

Chef Designed Salads

Metro Kale Caesar

Croutons, Roasted Red Peppers, Tomatoes, Parmesan, Crisp Romaine, Kale
we recommend Caesar

Greek

Bell Peppers, Cucumbers, Kalamata Olives, Red Onions, Tomatoes, Feta Cheese, Crisp Romaine
we recommend Red Wine Vinegar & Extra Virgin Olive Oil

Orchard

Apples, Grapes, Blue Cheese Crumbles, Craisins, Walnuts, Crisp Romaine & Organic Field Greens
we recommend Honey Balsamic Vinaigrette

Santa Fe

Red Onions, Roasted Corn, Tomatoes, Tortilla Strips, Cheddar Cheese, Avocado, Crisp Romaine
we recommend Chipotle Vinaigrette

Adobo Grilled Steak

Crisp Romaine, Arugula, Crispy Onions, Home Made Spicy Pico de Gallo, Avocado, Shaved Parmesan, Grilled Steak
we recommend Chipotle Caesar

BBQ Chicken Cobb

Crispy Onions, Roasted Corn, Bacon, Hard Boiled Egg, Avocado, BBQ Chicken, Crisp Romaine
we recommend Chipotle Ranch

Spicy Asian Chicken

Carrots, Pickled Cucumbers, Red Cabbage, Red Radishes, Scallions, Market Table Sticky Garlic Chicken Thighs, Crisp Romaine
we recommend Gochujang Miso Vinaigrette

Salmon Avocado

Cucumbers, Home made Spicy Pico de Gallo, Red Cabbage, Red Radishes, Avocado, Market Table Lemon Herb Salmon, Baby Spinach
we recommend Lemon Vinaigrette

Add Ons

Adobo Steak	House Made Crispy Chicken
Baked Tofu	Market Table Chicken
BBQ Chicken	Market Table Salmon
Grilled Chicken	Roasted Shrimp
Half Avocado	Smoked Turkey

Create Your Own Salad

Greens

Baby Spinach	Organic Field Greens
Crisp Romaine	<i>Ask About Seasonal Greens</i>
Kale	

Veggies/Fruits

Apples	Pickled Peppers
Bell Peppers	Raisins
Black Beans	Red Beets
Broccoli	Red Cabbage
Carrots	Red Onions
Chickpeas	Red Radishes
Cucumbers	Roasted Corn
Grapes	Roasted Red Peppers
Home Made Spicy Pico de Gallo	Scallions
Jalapenos	Tomatoes
Kalamata Olives	Portobellos
White Mushrooms	Craisins \$1.00
Pickled Cucumbers	Half Avocado \$2.00
Pickled Onions	

Cheese

Blue Cheese
Cheddar Cheese
Feta Cheese
Fresh Mozzarella
Parmesan Cheese
Crispy Onions

Nuts & More

Almonds
Walnuts
Pumpkin Seeds
Sunflower Seeds
Croutons
Tortilla Chips

Proteins

Bacon	Grilled Chicken
Hard Boiled Egg	Roasted Shrimp
Egg Whites	Smoked Turkey
Baked Tofu	Market Table Lemon Herb Chicken
BBQ Chicken	Market Table Lemon Herb Salmon
House Made Crispy Chicken	

Homemade Dressings

Avocado Chimihurri	Chipotle Vinaigrette
Balsamic Vinaigrette	Extra Virgin Olive Oil
Balsamic Vinegar	Gochujang Miso Vinaigrette
Buttermilk Ranch	Honey Balsamic Vinaigrette
Caesar	Meyer Lemon Vinaigrette
Chipotle Caesar	Red Wine Vinegar
Chipotle Ranch	

Chef Designed Sandwiches

Melts

Caprese Mozzarella

Buffalo Mozzarella , Fresh Basil, Tomatoes, Pesto Aioli on Foccacia

Smoked Turkey Cheddar

Smoked Turkey, Tomatoes, Cheddar Cheese, Avocado, Chipotle Aioli on Hero

Turkey Cuban

Smoked Turkey, Deli Ham, Sliced Pickles, Swiss Cheese, Yellow Mustard on Hero

Chicken Parm

Home made Chicken Cutlet, Buffalo Mozzarella, Parmesan Cheese, Home made Marinara on Hero

