



## The Metropolitan Centre ~ Buffet Lunch (minimum 15 guests)

### **The Romano**

Seasonally Inspired Soup with Crackers

Heart of Romaine Caesar Salad

Pasta ~ **Choice of 2:**

Spaghetti & Meatballs

Three Cheese Tortellini Alfredo

Spinach & Ricotta Stracci

Lobster Mac & Cheese

Served with Garlic Bread

Chef's Selection of Assorted Dessert

Frog Friendly Coffee & Mighty Leaf Teas

\$35.00 per person

### **Buona Cucina**

Seasonally Inspired Soup with Crackers

Caprese Salad

Pizza ~ 3 pieces per person

Italiano, Margherita & Hawaiian

Chef's Selection of Assorted Dessert

Frog Friendly Coffee & Mighty Leaf Teas

\$30.50 per person

### **Aladdin's Delight**

Fattoush Salad

Hummus & Baba ganoush with Pita

Roasted Chicken with Lemon & Garlic

Rice Pilaf with Sliced Almonds

Seasonal Fresh Vegetables

Baklava

Frog Friendly Coffee & Mighty Leaf Teas

\$38.00 per person

### **A Taste of Italy**

Seasonally Inspired Soup with Crackers

Heart of Romaine Caesar Salad

Baked Traditional Lasagna

\*\*Vegetarian available upon request\*\*

Served with Garlic Bread

Chef's Selection of Assorted Dessert

Frog Friendly & Mighty Leaf Teas

\$30.50 per person

**All Buffets are served for 1 hour 30 minutes.**

Final guarantees are due on the Thursday, one week prior to the event date. Guarantees are not subject to reduction. Increases in guarantees once submitted may be subject to alternate meal selection determined by the Chef. All food and beverage pricing is subject to change, 18% gratuity and 5% GST.



## The Metropolitan Centre ~ Buffet Lunch (minimum 15 guests)

### **Santorini**

Seasonally Inspired Soup with Crackers

Traditional Greek Salad

Chicken Souvlaki & Beef Souvlaki

Greek Roasted Potatoes

Tzatziki & Hummus with Pita Bread

Chef's Selection of Assorted Dessert

Frog Friendly Coffee & Mighty Leaf Teas

\$38.50 per person

### **Namaste**

Seasonally Inspired Soup with Crackers

Mixed Greens with Dressings

Butter Chicken

Basmati Rice, Seasonal Vegetables

Coriander Chutney

Naan Bread

Crème Caramel

Frog Friendly Coffee & Mighty Leaf Teas

\$35.00 per person

### **Asian Stir Fry**

Seasonally Inspired Soup with Crackers

Noodle Salad with Sesame Dressing

Protein ~ **Choice of 1**

Beef, Chicken **(or)** Tofu

Steamed Rice, Stir Fried Vegetables

Chef's Selection of Assorted Dessert

Frog Friendly Coffee & Mighty Leaf Teas

\$33.50 per person

### **Build Your Own Donair**

Seasonally Inspired Soup with Crackers

Mixed Greens with Dressings

Hot Beef Donair Meat

Tomatoes, Onion, Parsley, Lettuce, Sweet Sauce & Hot Sauce

Pita Bread

Seasonal Fries

Chef's Selection of Assorted Dessert

Frog Friendly Coffee & Mighty Leaf Teas

\$35.00 per person

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**The Metropolitan Centre ~ Buffet Lunch** (minimum 15 guests)

**Hot Baguette**

Seasonally Inspired Soup with Crackers

Crisp Raw Vegetables with Dip

Protein ~ **Choice of 1:**

Mild Italian Sausage

Thin Sliced Breaded Veal

Grilled Chicken Breast

Served with Baguette & Tomato Sauce

Traditional Tiramisu

Frog Friendly Coffee & Mighty Leaf Teas

\$35.00 per person

**The Metro Burger Inn**

Seasonally Inspired Soup with Crackers

Potato Salad

Protein ~ **Choice of 2:**

Beef, Chicken Breast, Salmon **(or)** Grilled Portobello

Served with all the Fixing's & Kettle Potato Chips

Chef's Selection of Assorted Dessert

Frog Friendly Coffee & Mighty Leaf Teas

\$38.00 per person

**Lunch Enhancements**

Veal Panino ~ 4 oz. Veal on a Baguette with  
Roasted Peppers & Tomato Sauce \$10.50

