

# CHEF'S *sandwiches*

Café Metro's award winning sandwiches have become the staple of New York's lunch on-the-go. (Awarded 3 stars by the NY Post.)

## TUNA SALAD 8.49

Vine Ripe Tomatoes and Lettuce on Seven-Grain Ciabatta

## BUFFALO CHICKEN WRAP 8.49

Spicy Chicken, Blue Cheese, Carrots and Celery in a Southwest Wrap

## CHICKEN CAESAR WRAP 8.49

Grilled Chicken tossed with Romaine Hearts and Caesar Dressing in an Herb Wrap

## CHICKEN VERA CRUZ WRAP 8.49

Grilled Chicken with Avocado, Bean & Corn Salad and Lettuce in a Black Bean Wrap

## CAPE COD TURKEY SALAD 8.49

White Meat Turkey Salad with Cranberries, Almonds and Ginger on Seven-Grain Bread

## CHICKEN SAMBA 8.49

Pulled Chicken, Arugula, Tomato, Avocado Chimichurri on a Ciabatta Roll

## LOW-FAT & LOW-CAL PITA SANDWICHES

Nutritionist-selected low-fat/low-calorie sandwiches. Our pitas are made from stone ground whole wheat and baked fresh daily.

## TUNA SALAD PITA 7.99

Low-Fat Mayo, Lettuce and Tomatoes (4.74 Grams of Fat, 308-338 Calories)

## VEGETARIAN PITA 7.99

Avocado, Tomatoes, Sprouts, Carrots and Lettuce with Chipotle-Pepper Spread (3.49 Grams of Fat, 280-310 Calories)

# FIRE KISSED *burgers*

Available 11am - 3pm

## 100% BEEF BURGER 6.39

## TURKEY BURGER 6.79

(Low Fat)

## CHEESE BURGER 7.09

(Your Choice of Cheese)

## PHILLY BURGER 8.99

Peppers, Onions, Mushrooms and Mozzarella Cheese

## SANTA FE BURGER 7.99

Roasted Mushrooms and Cheddar Cheese

## BRITISH BURGER 8.99

Bacon, Swiss and Caramelized Onions

## *take away & catering*

212.398.8788

## ITALIAN SUBMARINE 8.99

Genoa, Cappicola, Ham, Provolone, Onions, Hot Peppers, Lettuce, Oil and Vinegar on a Hero

## SMOKED TURKEY & BRIE 8.99

Apple Slices, Arugula and Grain Mustard on Seven-Grain Bread

## TUSCAN CHICKEN 8.99

Roasted Peppers, Lemon Braised Kale and Artichoke Aioli in an Olive Pocket

## FRESH TURKEY PESTO 8.99

Fresh Turkey, Provolone Cheese, Tomato, Red Onions, Arugula, Pesto Mayo on Seven Grain Bread

## BISTRO AMERICANO 8.99

Roast Beef, Fresh Turkey, Crisp Red Onion Rings, Cheddar Cheese, Lettuce + Tomato with Zesty Bistro Sauce in an Onion Pocket

## CRISPY CHICKEN BLT 8.99

Swiss Cheese, Bacon, Lettuce + Tomato and Chipotle Aioli on a Ciabatta Roll

## CALIFORNIA TURKEY PITA 8.49

Smoked Turkey, Avocado, Cucumbers, Tomatoes, Sprouts and Lemon-Herb Dressing (9.79 Grams of Fat, 382-412 Calories)

## FRESH TURKEY PITA 8.49

Tomatoes, Low-Fat Mayo and Cracked Black Pepper (6.85 Grams of Fat, 290-340 Calories)

## FLAGSHIP BURGER 8.99

Bacon, Roasted Mushrooms, Fried Onions and Swiss Cheese

## TEX MEX BURGER 8.99

Sliced Avocado, Bacon, with Jack & Cheddar Cheese

## ADD-ONS:

Cheese .75 Tomato .50 Bacon 1.70

## DELUXE

served with Lettuce, Tomato, Pickle and Steak Fries. Add 3.00

# HOT PRESSINI *melts*™

Our hot pressinis are toasted to perfection.

