



THE
METROPOLITAN
CONFERENCE CENTRE



CATERING



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Thank you for selecting The Metropolitan Centre, your patronage is appreciated.

In order to ensure a successful event, we are pleased to provide the following information:

Metropolitan Centre Catering must be notified of guaranteed number of guests attending the functions three business days prior to the event date. Should no guarantee be submitted, Metropolitan Centre Catering will prepare and charge for the amount quoted or served, whichever is greater.

In accordance with the Alberta Health Services, Guests are prohibited from removing food items from the function.


For all new accounts, full payment is required 72 hours prior to event date. Cancellation within 48 hours of event will be subject to a 50% charge of the total catering invoice.

Allergies and special diet restrictions must be identified with advance notice. Kosher food is also available.

To ensure that all menu requirements discussed are agreed upon, Metropolitan Centre Catering will require a signed copy of the arrangements prior to the function date.



Beverages

| | |
|--|---------|
|  Frog Friendly Coffee by the Gallon | \$95.00 |
| Red Rose & Mighty Leaf Herbal Teas | \$4.00 |
| Tropicana & Ocean Spray | |
| Chilled Fruit Juices by the Pitcher | \$20.00 |
| Minute Maid Individual Juices (450ml) | \$4.50 |
| Coca Cola Brand Soft Drinks (355ml) | \$3.50 |
| Dasani Pure Spring Bottled Water (591ml) | \$4.00 |
| Vitamin Water | \$4.50 |
| Hot Chocolate | \$4.00 |
| Ice Tea with Lemon Slices by the Pitcher | \$16.00 |
| Perrier & San Pelligrino | \$4.00 |
| Yogurt Drink | \$3.75 |
| Red Bull Energy Drink | \$5.00 |
| Naked Juice Smoothies (Assorted Flavors) | \$5.00 |

From The Bakery (per item)

| | |
|---|-----------|
| Assorted Home Baked Cookies | \$2.50 |
| Assorted Dessert Squares | \$2.00 |
| Assorted Fresh Baked Bagels w/ Cream Cheese | \$4.50 |
| Fresh Breakfast Buns | |
| Served with 2 types of Cheese | \$5.00 |
| Fresh Baked Muffins, Danish, Croissants | \$2.75 ea |
| Breakfast Sandwich | \$4.50 |
| w/ Omega 3 Egg, Cheese & Turkey Sausage | |

Delights

| | |
|--|---------|
| Assorted Large Chocolate Bars | \$2.50 |
| Granola Bars | \$3.50 |
| Whole Fresh Fruit | \$4.00 |
| (apples, oranges, bananas, grapes) | |
| Chocolate Dipped Strawberries | \$4.00 |
| Seasonal Sliced Fresh Fruit | \$6.50 |
| Mini Fruit Skewers | \$7.50 |
| with chocolate or yogurt dip | |
| Imported & Domestic Cheese Tray | \$12.50 |
| With Gourmet Crackers & Artisan Breads | |
| Artisan Pastries | \$4.00 |

Breaks & Treats

All prices are subject to change & 18% Gratuity & 5% GST

Classic Continental

Chilled Tropicana & Ocean Spray Juices
Basket of Freshly Baked Muffins,
Danish & Croissants
Assorted Preserves, Creamery Butter & Honey
Fresh Fruit Salad
Assorted Fruit & Vegetable Smoothies
Frog Friendly Coffee & Mighty Leaf Tea
\$21.00 per person

Rocky Mountain Ranch

Chilled Tropicana & Ocean Spray Juices
Scrambled Omega 3 Eggs
Bacon & Turkey Sausage Patties
Hashbrowns or Breakfast Polenta
Muffins, Danish & Croissants
Assorted Preserves, Creamery Butter & Honey
Frog Friendly Coffee & Mighty Leaf Tea
\$24.00 per person

Metro Signature

Chilled Tropicana & Ocean Spray Juices
Your Benedict, Your Way with a Poached Egg
Selection of 2 of the following:
Benedict - *Canadian Back Bacon & Hollandaise Sauce*
Blackstone - *Vine Ripe Tomatoes Aged Cheddar Cheese
& Hollandaise Sauce*
Florentine - *Spinach & Hollandaise Sauce*
Pacifica - *Canadian Nanook Smoked Salmon
& Hollandaise Sauce*
Italian - *Pancetta & Tomato sauce*
Served with Home Fries or Breakfast Polenta
Fresh Fruit in Season
Muffins, Danish & Croissants
Assorted Preserves, Creamery Butter & Honey
Frog Friendly Coffee & Mighty Leaf Tea
\$24.00 per person

