

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. 5.75 Med. 6.25 Lg. 7.75

Add Protein Powder or Ginseng to any Smoothie for 1.00

BERRY CRUSH

Strawberries, Raspberries and Blueberries

FUZZY MONKEY

Peaches and Bananas

PB+PROTEIN

Banana, Peanut Butter, Almond Milk, Cacao Nibs and Protein Powder

STRAWBERRY BANANA BLAST

Red Ripe Strawberries and Bananas

TROPICAL BREEZE

Mango, Guava and Pineapple

KALE MANGO

Kale and Mango

BEVERAGES

HOT BEVERAGES

	Reg.	Med.	Lg.
CAFÉ METRO ROAST	2.25	2.55	2.85
PURE WATER DECAF	2.25	2.55	2.85
FLAVORED COFFEE	2.25	2.55	2.85
BREWED LEAF TEA	2.25	2.55	2.85
CAPPUCCINO/LATTE	3.75	4.15	4.75
CAFÉ AU LAIT	3.25	3.65	3.95
HOT CHOCOLATE (100% MILK)	2.65	3.15	3.65
ESPRESSO	2.65	3.15	

COLD BEVERAGES

	Reg.	Med.	Lg.
ICED COFFEE/TEA	2.95	3.35	3.65
ICED FLAVORED/DECAF COFFEE	2.95	3.35	3.65
ICED LATTE/CAPPUCCINO	4.15	4.55	4.95
ICED MOCHACCINO	4.25	4.75	5.25
SNAPPLE	2.75		
BOTTLED WATER	1.95	2.85	
TROPICANA JUICES	3.50		
BOTTLED SODA	2.50		

DESSERTS

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

GIANT COOKIES 3.10

Black & White Chocolate Chunk
Honey Oatmeal Raisin Peanut Butter

BROWNIES 4.25

Blondie Chocolate Decadence Oreo Cookie
Peanut Butter Walnut

FRUIT JELLO 2.85

RICE PUDDING 3.75

BREAKFAST BUFFET

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

BREAKFAST SANDWICHES

2 EGGS 3.60

2 EGGS & BACON 4.60

Served on your choice of Roll, Bagel or Toast

SIGNATURES

Served on your choice of Wrap or English Muffin/Platter add 2.25

WESTERN 6.15

Scrambled Eggs, Ham, Peppers and Onions

NEW YORKER 6.15

Egg Whites, Bacon, Cheese and Avocado

SOUTH OF THE BORDER 6.15

Fried Eggs, Chorizo Sausage, Poblano Peppers, Queso and Salsa

ADD ONS:

Bacon	1.50	Beef Sausage	1.75	Egg Whites	1.00
Ham	1.50	Turkey Sausage	1.75	Extra Egg	1.00
Sausage	1.50	Cheese	.75	Avocado	2.00

FLORENTINE 6.15

Egg Whites, Mushrooms, Spinach, Tomato and Swiss Cheese

SMOKED SALMON SCRAMBLE 8.50

with Onions, Tomato and Cucumber

FROM THE GRIDDLE

BUTTERMILK PANCAKES 6.00 CHALLAH FRENCH TOAST 6.00

Classic Stack
Chocolate Chunk +1.00

EXTRAS (1.50 each)

Bacon	Sausage	Turkey Sausage
Ham	Beef Sausage 1.75	or Turkey Bacon 1.75

HOT CEREAL BAR

HEARTY OATMEAL

Sm. 3.65 Lg. 4.35

with Cinnamon and Brown Sugar (optional)

PICK TWO COMPLIMENTARY TOPPINGS (extra topping add .50)

Apples	Bananas	Granola
Honey	Raisins	

there's no line when you order online

CAFEMETRONY.COM

PLATTERS

TWO EGGS ANY STYLE 5.50

with Potatoes and Toast

ADD ONS: Ham, Bacon, or Sausage 1.50 Turkey Bacon or Turkey Sausage 1.75

OMELETTE CREATIONS

Omelette creations made with 4 eggs. Served with Potatoes and Toast

MY BIG FAT GREEK 9.60

Tomatoes, Feta Cheese, Kalamata Olives, Spinach and Bell Peppers

VEGETARIAN 9.60

Kale, Spinach, Mushrooms, Tomato and Onion

HIGH PROTEIN LOW CARB 11.60

7 Egg Whites, Grilled Chicken, Smoked Turkey and Spinach

LOX EGGS

AND RED ONION 13.75

Tomato, Onion, Lox and Bagel with Cream Cheese

PEASANTS 11.60

Bacon, Cheddar, Caramelized Onions, Mushrooms and Potato

HUNGRY BEAR 13.75

Bacon, Ham and Sausage topped with Pepper Jack Cheese

YOU'RE THE CHEF

Create Your Own Omelette

Served with Potatoes and Toast

3 Eggs with 3 Toss ins 6.30

5 Egg Whites with 3 Toss ins 7.20

TOSS INS:

Bell Peppers	Scallions	American	Bacon
Broccoli	Tomatoes	Cheddar	Ham
Mushrooms	Spinach	Swiss	Sausage
Onions		Feta	

HOMEMADE GRANOLA & YOGURT PARFAIT

Reg. (8 oz.) 3.75 Lg. (12 oz.) 4.75

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

BIRCHER MUESLI PARFAIT 4.75

MIXED BERRY COMPOTE 4.75

FRESH FRUIT SALAD 4.75

N.Y. BAGELS

Buttered	1.95	Scallion Cream Cheese	2.80
Cream Cheese	2.60	Fat-Free Cream Cheese	2.80
Peanut Butter	2.80	Vegetable Cream Cheese	2.80

