

SMOOTHIES

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

Med. 5.95 Lg. 6.95

Add Protein Powder or Ginseng to any Smoothie for 1.00

- BERRY CRUSH Strawberries, Raspberries and Blueberries
STRAWBERRY BANANA BLAST Red Ripe Strawberries and Bananas
PB + PROTEIN Banana, Peanut Butter, Vanilla Almond Milk, Cacao Nips and Protein Powder
FUZZY MONKEY Peaches and Bananas
TROPICAL BREEZE Mango, Guava and Pineapple
KALE MANGO Kale and Mango
CREATE YOUR OWN Choose up to 3 items

BEVERAGES

Table with 3 columns: Beverage Name, 12 oz Reg., 16oz Lg. Includes Hot Beverages like Café Metro Roast, Pure Water Decaf, Flavored Coffee, Brewed Leaf Tea, Cappuccino/Latte, Café au Lait, Hot Chocolate, Espresso, Cold Beverages like Iced Coffee/Tea, Iced Flavored/Decaf Coffee, Iced Latte/Cappuccino, Iced Mochaccino, Bottled Water, Canned Soda.

SWEET TREATS

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

- COOKIES 3.00 Black & White, Honey Oatmeal Raisin Blondie, Decadent Brownies 4.25, Rice Crispy Treats 3.25, Rice Pudding 3.50, N.Y. Cheesecake 5.95, Red Velvet Cake 5.95

HOT PRESSINI MELTS™

Our hot pressinis are toasted to perfection \$9.50

- CAJUN CHICKEN Pepper Jack Cheese, Roasted Peppers, Onions and Chipotle Pepper Spread served on a Ciabatta
SMOKED TURKEY CHEDDAR Avocado, Tomato and Chipotle Aioli on a Sesame Hero
CHICKEN CALABRESE Grilled Chicken, Tomatoes, Roasted Peppers and Fresh Mozzarella on Ciabatta
CHICKEN PARMIGIANA Chicken Cutlet, Fresh Mozzarella, Parmigiano Cheese and Pomodoro Sauce on a Sesame Hero
TURKEY CUBAN Smoked Turkey, Ham, Sliced Pickles, Swiss Cheese and Mustard on a Sesame Hero
OLD SCHOOL First Cut Pastrami, Swiss Cheese, Coleslaw, and Russian Dressing on Seeded Rye
MEATBALL PARMIGIANA Turkey Meatballs with Pomodoro Sauce, Fresh Mozzarella and Parmigiano Cheese on a Sesame Hero
TUNA MELT Albacore Tuna, Tomatoes, and Melted Swiss Cheese on Seeded Rye

CHEF-DESIGNED 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.) \$9.50

- CALIFORNIA TURKEY PITA Smoked Turkey, Avocado, Cucumbers, Tomatoes, Sprouts and Garlic Aioli
FRESH TURKEY PESTO Fresh Turkey, Provolone Cheese, Tomato, Red Onions, Arugula and Pesto Mayo on Seven-Grain Bread
SMOKED SALMON Smoked Salmon, Cream Cheese, Capers Tomato and Onion on Seeded Rye
FIESTA CHICKEN Chicken Cutlet, Bacon, Cheddar Cheese, Avocado, Tomato, and Chipotle Aioli on a Sesame Hero
BUFFALO CHICKEN Spicy Chicken, Blue Cheese and Romaine on Ciabatta
BISTRO AMERICANO Roast Beef, Fresh Turkey, Crisp Red Onion Rings, Cheddar Cheese, Lettuce + Tomato with Zesty Bistro Sauce on Ciabatta
TUSCAN CHICKEN Roasted Peppers, Lemon Braised Kale and Artichoke Aioli on Ciabatta
TUNA SALAD Vine Ripe Tomatoes and Lettuce on Seven-Grain Bread

there’s no line when you order online

CAFEMETRONY.COM

BREAKFAST

Start your day off right with a complete and healthy breakfast from Café Metro. Breakfast is served from 6 AM — 11:00 AM

SANDWICHES

- 2 EGGS 3.50 Served on your choice of Roll, Bagel or Toast
NEW YORKER 6.50 Egg Whites, Bacon, American Cheese and Avocado
SOUTH OF THE BORDER 6.50 Eggs, Spicy Sausage, Pickled Jalapeño and Pepper Jack
WESTERN 5.50 Ham, Peppers and Onions
FLORENTINE 6.50 Egg Whites, Mushrooms, Spinach, Tomato and Swiss Cheese
SMOKED SALMON SCRAMLBLE 9.95 with Onions, Tomato and Cucumber