## EGGPLANT MILANESE

(Vegetarian) 8.49

Italian Eggplant with Pesto, Tomatoes and Melted Mozzarella served on a Sesame Hero

## SMOKED TURKEY CHEDDAR 8.99

Avocado, Tomato and Chipotle Aioli on a Sesame Hero

## CAJUN CHICKEN 8.99

Pepper Jack Cheese, Roasted Peppers, Onions and Chipotle Pepper Spread served on an Onion and Pepper Ciabatta

## CHICKEN CALABRESE 8.99

Pesto Grilled Chicken, Italian Plum Tomatoes, Roasted Peppers and Fresh Mozzarella served on a Pesto-Cheese Ciabatta

## CHICKEN PARMIGIANA 8.99

Pan-Fried Cutlet with Pomodoro Sauce, Fresh Mozzarella and Parmesan Cheese served on a Sesame Hero

## METRO STEAK & CHEESE 8.99

Sirloin Steak with Sautéed Peppers, Onions, Mushrooms and Provolone Cheese with Roasted Garlic Aioli served on an Onion-Cheese Foccacia

## TURKEY CUBAN 8.99

Smoked Turkey, Ham, Sliced Pickles, Swiss Cheese and Russian Dressing served on a Sesame Hero

# CREATE YOUR *own sandwich*

Create your own sandwich sensation using the best quality meats, farm fresh cheese and artisanal breads. Starting at **\$8.99**

## Choose Your Bread

Kaiser Roll	Seven-Grain Bread
Pita Pocket	Whole-Wheat Ciabatta add 1.00
Jewish Rye	Ciabatta add 1.00
Whole-Wheat	Italian Hero add 1.00
Whole-Wheat Wrap	

## Choose Your Protein (double your meat 3.00)

Chicken Cutlet	Rosemary Grilled Chicken
Pastrami	Smoked Ham
Roast Beef	Smoked Turkey
Roasted Turkey	Tuna Salad

## Choose Your Cheese

Cheddar	Provolone
Fresh Mozzarella	Swiss
Pepper Jack	

## Choose Your 3 Favorite Toppings (extra topping add .50)

Caramelized Onions	Roasted Peppers
Cucumbers	Shaved Red Onions
Hot Peppers	Shredded Lettuce (complimentary)
Pickles	Tomatoes
Poblano Peppers	

## Delicious Add-Ons

Avocado 2.00	Bacon 1.70
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## Pick a Dressing

Chipotle Aioli	Oil and Vinegar
Deli Mustard	Roasted Garlic Aioli
Mayonnaise	Russian Dressing

# HEALTHY GRAIN *bowls*

A fusion of brown rice or quinoa, kale and healthy ingredients provide you with a tasty vitamin rich dish.

## ATHENS BOWL (Vegetarian) 9.99

Kalamata Olives, Feta Cheese, Tomatoes, Chick Peas and Scallions with Roasted Garlic Vinaigrette

Add Chicken 2.75 Add Shrimp 3.50

## VEGAN ENERGY (Vegan) 10.49

Smoked Tofu, Broccoli, Mushrooms, Scallions and Brussels Sprouts in a Sweet Chili Sauce

## KING CREOLE 11.49

Grilled Chicken, Chicken Chorizo, Tomatoes, Green Peppers and Roasted Onions in a Jambalaya Sauce

## THE TANGO 11.49

Grilled Chicken, Red Beans, Scallions, Cilantro and Red Peppers in a Chimichurri Sauce

## CHICKEN FIESTA 11.49

Chicken, Corn, Tomatoes, Red Beans, Cilantro, Tortilla Strips in a Chipotle Vinaigrette

*a healthy serving of delicious.*

# CREATE YOUR *own pasta*

We put fresh, homemade sauces, the best quality pasta and market fresh ingredients in every dish. You'll taste the difference. Starting at **\$8.49**

## 1 - Choose Your Pasta

Penne	Linguine
Tri Color Spirale	Cheese Tortellini add 1.00
Healthy Whole Wheat add 1.00	

## 2 - Select Your Favorite Sauce

Alfredo Romano	Fresh Basil Pesto
Alla Vodka	Tomato Basil
Arrabbiata	Pesto Cream
Beef Bolognese add 1.00	

## 3 - Add Your Favorite Ingredients

Fresh Mozzarella	1.25	Broccoli Florets	.50
Artichokes	1.25	Caramelized Onions	.50
Italian Sausage	2.50	Kalamata Olives	.50
Tuscan Meatballs	2.50	Roasted Eggplant	.50
Grilled Chicken	2.50	Roasted Peppers	.50
Turkey Meatballs	2.50	Roasted Zucchini	.50
Chicken Chorizo	2.50	Sun-Dried Tomatoes	.50
Chicken Parmigiana	2.95	Sweet Peas	.50
Spicy Shrimp	3.25		

# Entrées

Our chef's wholesome meals are prepared fresh daily.

