

Poultry & Chicken

- Chicken Parmesan
- Chicken Francese
- Chicken Marsala
- Chicken Cordon Bleu
- Marinated Grilled Chicken
- Southern Fried Chicken Parts
- Chicken w/ Artichoke & Mushroom
- Chicken Scarpariello (Bone In)
- Chicken Fingers
- Stir Fry Chicken w/ Mixed Vegetables
- Roasted Turkey Platter (Whole or Carved)



Pork & Veal

- Hawaiian Ham
- Stuffed Pork Loin
- Stuffed Pork Chop
- Sausage & Peppers
- Pork Cutlet Parmesan
- Veal Milanese
- Veal Parmesan
- Veal Marsala
- Veal Francese
- Veal w/ Lemon & Butter
- Traditional Pork Schnitzel w/ Mushroom Gravy
- Traditional Porkchop w/ Vinegar Peppers
- Pork Tenderloin (Choice of Teriyaki or Orange Sauce)



Pasta, Rice, Potatoes & Grain

- Baked Ziti
- Pasta w/ Broccoli
- Cavatelli w/ Peas & Pancetta, Garlic & Oil
- Pasta Marinara
- Pasta w/ Meatballs
- Pasta w/ Sausage
- Penne Alla Vodka
- Linguini, Garlic & Oil
- Linguini & Shrimp
- Linguini & Clam Sauce
- Orecchiette Broccoli Rabe & Sausage
- Pasta w/ Escarole, Garlic & White Beans
- Lasagna Bolognese
- Monicatti Marinara Stuffed Shells
- Rice Primavera
- Rice Pilaf
- Yellow Rice
- Risotto Milanese
- Fried Rice
- Wild Rice
- Roasted Potatoes
- Mashed Potatoes
- Potato Au Gratin
- Quinoa & Kale



\$14.99 Per Person

20 Person Minimum

Includes: 3 half trays Meat, 2 half trays Pasta, 1 half tray Vegetable or Rice, full tray Tossed Salad, Rolls & Paper Goods, Water Pan, Racks & Sternos

\$10.00 Refundable Deposit on Each Rack
Free Delivery & Set-up on Staten Island

Beef Dishes

- Tripe in Marinara Sauce
- Meatballs In Red Sauce
- Meatball Parmesan
- Meatloaf w/ Gravy
- Beef & Peppers
- Beef & Broccoli
- Beef & String Bean
- Beef w/ Mushroom
- Beef w/ Mixed Vegetables
- Roast Beef w/ Mushroom Gravy
- Marinated Grilled Skirt Steak*
- Marinated Grilled N.Y. Strip Steak*
- Traditional Beef Stew
- Traditional Shepherd's Pie



Vegetable Dishes

- Broccoli Rabe Sautéed in Garlic & Oil
- Escarole w/ White Beans
- Fried Eggplant
- Eggplant Rollatini
- Eggplant Parmesan
- Marinated Grilled Eggplant
- Grilled Vegetables
- Roast Seasonal Vegetables
- Roasted Mediterranean Vegetable Medley



BBQ Dishes

- Chicken (Whole or Parts)
- Pork Ribs & Baby Back Ribs
- Buffalo Wings

Seafood

- Sautéed Salmon (Teriyaki, Honey Garlic or Puttanesca Sauce)
- Plain Grilled Salmon
- Filet of Flounder (Fried, Francese, Stuffed Florentine or Bruschetta & Broccoli Rabe)
- Zuppa Di Clams
- Zuppa Di Mussels
- Baked Clams



Gourmet Salads

- Caesar Salad**
Romaine Lettuce, Sourdough Croutons, Parmesan, Dressing
*Add Grilled Chicken
- Greek Salad**
Tomato, Red Onion, Cucumber, Kalamata Olives, Imported Feta, Oregano, Red Wine Vinegar & Olive Oil
- Spinach & White Bean Salad**
Spinach, Red Onion, Grape Tomato, Imported Marinated White Beans
- Pear & Gorgonzola Salad**
Arugula, Citrus Pears, Walnuts, Gorgonzola, Shallot Vinaigrette
- Goat Cheese Salad**
Goat Cheese, Mixed Greens, Spiced Pecans, Cranberries, Dijon Vinaigrette