Fiesta Chicken

Home made Chicken Cutlet, Bacon, Tomatoes, Cheddar Cheese, Avocado, Chipotle Aioli on Hero

Chicken Fresco

Grilled Chicken, Roasted Red Peppers, Queso Fresco, Avocado, Tomatillo Salsa on Ciabatta

Buffalo Chicken Sandwich

Home Made Chicken Cutlet, Scallions, Blue Cheese Crumbles, Buffalo Sauce on Ciabatta

NY Deli Sandwiches

Ham & Swiss

Ham, Swiss, Lettuce, Dijon Mustard on Rye

Basil Egg Salad Sandwich

Basil Egg Salad, Cucumber on Rye

Marché Chicken Salad Sandwich

Marché Chicken Salad, Lettuce, Tomato on White Bread

Avocado Tuna Salad Sandwich

Tuna Salad, Avocado, Tomato on Pumpernickel

Side Salads

Marché Chicken Salad

Chicken, Mayo, Tarragon, Cranberries, Apples

Tuna Salad

White Tuna, Mayo, Celery

Basil Egg Salad

Fresh Eggs, Basil, Mayo

Organic Lemon Chickpea (vegan)

Chickpeas, Bell Peppers, Red Onions, Parsley, Cilantro, Dijon Mustard, Lime, Agave, Extra Virgin Olive Oil & Paprika

Ask About Seasonal Side Salads

Cold Sandwiches

Avocado Veggie

Mixed Greens, Beets, Carrots, Cucumbers, Red Onions, Roasted Red Peppers, Tomatoes, Avocado, Hummus on Pumpernickel Bread

California Turkey Pita

Alfalfa Sprouts, Cucumbers, Tomatoes, Avocado, Smoked Turkey, Home made Lemon Vinaigrette on Whole Wheat Pita

Prosciutto Mozzarella

Buffalo Mozzarella, Prosciutto, Roasted Red Peppers, Home made Romesco Sauce

Chicken Veracruz

Black Beans, Lettuce, Roasted Corn, Roasted Peppers, Avocado, Grilled Chicken, Chipotle Black Bean Salsa on Spinach Wrap

Fresh Juice

Green Glow

Kale, Spinach, Pineapple, Orange, Ginger

Heart Beet

Carrots, Apples, Beets, Lemon

Blast of C

Carrots, Oranges, Apples, Ginger

Fresh Squeezed OJ

Fresh Valencia Oranges



Follow Us On Instagram @metromarchenyc
For Information and Updates!

Market Table

Select Your Base

Brown Rice
Organic Field Greens
Ask About Seasonal Bases

Select Your Protein

Baked Tofu	Shrimp Platter
Chicken Platter	Steak Platter
Salmon Platter	

Select Your Sauce

Avocado Chimichurri	Gochujang Miso Vinaigrette
Beet Greek Yogurt	House Made Hot Sauce
Chipotle Vinaigrette	Meyer Lemon Vinaigrette

Select Two Sides

Roasted Sweet Potatoes
Baked Mac & Cheese
Roasted Broccoli
Call Us For Our Chef's Vegetable of the Day

Miso Vinaigrette
Tzatziki
Spiced Tahini

Breakfast Sandwiches

Western
Eggs, Ham, Green Peppers, & Red Onions on a Bagel

Jumbo Egg Muffin
Eggs, Smashed Avocado, Ham, Provolone Cheese, & Tomato on Jumbo English Muffin

Long Beach
Egg Whites, Turkey Bacon, Mozzarella Cheese, & Avocado on Whole Wheat Wrap

Florentine
Egg Whites, White Mushrooms, Spinach, Tomatoes & Swiss Cheese on Whole Wheat Ciabatta