Served with Potato and Roasted Vegetables or Pasta.

## CHICKEN 13.79

## PAN SEARED SALMON OR FISH 15.79

## MEAT ENTREE 14.79

## TRIO OF ROASTED VEGETABLES 9.79

Available from 11am - 4pm

## *there's no line when you order online*

CAFEMETRONY.COM

# CHEF-DESIGNED *salads*

## SRIRACHA SHRIMP TACO SALAD 10.49

Romaine & Mixed Greens, Shrimp, Avocado, Kidney Beans, Scallions, Tomatoes, Radish, Peppers, Tortilla Strips

WE RECOMMEND OUR Avocado Chimichurri & A Splash of Sriracha

## BBQ CHICKEN COBB 10.49

Crispy Romaine, BBQ Chicken, Bacon Bits, Avocado, Hard Boiled Egg, Corn, Crispy Onions

WE RECOMMEND OUR Chipotle Ranch Dressing

## AVOCADO CHICKEN SALAD 10.49

Kale & Crispy Romaine, Avocado Chicken Salad, Tomatoes, Cucumbers, Radish, Pickled Jalapeños, Scallions and Corn Nuts

WE RECOMMEND OUR Greek Poppy Yogurt Dressing

## SANTA FE CHICKEN SALAD 10.49

Romaine Lettuce, Cajun Chicken, Avocado, Corn, Jack & Cheddar Cheese, Tomatoes, Red Onions and Tortilla Strips

WE RECOMMEND OUR Chipotle Vinaigrette Dressing

## QUINOA FALAFEL SALAD 10.49

Romaine & Mixed Greens, Quinoa Falafel Patty, Cucumbers, Carrots, Tomatoes, Red Onions, Fresh Jalapeños and Pickled Peppers

WE RECOMMEND OUR Tzaziki Dressing

## KALE CHICKEN CAESAR 10.49

Kale & Romaine Lettuce, Grilled Chicken, Tomato, Croutons, and Freshly Grated Parmigiano

WE RECOMMEND OUR Homemade Caesar Dressing

# CREATE *your own salad*

Make Your Salad As Epic As Your are

Base Price: **Reg.** 3.99 **Lg.** 4.99 **\*Low-Carb items**

## 1 Select Your Favorite Greens

Romaine Hearts Organic Field Greens Baby Spinach Kale

## 2 Choose From Our Many Toss-Ins

NO CHARGE: Red Onions\*, Croutons, Scallions\*, Sprouts\*

## .50

Chick Peas  
Sweet Corn  
Boiled Eggs\*  
Mushrooms\*  
Tomatoes  
Sesame Noodles  
Kidney Beans  
Broccoli\*  
Cucumber\*  
Sweet Peas  
Bell Peppers\*  
Carrots

## .75

Sunflower Seeds\*  
Blue Cheese\*  
Romano Cheese\*  
Feta Cheese\*  
Cheddar Cheese\*  
Oranges  
Kalamata Olives\*  
Beets  
Tortilla Strips  
Raisins  
Roasted Peppers\*  
Walnuts\*  
Organic Lentils\*

## 1.50

Tofu  
Bacon Bits\*  
Mozzarella\*  
Artichokes\*  
Fresh Avocado\*  
Brussel Sprouts  
Quinoa\*

## 2.50

Crispy Chicken  
Grilled Chicken\*  
Smoked Turkey\*  
Albacore Tuna\*  
Dolphin Free Tuna Salad\*

## 3.50

Spicy Shrimp\*  
Grilled Salmon\*

## 3 Select Your Favorite Dressing

Greek Poppy Yogurt	Avocado Chimichurri	LOW-FAT/CARB-FREE
Blue Cheese	Tzaziki	Carb-Free Roasted Garlic
Caesar	Sesame Ginger Vinaigrette	Low-Fat Chipotle Ranch
French	Aged Balsamic Vinegar*	Low-Fat Peppercorn Ranch
Thousand Island	Extra Virgin Olive Oil*	Fat-Free Lemon Herb Vinaigrette
Balsamic Vinaigrette	Fresh Lemon Juice*	Fat-Free Raspberry Vinaigrette
Chipotle Vinaigrette	Red Wine Vinegar*	Low-Fat Honey Dijon Vinaigrette
Honey Balsamic Vinaigrette	Splash of Sriracha	

# ENTRÉE *salads*

A salad for every taste or craving. Each salad includes a signature dressing and a wedge of hearth baked artisanal bread.