Buffet Breakfasts
All buffets are for 1 hour 30 minutes

All prices are subject to change & 18% Gratuity & 5% GST



Buffet Breakfasts

All buffets are for 1 hour 30 minutes


Keep it Healthy

Chilled Tropicana & Ocean Spray Juices
Egg White Cloud with white cheddar cheese,
spinach & tomatoes
Assorted Naked Juice Smoothies
Fresh Fruit & Berries
Granola Parfaits

 Frog Friendly Coffee & Mighty Leaf Tea
\$20.00 per person

The Chef's Italian

Chef's Creation Frittata served with Mini Buns
Fruit Nectar Beverages

 Frog Friendly Coffee & Mighty Leaf Tea
& Espresso

\$18.00 per person

Al a carte Breakfasts

Freshly Baked Muffins, Danish, Croissants \$2.75 ea

Assorted Fruit & Berry Yogurts \$2.75

Individually Packaged Cereal \$3.50

Assorted Fresh Baked Loaves \$3.00 per slice

Egg McMetro \$4.50 ea

(omega 3 egg, cheddar cheese & turkey sausage on an English muffin)

Chef attended Omellette station \$7.50

(with all the trimmings)

Breakfast Panini \$7.50

Served with German Butter Cheese, Mortadella or Smoked Turkey

Breakfast Sausage 3 Pieces \$2.50

(Beef/Chicken/Turkey/Maple Pork)

Venezuelan Arepas stuffed with

Chicken & Avocado \$5.00



Choice of one starter

(Additional starter \$6.00 per person)

Soup Selections

- Chef's Creation
- Vegetable Minestrone
- Cream of Forest Mushroom
- Beef Barley
- Thai Soup
- Your Soup Your Way

Spring Mix Garden Greens Salad

Traditional Greek Salad

Caesar Salad

Marinated Vegetable Salad

Crisp Vegetables & Dip

Metro Potato Salad

Spinach, Mushroom & Bacon Salad

Pasta Salad

Sea's Mango Salad

Caprese Salad

(Vine Ripe Tomatoes & Bocconcini Cheese)

Pickled Daikon Salad

Soya Bean Edamame garnished with goat cheese

Choice of one dessert

(Additional dessert \$6.00 per person)

Assorted Cakes

Assorted Cookies & Squares

Cheese Cake with Berry Topping

White Bernard Callebaut Chocolate Mousse

Cream Caramel

Cream Brulee

Traditional Tiramisu

Gluten Free Chocolate Cake

Chef's Daily Creations

Panna Cotta

Seasonal Fruit

Bread Pudding

Rice Pudding

Buffet Lunches
All buffets are for 1 hour 30 minutes

The Metro Lunch

Assorted Baguettes, Wraps & Kaisers
With a variety of filling including vegetarian
Relish Tray



Frog Friendly Coffee & Mighty Leaf Tea

\$25.00 per person

Build Your Own Deli Sandwich

Traditional & Italian Cold Cuts

Egg Salad

Tuna Salad

Roasted Vegetables

Assorted Cheeses

Relish Tray

Assorted Mustards & Mayonaisse

Fresh Rolls & Breads



Frog Friendly Coffee & Mighty Leaf Tea

\$23.00 per person

Wrapture

(Choice of Three Fillings)

Asian Chicken

Smoked Salmon

Roasted Vegetable

Chicken Caesar

Turkey Salad

Turkey Club

Tuna

\$25.00 per person

Boxed Lunch Sandwiches

One Sandwich per box

Ham & Cheese

Tuna Salad

Egg Salad

Turkey

Roast Beef

With Cookie & Seasonal Vegetable,

Fruit or Cheese

\$14.00 per person

All Buffet Lunches Includes a
Starter and Dessert Selection

Cold Lunch Selection

All sandwiches are individually wrapped for freshness

All prices are subject to change & 18% Gratuity & 5% GST



Hot Baguette (Choice of one protein)

Mild Italian Sausage
Thin Sliced Breaded Veal
Grilled Chicken Breast
Served with Baguette & Tomato Sauce
Frog Friendly Coffee & Mighty Leaf Tea
\$25.00 per person



A Taste of Italy

Baked Traditional Lasagna
Vegetarian Available Upon Request
Served with Garlic Bread
Frog Friendly Coffee & Mighty Leaf Tea
\$25.00 per person



Caesar Palace

Three Cheese Tortellini in a Cream Pesto Sauce
Veal Parmigiana with Tomato Sauce and Provolone Cheese
Chef's Creation of Vegetable
Frog Friendly Coffee & Mighty Leaf Tea
\$35.00 per person



Asian Stir Fry (Choice of one protein)