	1/2 Tray	Full Tray
Caesar Salad	\$30	\$50
Greek Salad	\$50	\$80
Spinach & White Bean Salad	\$50	\$80
Pear & Gorgonzola Salad	\$50	\$80
Goat Cheese Salad	\$50	\$80

Entrees

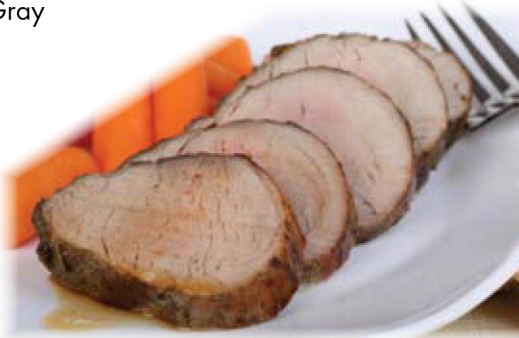
- Beef & Broccoli
- Beef & Peppers
- Beef & Mushrooms
- Half Tray \$50**
- Full Tray \$80**



- Chicken Marsala
- Chicken Francese
- Chicken Parmigiana
- Chicken Cordon Bleu with Marsala or Francese Sauce
- Half Tray \$50**
- Full Tray \$80**



- Roast Pork Loin in Gray
- Stuffed Pork Loin in Gray
- Half Tray \$50**
- Full Tray \$80**



- Fried Shrimp
- \$16.99 per lb.**

- Linguni with Garlic & Oil
- Half Tray \$20**
- Full Tray \$30**



- Linguni with Clam Sauce
- Half Tray \$50**
- Full Tray \$80**

Hot Antipasto

- Baked Clams**
- Mozzarella en Carozza**
w/Red Sauce on side
- Eggplant Rollatini**
- Stuffed Peppers** (Chopped Meat & Rice)
- Potato Croquettes**
- Sweet Potato Croquettes**
- Bacon-Cheddar Croquettes**
- Cheese Risotto Balls**
- Sicilian Risotto Balls**
- Risotto Balls**
- w/ Sausage & Broccoli Rabe**
- Risotto Balls**
- w/ Shrimp & Broccoli Rabe**
- Prosciutto Balls**

	1/2 Tray	Full Tray
Baked Clams	\$60	\$90
Mozzarella en Carozza	\$50	\$80
Eggplant Rollatini	\$50	\$80
Stuffed Peppers	\$50	\$80
Potato Croquettes	\$6.99 per lb.	
Sweet Potato Croquettes	\$6.99 per lb.	
Bacon-Cheddar Croquettes	\$6.99 per lb.	
Cheese Risotto Balls	\$6.99 per lb.	
Sicilian Risotto Balls	\$6.99 per lb.	
Risotto Balls	\$6.99 per lb.	
w/ Sausage & Broccoli Rabe	\$6.99 per lb.	
Risotto Balls	\$6.99 per lb.	
w/ Shrimp & Broccoli Rabe	\$6.99 per lb.	
Prosciutto Balls	\$6.99 per lb.	

- Linguni & Shrimp
- Half Tray \$50**
- Full Tray \$80**



- Shrimp in Marinara Sauce
- Shrimp Fra Diavolo
- Shrimp with Garlic & Oil
- Half Tray \$75**
- Full Tray \$100**



- Eggplant Rollatini
- Half Tray \$50**
- Full Tray \$80**

- Eggplant Parmigiana
- Half Tray \$50**
- Full Tray \$80**



- Baked Ziti
- Half Tray \$50**
- Full Tray \$80**



- Lasagna
- Manicotti
- Stuffed Shells
- Cheese Ravioli
- Meat Ravioli
- Half Tray \$50**
- Full Tray \$80**

- Broccoli Rabe with Sausage
- Broccoli Rabe with Pasta & Shrimp
- Half Tray \$50**
- Full Tray \$80**



- Vegetable Medley
- Half Tray \$30**
- Full Tray \$50**

Have Another Idea?
Just Ask!
We Can Accommodate
To Your Specification

Our Deluxe Cold Buffet Platter

Includes: Boar's Head and Store Roasted Cold Cuts Ham, Genoa Salami, Roast Beef, Roast Turkey, Pepperoni, American Cheese, Swiss Cheese

Includes: Potato Salad, Macaroni Salad, Coleslaw, Pickles, Olives, Freshly Baked Italian Rolls, Paper Goods, Mustard, Mayo, and Dressing.