Low-Fat  Vegetarian

<b>BISTRO SALAD</b> 9.49 <input checked="" type="checkbox"/>	<b>GREEK SALAD</b> 9.49 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> Crisp Lettuce, Feta Cheese, Stuffed Grape Leaves, Tomatoes and Kalamata Olives	<b>GRILLED CHICKEN CAESAR SALAD</b> 9.99 <input checked="" type="checkbox"/> Grilled Breast of Chicken over our Crisp Caesar Salad
Blue Cheese, Caramelized Pears, Raisins, Grapes, Candied Walnuts and Field Greens with White Wine Vinaigrette		

# METRO *side salads*

The perfect accompaniment to any soup or sandwich. We make these salads healthy by using fresh, all-natural ingredients.

Low-Fat  Vegetarian

<b>LEMON CHICKPEA SALAD</b> 4.99 <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<b>CAPE COD TURKEY SALAD</b> 6.99 Toasted Almonds and Dill
<b>SEASONAL QUINOA SALAD</b> 4.99	<b>TUNA SALAD</b> 6.99 Albacore Tuna, Celery and Mayo
<b>ORGANIC SPICY SESAME GINGER THAI NOODLES</b> 4.99 <input checked="" type="checkbox"/>	<b>AVOCADO CHICKEN SALAD</b> 6.99 Grilled Chicken, Pico De Gallo, Avocado, Jalapeño, Lemon, Celery, Cilantro, 0% Greek Yogurt

# SOUPS

At Café Metro, we take our soups seriously. We make them fresh daily, using market fresh ingredients. Ask about our daily soup specials.

**OUR DAILY SOUPS**  
Cup 3.89 Reg. 4.99 Lg. 5.99

**PREMIUM SOUPS**  
Cup .50 extra Reg. 1.00 extra Lg. 1.00 extra

# QUESA *dillas*

Generously filled with melted cheese, garden fresh roasted peppers, onions, poblano chiles and scallions. Served with sour cream and our homemade salsa.

<b>CHEESE QUESADILLA</b> 7.99 Classic with Three Types of Cheese	<b>CHICKEN QUESADILLA</b> 9.49 with Sweet Onion and Peppers
<b>SANTA FE WILD MUSHROOM</b> 8.49 with Roasted Mushrooms	<b>SPICY SHRIMP</b> 10.49 Chili Rubbed Rock Shrimp
<b>CHICKEN HABANERO</b> 9.49 Chipotle Spiced BBQ Chicken	

*there's no line when you order online*

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# SMOOTHIES

All our smoothies are made with all natural non-fat yogurt, fresh fruit and ice. Each one contains over 100-mg of antioxidants.

Reg. 4.99 Med. 5.99 Lg. 6.99

Add Protein Powder or Ginseng to any Smoothie for 1.00

<b>BERRY CRUSH</b> Strawberries, Raspberries and Blueberries	<b>STRAWBERRY BANANA BLAST</b> Red Ripe Strawberries and Bananas
<b>FUZZY MONKEY</b> Peaches and Bananas	<b>TROPICAL BREEZE</b> Mango, Guava and Pineapple
<b>KALE MANGO</b> Kale and Mango	

# BEVERAGES

HOT BEVERAGES	Reg.	Med.	Lg.
CAFÉ METRO ROAST	2.09	2.39	2.69
PURE WATER DECAF	2.09	2.39	2.69
FLAVORED COFFEE	2.09	2.39	2.69
BREWED LEAF TEA	2.09	2.39	2.69
CAPPUCCINO/LATTE	3.69	4.09	4.69
CAFÉ AU LAIT	3.19	3.59	3.89
HOT CHOCOLATE (100% MILK)	2.59	3.19	3.59
ESPRESSO	2.59	3.19	

COLD BEVERAGES	Reg.	Med.	Lg.
ICED COFFEE/TEA	2.79	3.19	3.49
ICED FLAVORED/DECAF COFFEE	2.79	3.19	3.49
ICED LATTE/CAPPUCCINO	4.09	4.59	4.79
ICED MOCHACCINO	4.09	4.59	4.79
LEMONADE	2.39	2.69	2.99
FRESH ORANGE JUICE	3.39	4.29	
SNAPPLE	2.39		
BOTTLED WATER	1.89	2.69	
TROPICANA JUICES	3.29		
BOTTLED SODA	2.45		

# DESSERTS

Choose one of our specialty treats for the perfect end to your meal.