Spicy Chick
Eggs, Spicy Chicken, Smashed Avocado, Home made Spicy Pico de Gallo on Brio

Turn Any Sandwich into a platter with potatoes & toast +3.00

Egg Platters

Served with Potatoes & Toast

Two Eggs Any Style

Create Your Own Omelet
three fillings of choice

It's Greek To Me
Feta Cheese, Kalamata Olives, Red Onions, Tomatoes

High Protein Low Carb
Egg Whites, Grilled Chicken, Spinach

Hungry Bear
Bacon, Sausage, Ham, Pepper Jack Cheese

Smoked Salmon Scramble
Smoked Salmon, Caramelized Onion, Tomatoes

Griddle

Pancakes
Buttermilk Pancakes
Chocolate Chip Pancakes
Strawberry Pancakes
Blueberry Pancakes
Banana Walnut Pancakes

Almond Crusted French Toast

NY Bagels

Hand Rolled and Water Boiled

Bagel
Butter
Philadelphia Cream Cheese
Add Peanut Butter
Vegetable Cream Cheese

Smoked Salmon
Cream Cheese, Tomatoes, Capers & Red Onions

Avocado Toast

Classic Toast
Smashed Avocado, Extra Virgin Olive Oil, Chili Flakes & Sea Salt

Pico de Gallo
Smashed Avocado & Home Made Spicy Pico de Gallo

Everything Spice
Smashed Avocado, Everything Bagel Seasoning & Hard Boiled Egg

BAE Toast
Bacon, Smashed Avocado & Sunny Side Egg

Smoked Salmon Avocado
Smashed Avocado, Sliced Cucumbers, Smoked Salmon & Black Sesame Seeds

Greek Yogurt Parfaits

Bircher Muesli
Granola, Honey, Apples, Almonds, Dried Cranberries, Pomegranate, Greek Yogurt

Mixed Berry Compote
Greek Yogurt, Granola, Mixed Berry Compote & Fresh Seasonal Berries

Honey Banana Compote
Greek Yogurt, Honey, Bananas & Granola

Apple Pie Greek Yogurt
Greek Yogurt, Apples, Granola, Cinnamon, Honey

Tropical Greek Yogurt
Greek Yogurt, Pineapple, Mango, Coconut Flakes

Classic Greek Yogurt
Greek Yogurt, Chopped Walnuts, Fresh Blueberries & Honey

Snacks

Home made Crispy Rice Chex Treats
Rice Chex, Marshmallow, Agave, Butter, Vanilla

Paleo Coconut Macaroon
Coconut, Almond Flour, Agave, Vanilla, Sea Salt

Paleo Chocolate Coconut Almond Macaroon
Unsweetened Coconut, Almond Flour, Coconut Oil, Agave, Cocoa Powder, Vanilla, Sea Salt

Peanut Butter Chia Bites
Chia Seeds, Peanut Butter, Oats, Flax Meal, Puffed Rice, Coconut Oil, Dates, Peanuts, Bananas, Chocolate Chips, Calma Honey

Large Cookies

Mini Brownies

Hal's Chips

Fresh Fruit Smoothies

Strawberry Banana Blast
Strawberries, Banana, Greek Yogurt

Tropical Breeze
Mango, Pineapple, Orange Slices, Coconut Flakes, Greek Yogurt, Oat Milk

PB Protein (vegan)
Bananas, Peanut Butter, Almond Milk, Cacao Nibs, Vegan Protein Powder

Green Energy
Kale, Spinach, Ginger, Cucumbers, Banana & Greek Yogurt

We Offer Catering
For All Event Types and Group Sizes

Minimum 10 People
Minimum 90 Minute Notice

Box of Joe (Serves 8 People)
Sliced Fruits & Berries
Breakfast Boxes
Lunch Boxes
Assorted Sandwich Platter
Charcuterie Boards
Fruit & Cheese Board
Sweet Trays
& More



For More Information
Contact Our Catering Representatives at
catering@metromarche.com



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