Beef
Chicken
Tofu
Stir Fried Vegetables
Served with Steamed Rice
Frog Friendly Coffee & Mighty Leaf Tea
\$25.00 per person



The Romano

Pizza Pizza Pizza
Italiano • Margherita • Hawaiian
3 pieces per person
Frog Friendly Coffee & Mighty Leaf Tea
\$25.00 per person



Pasta Pasta Pasta

Traditional Lasagna
Spinach & Ricotta Stracci
Lobster Mac & Cheese
Served with Garlic Bread
Frog Friendly Coffee & Mighty Leaf Tea
\$30.00 per person



All Buffet Lunches Includes a
Starter and Dessert Selection

Hot Buffet Selection

All buffets are for 1 hour 30 minutes

All prices are subject to change & 18% Gratuity & 5% GST



All Buffet Lunches Includes a Starter and Dessert Selection

Hot Buffet Selection

All buffets are for 1 hour 30 minutes

The Metro Burger Inn

Choose 2 of the following:

Beef, Chicken Breast, Turkey, Salmon,

Grilled Portobello & Bison

Served with Kettle Potato Chips

& All the Fixins



Frog Friendly Coffee & Mighty Leaf Tea

\$25.00 per person

Santorini

(Choice of one protein)

Chicken Souvlaki

Beef Souvlaki

Greek Roasted Potatoes

Tzatziki & Hummus

Pita Bread



Frog Friendly Coffee & Mighty Leaf Tea

\$35.00 per person

(\$3 per person upcharge if choosing 2 proteins)

Al a carte Lunch Selection

Veal Panino - 4 Oz Veal On A Baguette With Roasted Peppers & Tomato Sauce **\$10.50**

Pulled Pork - Served On A Toasted Kaiser With Coleslaw **\$8.50**

Italian Sausage - Served On A Fresh Crusty Roll With Grilled Vegetables And Tomato Sauce **\$8.00**

Reuben - Served With Saurkraut & Swiss On Rye With A Dill Pickle And Dijon Mustard **\$8.50**

Grilled Vegetable Pannini Topped With Fontina Cheese **\$7.50**



The Cattlemen

Choice “AAA” 6 oz Filet or 8oz New York Strip
or 10 oz Rib Eye Steak
With Peppercorn au jus
Chef’s Selection of vegetables & potato
\$40.00 per person

The Black Sheep

Half Rack of Lamb Served with a port reduction
Chef’s Selection of vegetables & potato
\$40.00 per person

The Prairies

Grilled Chicken Breast
with your choice of Saffron Cream or
Wild Mushroom Sauce
Chef’s Selection of vegetables & potato
\$35.00 per person

By The Sea

Atlantic Salmon
With a Lemon Dill Sauce
Chef’s Selection of vegetables & potato
\$38.00 per person

Veal Tenderloin

Veal Tenderloin on a portobello mushroom
with a saffron rice cake and ratatouille
Chef’s Selection of vegetables & potato
\$48.00 per person

The Chef’s Special

Tuna Tataki Salad
Half Lobster Tail served with pasta in a
tomato sauce & seasonal vegetables
Your choice of Dessert
\$45.00 per person

Full Service Lunches

All Full service Lunches are served with
Chef’s Selection of Soup or Garden Salad, Dessert, Frog Friendly Coffee & Mighty Leaf Tea

All prices are subject to change & 18% Gratuity & 5% GST

The Boost

Sliced Fresh Fruit

Double Chocolate Brownie

 Frog Friendly Coffee & Mighty Leaf Tea

\$15.00 per person

The Nutritional

Sliced Fresh Fruit

Assorted Granola Bars

 Frog Friendly Coffee & Mighty Leaf Tea

\$15.00 per person

Afternoon Delight

Sliced Fresh Fruit

Assorted Petit Fours

Assorted Bon Bons

 Frog Friendly Coffee & Mighty Leaf Tea

\$20.00 per person

Movie Break

Popcorn with Assorted Seasonings

Mini Chocolate Bars

Candy & Licorice

\$12.00 per person

Got Milk?