PLATTERS

- 2 EGGS ANY STYLE 5.95 with Potatoes and Toast with Bacon, Ham or Sausage 7.95 Add Avocado +1.50

ORGANIC OATMEAL

- HEARTY OATMEAL SM 3.25 LG 3.75 With Cinnamon and Brown Sugar
PICK TWO COMPLIMENTARY TOPPINGS (extra topping add .50) Apples | Banana | Granola | Honey | Raisins

FRUIT & PARFAITS

- HOMEMADE GRANOLA & YOGURT PARFAIT Reg. (8 oz.) 3.75 Lg. (12 oz.) 4.25
BIRCHER MUESLI PARFAIT 4.00 MIXED BERRY COMPOTE 4.00 FRESH FRUIT SALAD 4.50

BAKERY

- HAND ROLLED BAGELS Buttered 1.85 Cream Cheese 2.75 Peanut Butter 2.75 Smoked Salmon, Tomato & Onion 9.95 Fat-Free Cream Cheese 3.00 Scallion Cream Cheese 3.00 Vegetable Cream Cheese 3.00 Lox Spread 4.95
CROISSANTS 3.50 Butter | Almond | Chocolate
MUFFINS 2.95 Banana Chocolate Chip Walnut | Raisin Bran | Lemon Blueberry | Morning Glory | Corn | Orange Cranberry

CREATE YOUR OWN SANDWICH

Create your own sandwich using the best quality meat and farm fresh ingredients. Starting at \$8.50

- 1 - Choose Your Bread Kaiser Roll, Pita Pocket, Whole-Wheat Semolina Hero, Seven-Grain Bread, Seeded Rye, Ciabatta
2 - Choose Your Protein Grilled Chicken, Smoked Ham, Roasted Turkey, Smoked Turkey, Cajun Chicken
3- Pick Your 3 Favorite Toppings (extra topping +.50) Caramelized Onion, Shaved Red Onion, Pickled Onion, Sour Pickle, Banana Peppers, Roasted Peppers, Shredded Lettuce, Pickled Jalapeños, Tomato, Sliced Cucumber
4 - Delicious Add-ONS Bacon 1.50, Provolone 1.00, Finlandia Swiss 1.00, Feta 1.00, Oil and Vinegar, Roasted Garlic Aioli, Russian Dressing, Dijon Mustard

4 - Delicious Add-ONS

- Avocado 1.50, Cheddar 1.00, Fresh Mozzarella 1.00, Pepper Jack 1.00

5 - Pick a Dressing

- Chipotle Aioli, Deli Mustard, Mayonnaise, Pesto Aioli, Honey Mustard

SOUPS

At Café Metro, we take our soups seriously and make them fresh daily. Ask about our daily soup specials.

- OUR DAILY SOUPS Cup 3.75 | Reg. 4.95 | Lg. 5.95
PREMIUM SOUPS Cup .50 extra | Reg. 1.00 extra Lg. 1.00 extra

CREATE YOUR OWN OMELETTE

Choose 3 Regular Toppings. 7.95 Served with Breakfast Potatoes and Toast.

1- VEGGIES: EXTRA ITEM +.50 Tomato | Broccoli | Spinach | Kale | Mushrooms | Bell Peppers | Sun-dried Tomatoes | Red Onions | Scallions | Jalapeño Peppers

2 - CHEESE: EXTRA ITEM +1.00 Feta | Fresh Mozzarella | American | Swiss | Jack/Cheddar | Provolone

3 - ADD-ONS: 1.95 Bacon | Pork Sausage | Smoked Ham

CHEF-CRAFTED OMELETTES

- MYKONOS 7.95 Tomatoes, Feta Cheese, Kalamata Olives, Spinach and Bell Peppers
THE VEG OUT 7.95 Kale, Spinach, Mushrooms, Tomato and Scallions
THE PEASANT 9.50 Bacon, Cheddar, Caramelized Onions and Breakfast Potatoes
LOX OMELETTE 10.50 Lox, Tomato, Red Onion
HIGH PROTEIN / LOW CARB 10.50 7 Egg Whites, Grilled Chicken and Spinach
HUNGRY BEAR 10.50 Bacon, Ham and Sausage topped with Pepper Jack Cheese

GRIDDLE ORIGINALS

- BUTTERMILK PANCAKES 6.50 Chocolate Chip | Banana Nut | Blueberry +1.00
CHALLAH FRENCH TOAST 6.50
ADD ONS: Bacon 1.95, Pork Sausage 1.95, Turkey Bacon 1.95, Avocado 1.50, 2 Eggs 2.50

