Sautéed with Shiitake Mushrooms and Shallots in a Champagne Sauce

Wasabi Tuna

Wasabi-Encrusted Tuna Steak, Grilled Medium Rare, with a Spicy Orange Grapefruit Glaze

Chicken Sorrentino

Breast of Chicken Filled with Prosciutto and Mozzarella Cheese and Accompanied by a Sage Marsala Sauce

Maytag Filet of Beef

Slow-Roasted Filet Mignon with a Bleu Cheese Crust Presented over Merlot Syrup

Vegetable Napoleon

Marinated and Grilled Vegetables Topped with Farmers Cheese and Herbs and Accompanied by a Spicy Tomato Fondue

Apple Pork

French Grilled Pork Chop and Green Apple Chutney with a Pinot Noir Sauce

The Entrées above can be paired with the starches and vegetables mentioned previously

Desserts

Double-High Apple Pie
Peanut Butter Pie
Fruits of the Forest Torte
Chocolate Silk Pie

These desserts available for an additional fee:

White Chocolate Raspberry Torte
New York Style Cheesecake
Espresso Bombe
Wild Berry Charlotte
Crème Brûlée Cheesecake