Pulled Pork on a Toasted Kaiser with Coleslaw \$ 8.50

Italian Sausage on Fresh crusty Roll with  
Grilled Vegetables & Tomato Sauce \$ 8.00

Rueben with Sauerkraut & Swiss on Rye with  
Dill Pickle & Dijon Mustard \$ 8.50

Grilled Vegetable Panini topped with Fontina Cheese \$ 7.50

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## The Metropolitan Centre ~ Buffet Lunch

### **The Metro Lunch**

Seasonally Inspired Soup with Crackers

Mixed Greens with Assorted Dressings

Assorted Baguettes & Kaisers with a variety of fillings including vegetarian

\*\*All sandwiches are individually wrapped for freshness.

Relish Tray

Chef's Selection of Assorted Desserts

Frog Friendly Coffee & Mighty Leaf Teas

\$31.00 per person

### **Wrapture**

Seasonally Inspired Soup with Crackers

Potato Salad

Wrap Sandwiches ~ Choice of 3 fillings:

Asian Chicken, Roasted Vegetable, Turkey Salad, Tuna, Smoked Salmon, Chicken Caesar & Turkey Club

\*\*All sandwiches are individually wrapped for freshness.

Assorted Cookies and Squares

Frog Friendly Coffee & Mighty Leaf Teas

\$33.50 per person

### **Build Your Own Deli Sandwich**

Seasonally Inspired Soup with Crackers

Quinoa Salad

Traditional Italian Cold Cuts

Egg Salad, Tuna Salad, Roasted Vegetables & Assorted Cheeses

Relish Tray

Assorted Mustards & Mayonnaise

Fresh Rolls & Breads

Chef's Selection of Assorted Dessert

Frog Friendly Coffee & Mighty Leaf Teas

\$30.00 per person

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## The Metropolitan Centre ~ Plated Lunch

The Chef has designed lunch portions based on a three course meal.

Please select one starter, one entrée and one dessert.

Choice entrées are available at an additional rate. Please consult your catering manager for applicable charges and terms.

### Starters

- Seasonally Inspired Soup
- Creamy Forest Mushroom Soup
- French Onion Broth, Herb Crouton & Gruyere Cheese
  
- Seasonal Greens, Sliced Beets, Tomatoes & Cucumber,  
Balsamic Vinaigrette
- Heart of Romaine, Herb Crouton, Caesar Dressing &  
Shaved Parmesan
- Baby Spinach, Crumbled Goat Cheese, Dried Cranberries,  
Lemon Poppy Seed Dressing
- Quinoa and Cherry Tomato Salad

### Enhancements

- Spinach & Ricotta Stracci \$ 8.00
- Grilled Polenta with Marinara Sauce \$ 8.00
- Wild Mushroom Tartlette, Cream Pesto Sauce \$ 9.00
  
- Duo of Roasted Yellow Pepper & Tomato Soup \$ 5.00  
(maximum 150)
- Smoked Duck on Baby Greens, Julienne of Beets,  
Mandarin Vinaigrette \$12.00

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## The Metropolitan Centre ~ Plated Lunch

### Entrées

All entrées are presented with seasonal vegetables and appropriate starch.

Baked Breast of Chicken, Rosemary Sauce	\$42.00
Chicken Breast stuffed with Apricots & Goat Cheese, Dusted with Moroccan Spices	\$44.00
BBQ Salmon Filet, Dill Cream Sauce	\$42.00
Miso Marinated Halibut	\$42.00
Slow Roasted Alberta Prime Rib, au Jus (minimum 20 guests)	\$48.00
8 oz. New York Strip, Peppercorn Sauce	\$48.00
Apple & Herb Stuffed Pork Tenderloin, Apple Chutney	\$42.00

### Comfort Foods

Slow Roasted Beef Stew, Turnips, Carrots, Baby Potatoes	\$38.00
Beef Brisket au Jus with Garlic Mash (minimum 15 people)	\$40.00
Traditional Meat Lasagna, Garlic Toast	\$36.00

### Dessert

Granny Smith Apple Crisp Tart
Chocolate Truffle Mousse Cake
Tiramisu
Red Velvet Cake
New York Style Cheesecake with Raspberry Sauce
Crème Brûlée
White Chocolate Mousse with Raspberry Sauce

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