AVOCADO TOAST

PICO DE GALLO 7.95 Avocado, Spicy Pico De Gallo and Crushed Corn Nuts on Rustic Toast

EVERYTHING BAGEL 7.95 With Avocado, Everything Bagel Spice, and Hard Boiled Egg on Rustic Toast

SMOKED SALMON 9.95 With Avocado, Cream Cheese, Cucumber, and Black Sesame Seeds on Rustic Toast Artichokes, Peppers, Olives and Parmigiano

GLUTEN FREE BOWLS

- HUEVOS RANCHEROS 8.95 2 Eggs, Quinoa, Avocado, Cheddar Cheese, Red Onions, Avocado, Tortilla Chips, Cilantro and Chipotle Vinaigrette
AEGEAN QUINOA 8.95 2 Eggs, Quinoa, Feta, Tomatoes, Kalamata Olives, Roasted Garlic Vinaigrette

CREATE YOUR OWN PASTA

Fresh, homemade sauces, barilla pasta and market fresh ingredients in every dish. Starting at \$7.95

- 1 - Choose Your Pasta Penne, Zucchini Noodles, Linguine, Rigatoni
2 - Select Your Favorite Sauce Alfredo Romano, Vodka Sauce, Pomodoro Sauce, Fresh Basil Pesto, Pesto Cream
3 - Add Your Favorite Ingredients Broccoli Florets .50, Caramelized Onions .50, Kalamata Olives .50, Roasted Eggplant .50, Roasted Peppers .50, Mushrooms .50, Green Peas .50, Fresh Spinach .50, Pickled Jalapeños .50, Sun-Dried Tomato .50, Scallions .50
4- Add Premiums Fresh Mozzarella 1.00, Artichokes 1.50, Spicy Italian Sausage 2.75, Turkey Meatballs 2.75, Grilled Chicken 2.75, Crispy Chicken 2.75, Poached Shrimp 3.25

PASTA FAVORITES

- CHICKEN PENNE VODKA 11.00 Vodka Sauce with Green Peas
CHICKEN RIGATONI 13.00 Roasted Eggplant, Mushrooms, Tomato, Peppers, Onions and Pomodoro Sauce
RIGATONI SAUSAGE 13.50 Spicy Sausage, Spinach, Sun-Dried Tomato, Roasted Peppers, Artichoke, Parmigiano and Fresh Basil Pesto
CAJUN CHICKEN 12.50 Penne Pasta, Cherry Tomatoes, Bell Peppers, Corn, Crispy Onions with Fresh Basil Pesto
SHRIMP LINGUINI 12.50 Sun-Dried Tomato, Mushrooms, Caramelized Onions and Alfredo Sauce
CHICKEN HABANERO 8.50 Chipotle Spiced BBQ Chicken
SPICY SHRIMP 9.50 Chili Rubbed Shrimp

QUESADILLAS

Generously filled with melted cheese, garden fresh roasted peppers, onions, poblano chiles and scallions. Served with sour cream and our homemade salsa. Add Guacamole +1.50

- CHEESE QUESADILLA 7.95 Classic with Three Types of Cheese
WILD MUSHROOM 8.50 Roasted Mixed Mushrooms

CREATE YOUR OWN SALAD

Make Your Salad As Epic As You Are. \$10.50 *Low Carb

1 - Select Your Favorite Greens Organic Arugula, Baby Spinach, Crisp Romaine, Local Kale, Organic Mixed Greens

2 - Choose Any 4 Toppings (extra item +.50) Apples, Beets, Bell Peppers*, Broccoli*, Carrots*, Chickpeas, Crispy Onions, Croutons, Cucumbers*, Grapes, Kalamata Olives*, Kidney Beans, Mushrooms*, Pickled Jalapeños, Pita Chips, Raisins, Red Onions*, Roasted Peppers*, Scallions, Sesame Noodles, Sunflower Seeds*, Sweet Corn, Green Peas, Tomatoes*, Tortilla Strips

3 - Select 2 Premium Toppings (extra item +1.50) Almonds*, Artichokes, Bacon Bits*, Brussels Sprouts, Butternut Squash, Craisins, Edamame, Fresh Avocado*, Sun dried Tomato, Walnuts*, Whole Egg/Egg White, Blue Cheese, Cheddar Cheese, Feta Cheese, Mozzarella, Parmigiano Cheese