10 Person Minimum - \$12.99 per person

Vegetable Crudités

Freshly cut seasonal vegetable selection (Raw) with your choice of Ranch, Blue Cheese, or Onion Dip.

Small \$35.00 • Medium \$50.00 • Large \$80.00

Fresh Seasonal Fruit

Freshly cut seasonal fruit, artisanally arranged.

Small \$45.00 • Medium \$65.00 • Large \$90.00

Finger Sandwiches or Wraps

Assorted finger sandwiches on baked dinner rolls - \$3.00 Each

Assorted Wraps in Plain, Sundried Tomato, Whole Wheat, or Spinach - \$8.00 per Wrap

Met Food's Famous Classic Overstuffed 2 to 6 Foot Heroes

All Heroes Come w/ Potato Salad, Macaroni Salad, Coleslaw, Mustard, Mayo, Dressing & Serving Spoons

American Style

Homemade Roast Beef, Boar's Head Ham, Ovengold Turkey, Genoa Salami, Swiss Cheese, Boar's Head Bologna, American Cheese, Lettuce & Tomato

Italian Style

Boar's Head Ham, Prosciutto, Genoa Salami, Mortadella, Ham Cappicola, Pepperoni, Provolone, Lettuce & Tomato

Lower Sodium Hero

Boar's Head Lower Sodium Ham, American Cheese, Bologna, Turkey and Chicken. Also available, Boar's Head Roast Beef and Lacey Swiss Cheese. Whole Wheat Hero On Request, Lettuce & Tomato

***All Classic Heroes are \$25.00/Foot**



Our Specialty Gourmet Heroes

All Heroes Come w/ Potato Salad, Macaroni Salad, Coleslaw, Mustard, Mayo, Dressing & Serving Spoons & Come Cut, Garnished & Ready To Eat

Old Style N.Y. Deli

Cured, Roasted Corned Beef or Pastrami w/Swiss Cheese & Deli Mustard

Grilled or Fried Chicken Cutlet

Choice of Roasted Peppers, Broccoli, Rabe or Grilled Vegetables. All w/ Fresh Mozzarella.

Grilled Vegetable

Red Leaf Lettuce, Fresh Mozzarella, Oil & Vinegar

Broccoli Rabe

Roasted Red Peppers, Fresh Mozzarella, Oil & Vinegar

***All Specialty Gourmet Heroes are \$30.00/Foot**



Cold Antipasto

Antipasto Platter

Baby Genoa, Dry Sausage, Sopressata, Imported Provolone, Roasted Peppers, Marinated Artichokes, Marinated Mushroom, Mixed Vegetables, Mixed Olives, & Fresh Mozzarella

Small \$70.00

Medium \$85.00

Large \$100.00



Party Platters

Tomato & Fresh Mozzarella Platter

Vine ripened Tomato, Fresh Mozzarella, Roasted Red Peppers, Imported Prosciutto

Small \$50.00

Medium \$60.00

Large \$70.00



Cheese & Grapes Platter

Assorted Cheese Platter
Domestic and Imported w/Green & Red Grapes & Assorted Crackers

Small \$70.00

Medium \$85.00

Large \$100.00

Shrimp Platter

Poached Shrimp
w/ Cocktail Sauce
& Lemon Wedges

2 lb. \$55.00

4 lb. \$75.00

6 lb. \$95.00



Vegetable Platter

Small \$45.00

Medium \$65.00

Large \$90.00



Fruit Platter

Medium \$45.00

Large \$90.00



Met

FOODMARKETS

Catering Menu



Met Food

1795 Victory Boulevard, SI, NY 10314

718.524.0800

1177 Hylan Boulevard, SI, NY 10305

718.720.5800

7915 Eliot Avenue, Middle Village, NY 11379

718.426.0271

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