<b>GIANT COOKIES</b> 2.89	Black & White Chocolate Chunk	Honey Oatmeal Raisin Peanut Butter
<b>BROWNIES</b> 4.39	Blondie Peanut Butter	Chocolate Decadence Walnut
<b>FRUIT JELLO</b> 2.69	<b>RICE PUDDING</b> 3.25	<b>CHOCOLATE CAKE</b> 5.99
<b>N.Y. CHEESECAKE</b> 5.99		

# BREAKFAST *buffet*

Jump-start your day with a complete and healthy breakfast from Café Metro. Eat-in, on-the-go, or free delivery. Breakfast is served from 6 AM — 10:30 AM Monday through Friday.

<b>EGG WRAPS</b> 5.49	<b>EGG SANDWICHES</b>
<b>WESTERN WRAP</b> Ham, Peppers and Onions	<b>TWO EGGS</b> 2.99 <b>BACON &amp; EGGS</b> 4.29
<b>PROTEIN BLAST</b> Egg Whites, Grilled Turkey, Mozzarella and Tomato	<b>CHEESE</b> .75 <b>EGG WHITES</b> .75 <b>AVOCADO</b> 2.00
<b>TUSCAN WRAP</b> Egg Whites, Baby Spinach, Sautéed Mushrooms and Low Fat Mozzarella	
<b>BACON, HAM OR SAUSAGE</b> with Egg and Cheese	

**TWO EGGS ANY STYLE** 4.99  
with Potatoes and Toast  
EXTRAS: Ham, Bacon, or Sausage 1.70 Turkey Bacon or Turkey Sausage 1.70  
Avocado 2.00

**CREATE YOUR OWN OMELETTE**  
Three Eggs with Three Fillings 6.99

<b>TOSS-INS</b>	Bell Peppers	Scallions	American	Bacon
	Broccoli	Tomatoes	Cheddar	Ham
	Mushrooms	Spinach	Swiss	Sausage
	Onions		Feta	

**GRIDDLE ORIGINALS**

Buttermilk Pancakes	6.49	Banana, Strawberry or Chocolate
Challah French Toast	6.49	Chip Pancakes add 1.00
EXTRAS: Ham, Bacon, or Sausage	1.70	Beef or Turkey Sausage 1.70

**HOT CEREAL BAR** Reg. 3.59 Lg. 4.59  
Hearty Oatmeal or Cream of Wheat  
with Cinnamon & Brown Sugar (optional)

**PICK TWO COMPLIMENTARY TOPPING** (extra topping add .50¢):  
Apples Honey  
Bananas Raisins  
Granola Quinoa

**HOMEMADE GRANOLA & YOGURT PARFAIT**  
Reg. (8 oz.) 3.79 Lg. (12 oz.) 4.79

Delicious Crunchy Honey Granola served with Non-Fat Yogurt and Fresh Seasonal Berries

**BIRCHER MUESLI PARFAIT** 4.59

**MIXED BERRY COMPOTE** 3.99

**FRESH FRUIT SALAD** Reg. 4.49 Lg. 6.49

<b>BAGELS</b>	Buttered 1.69	Peanut Butter 2.79
	Cream Cheese 2.59	Scallion Cream Cheese 2.79
	Fat-Free Cream Cheese 2.79	Vegetable Cream Cheese 2.79

**MUFFINS** 2.79  
Banana Chocolate Chip Walnut  
Morning Glory  
Corn  
Fat-Free Fiber Bran  
Honey Raisin  
Orange Cranberry

**DANISH** 3.29  
Apple Turnover  
Cheese  
Cinnamon Bun

**POUND CAKE** 3.29  
Double Chocolate  
Marble  
Iced Lemon  
Plain

**CROISSANTS**  
Butter 2.79  
Chocolate or Almond 2.99  
Ham and Cheese 5.29  
Smoked Turkey and Cheese 5.29

DELIVERY MENU

# ORDER ONLINE TODAY

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