4 - Choose 1 Protein (extra item +2.75 | Shrimp+3.25) Grilled Chicken, Crispy Chicken, Cajun Chicken, Buffalo Chicken, Smoked Turkey, Baked Tofu, Baked Falafel, Albacore Tuna, Poached Shrimp, Portobello Mushroom, Roasted Turkey

5 - Select Your Favorite Dressing Blue Cheese, Caesar, Balsamic Vinaigrette, Chipotle Vinaigrette, Honey Balsamic Vinaigrette, Avocado Chimichurri, Lemon Tahini, Sesame Ginger Vinaigrette, Aged Balsamic Vinegar*, Extra Virgin Olive Oil*, Fresh Lemon Juice*, Red Wine Vinegar*, Splash of Sriracha, LOW-FAT/CARB-FREE Carb-Free Roasted Garlic, Low-Fat Peppercorn Ranch, Fat-Free Lemon Herb Vinaigrette, Fat-Free Raspberry Vinaigrette, Low-Fat Honey Dijon Vinaigrette

CHEF-DESIGNED SALADS

- SRIRACHA SHRIMP TACO SALAD 10.50 Romaine & Mixed Greens, Shrimp, Avocado, Kidney Beans, Scallions, Tomato, Radish, Peppers, and Tortilla Strips
BBQ CHICKEN COBB 10.50 Crispy Romaine, BBQ Chicken, Bacon Bits, Avocado, Hard Boiled Egg, Corn and Crispy Onions
ITS GREEK TO ME 10.50 Crispy Romaine, Feta Cheese, Kalamata Olives, Tomatoes, Chickpeas, Cucumber and Red Onions
SANTA FE CHICKEN SALAD 10.50 Romaine Lettuce, Cajun Chicken, Avocado, Corn, Jack & Cheddar Cheese, Tomatoes, Red Onions and Tortilla Strips
QUINOA FALAFEL SALAD 10.50 Romaine & Mixed Greens, Falafel Patty, Cucumbers, Carrots, Tomatoes, Red Onions, Fresh Jalapeños and Pickled Peppers
KALE CHICKEN CAESAR 10.50 Kale & Romaine Lettuce, Grilled Chicken, Tomato, Croutons, and Freshly Grated Parmigiano

MARKET TABLE

Make the perfect plate for lunch or dinner with our healthy, well-balanced market plate options.

- 1 - Pick your Base Quinoa, Brown Rice, Mixed Greens
2 - Pick your Protein Lemon Herb Chicken 12.00, Spicy Adobo Chicken 12.00, Baked Tofu 11.00, Marinated Flank Steak 13.00, Faroe Island Salmon 14.00, Chili Rubbed Shrimp 14.00, Turkey Meatballs 12.00, Cauliflower Mash, Butternut Squash, Roasted Carrots, Mac and Cheese, Broccoli
3 - Pick 2 Sides Please Call for Chef’s Daily Seasonal Vegetables
Roasted Brussels Sprouts, Roasted Beets, Roasted Potatoes, Roasted Cauliflower, Baked Sweet Potatoes

HEALTHY GRAIN BOWLS

- Made with brown rice or quinoa, kale and healthy, fresh ingredients.
ATHENS BOWL (Vegetarian) 10.50 Kalamata Olives, Feta Cheese, Tomatoes, Chick Peas and Scallions with Roasted Garlic Vinaigrette Add Chicken 2.75 Add Shrimp 3.25
THE TANGO 11.75 Grilled Chicken, Kidney Beans, Scallions, Cilantro and Red Peppers in a Chimichurri Sauce
VEGAN ENERGY (Vegan) 10.95 Smoked Tofu, Broccoli, Mushrooms, Scallions and Brussels Sprouts in a Sweet Chili Sauce
CHICKEN FIESTA 11.75 Chicken, Corn, Tomatoes, Kidney Beans, Cilantro and Tortilla Strips in a Chipotle Vinaigrette
TURKEY CHILI BOWL 11.75 Turkey Chili, Kidney Beans, Cheddar Cheese, Pico De Gallo, Avocado, Small Batch Hot Sauce, Greek Yogurt, Chipotle Vinaigrette

METRO SIDE SALADS

- Low-Fat, Vegetarian
LEMON CHICKPEA SALAD 4.95
SEASONAL QUINOA SALAD 4.95
ORGANIC SPICY SESAME GINGER THAI NOODLES 4.95
PENNE SUN-DRIED TOMATO 4.95
EGG SALAD 5.50
TUNA SALAD 6.50