2% Milk

Oreo Cookies

Italian “S” Cookies & Biscotti

 Frog Friendly Coffee & Mighty Leaf Tea

\$15.00 per person

The Chipper

Beef Jerky

Turkey Pepperoni Sticks

Assorted Mrs. Vickers Potato Chips & Pretzels

Jones Soda Pop

\$15.00 per person

Themed Breaks

Dinner #1

Shrimp Cocktail (6 tiger prawns)
Spring Mix Garden Green with Balsamic Vinaigrette
10oz Prime Rib au jus
Roasted Rosemary Potatoes
Fresh Baby Carrots
Broccoli Parmesan
Ice Cream Crepes with Three Berry Sauce
\$58.00 per person

Dinner #2

Roasted Tomato & Sweet Pepper Soup
Baby Green Salad
East Coast Filet of Salmon
With a Lemon Lime Cream Sauce
Wild Rice Timbale
Yellow & Green Squash
Maple Mousse with Almond Biscotti
\$54.00 per person

Dinner #3

Butternut Squash & Carrot Soup
Spinach Salad
Chicken Breast stuffed with Sweet Peppers & Provolone cheese
On a Field Mushroom Sauce
Chef's Selection of Vegetable & Potato
Sacher Torte with Raspberry & Vanilla Bean sauce
\$45.00 per person

Dinner #4

Cream of Asparagus Soup
Mixed Greens with Poppy Seed Dressing
Roast Alberta Pork Loin with Chaucers Sauce
Chef's Selection of Vegetables & Potato
Strawberry Short Cake
\$45.00 per person

Full Service Dinners

All dinners include Fresh Rolls & Butter, Coffee & Tea

All prices are subject to change & 18% Gratuity & 5% GST





Selection of Six per person

3 hot/3cold
\$21.00 per person

Cold

California Rolls (3 pieces)
Assorted Sushi
Smoked Salmon- Basil Cream Cheese Crostini
Roasted Garlic Bruschetta with Crostini
Mini Bocconcini & Grape Tomato Skewers
Stuffed Peppers & Feta Cheese
Grilled Eggplant with Asiago Cheese
Snow Goat Cheese stuffed Artichoke
Duck Tan Tan with orange reduction
Tataki Beef & Tuna Carpaccio
Deviled Eggs
Ceviche served in Siljons
Pate with assorted breads and crackers
Seafood Cocktail (Selection of Cold Seafood)

Selection of Eight per person

4hot/4cold
\$26.00 per person

Hot

Sliders (beef/chicken/salmon/lamb)
Cajun Shrimp & Scallop Skewers
Grilled Scallops wrapped with Bacon
Gyoza
BBQ Meatballs
Spicy & Mild Italian Sausage
Samosas (vegetarian/beef/chicken)
Mini Margherita Pizza
Shrimp Purses
New Zealand Green Mussels
Duck Skewers
Grilled Salmon Tips
Vegetarian Spring Rolls
Mini Grilled Cheese with Brie & Apple

Hot @ Cold Hors D'oeuvres

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Reception Stations

Spinach Dip, Artichoke & Crab Dip
With assorted Breads
\$8.00 per person

Tortilla Chips with Salsa
Pita Bread with Hummus
\$6.50 per person

Crisp Raw Vegetables & Dip
\$7.00 per person

Assorted Imported & Domestic Cheeses
With Gourmet Crackers & Artisan Breads
\$12.50 per person

Assorted Open Face Sandwiches
A selection of baguettes & wraps topped
with Turkey, Smoked Salmon, Ham,
Chicken Salad & Tuna Salad
\$12.00 per person

Chef Attended Stations

“AAA” Roast Baron Of Alberta Beef with
Red Wine Jus, Silver Dollar Rolls, Horseradish &
Mustards
\$10.00 per person

Little Italy Pasta Bar
Rigatoni, Fusilli & Tortellini with Provencal
Three Cheese Sauce & Herb & Roasted Garlic
Sauce, Smoked Chicken Breast, Baby Shrimp &
Chorizo Sausage
\$18.00 per person

Flambeed Jumbo Prawns
Sauteed with Jack Daniel's Bourbon, Garlic,
Shallots & Chives
Served with Cocktail Sauce & Lemon Wedges
\$400.00 per 100 pieces

Stations



Host Bar

| | |
|---|--------|
| Premium Spirits & Domestic Beer | \$6.50 |
| House Red or White Wines & Import Beer | \$6.75 |
| Specialty Drinks and Liqueurs Available on Request | \$8.00 |

Cash Bar

| | |
|---|--------|
| Premium Spirits & Domestic Beer | \$7.00 |
| House Red or White Wines & Import Beer | \$7.50 |
| Specialty Drinks and Liqueurs Available on Request | \$8.00 |

Wine Selection Special Order

The Metropolitan Conference Centre
Would be please to help with wine selection

The Metropolitan Conference Centre
Would be please to customize a menu for
your event

Bar policies: Cash or Host bars with net revenue less than \$300 will be subject to a bartender fee of \$22.00 per hour with a minimum of 4 hours. The Metropolitan Centre follows all rules of service set out by the Alberta Gaming and Liquor Commission.

Beverage Service

All prices are subject to change & 18% Gratuity & 5% GST