HOMEMADE MUFFINS 2.95

Banana Chocolate	Morning Glory
Chip Walnut	Corn
Lemon Blueberry	Apple Cinnamon

CROISSANTS

Butter	2.95	Almond	3.25	Smoked Turkey and Cheese	5.25
Chocolate	3.25	Ham and Cheese	5.25		

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ONLINE
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café
metro
WHERE THE CITY EATS

15 METROTECH CENTER
718.237.4800
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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 9.25
Vine Ripe Tomatoes and Lettuce on Seven-Grain Ciabatta

BUFFALO CHICKEN WRAP 9.25
Spicy Chicken, Blue Cheese, Carrots and Celery in a Southwest Wrap

CHICKEN CAESAR WRAP 9.25
Grilled Chicken tossed with Romaine Hearts and Caesar Dressing in an Herb Wrap

CHICKEN VERA CRUZ WRAP 9.25
Grilled Chicken with Avocado, Bean & Corn Salad and Lettuce in a Black Bean Wrap

ITALIAN SUBMARINE 9.25
Genoa, Cappicola, Ham, Provolone, Onions, Hot Peppers, Lettuce, Oil and Vinegar on a Hero

CRISPY CHICKEN BLT 9.25
Swiss Cheese, Bacon, Lettuce + Tomato and Chipotle Aioli on a Ciabatta Roll

SMOKED TURKEY & BRIE 9.25
Apple Slices, Arugula and Honey Mustard on French Baguette

BISTRO AMERICANO 9.25
Roast Beef, Fresh Turkey, Crisp Red Onion Rings, Cheddar Cheese, Lettuce + Tomato with Zesty Bistro Sauce in an Onion Pocket

FRESH TURKEY PESTO 9.25
Fresh Turkey, Provolone Cheese, Tomato, Red Onions, Arugula, Pesto Mayo on Seven Grain Bread

CALIFORNIA TURKEY PITA 8.50 Smoked Turkey, Avocado, Cucumbers, Tomatoes, Sprouts and Lemon-Herb Dressing (9.79 Grams of Fat, 382-412 Calories)

VEGETARIAN PITA 8.50
Avocado, Tomatoes, Sprouts, Carrots and Lettuce with Chipotle-Pepper Spread (3.49 Grams of Fat, 280-310 Calories)

HOT PRESSINI MELTS™

Our hot pressinis are toasted to perfection.

SMOKED TURKEY CHEDDAR 9.25
Avocado, Tomato and Chipotle Aioli on a Sesame Hero

CAJUN CHICKEN 9.25
Pepper Jack Cheese, Roasted Peppers, Onions and Chipotle Pepper Spread served on an Onion and Pepper Ciabatta

CHICKEN PARMIGIANA 9.25
Pan-Fried Cutlet with Pomodoro Sauce, Fresh Mozzarella and Parmesan Cheese served on a Sesame Hero

CHICKEN CALABRESE 9.25
Pesto Grilled Chicken, Italian Plum Tomatoes, Roasted Peppers and Fresh Mozzarella served on a Pesto-Cheese Ciabatta

METRO STEAK & CHEESE 9.25
Sirloin Steak with Sautéed Peppers, Onions, Mushrooms and Provolone Cheese with Roasted Garlic Aioli served on an Onion-Cheese Focaccia

THAI CHICKEN 9.50
Chicken Thigh, Cucumber, Shredded Carrots, Cabbage and Cilantro with Serracha Mayo on French Baguette

TURKEY CUBAN 9.25
Smoked Turkey, Ham, Sliced Pickles, Swiss Cheese and Russian Dressing served on a Sesame Hero

ADOBO CHICKEN 9.50
Chicken Thigh, Gruyere Cheese, Avocado, Pico De Gallo, Lettuce and Chipotle Mayo on a Telera Roll

ANCHO CHILI CRISPY CHICKEN BREAST 9.50
Crispy Chicken, Pepper Jack Cheese, Pickles, Lettuce, Tomato with Soy Ancho Chili Aioli on Brioche

EGGPLANT MILANESE (Vegetarian) 9.25
Italian Eggplant with Pesto, Tomatoes and Melted Mozzarella served on a Sesame Hero

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) 10.75
Kalamata Olives, Feta Cheese, Tomatoes, Chick Peas and Scallions with Roasted Garlic Vinaigrette
Add Chicken 2.75 Add Shrimp 3.50

VEGAN ENERGY (Vegan) 11.25
Smoked Tofu, Broccoli, Mushrooms, Scallions and Brussels Sprouts in a Sweet Chili Sauce

BLACKENED SALMON 13.50
Roasted Cauliflower, Sweet Potato, Corn, Crispy Onions with Cilantro and Jalapeño Aioli

TURKEY CHILI BOWL 12.00
Turkey Chili, Kidney Beans, Cheddar Cheese, Pico De Gallo, Avocado, Small Batch Hot Sauce, Greek Yogurt, Chipotle Vinaigrette

THE TANGO 12.00
Grilled Chicken, Kidney Beans, Scallions, Cilantro and Red Peppers in a Chimichurri Sauce

CHICKEN FIESTA 12.00
Chicken, Corn, Tomatoes, Kidney Beans, Cilantro, Tortilla Strips in a Chipotle Vinaigrette

a healthy serving of delicious.

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

LEMON CHICKPEA SALAD 4.95

SEASONAL QUINOA SALAD 4.95

ORGANIC SPICY SESAME GINGER THAI NOODLES 4.95

EGG SALAD 5.80
Farm Fresh Eggs and Mayo

TUNA SALAD 6.95
Albacore Tuna, Celery and Mayo

AVOCADO CHICKEN SALAD 6.95
Grilled Chicken, Pico De Gallo, Avocado, Jalapeño, Lemon, Celery, Cilantro, 0% Greek Yogurt

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	12.50	Marinated Flank Steak	14.00
Spicy Adobo Chicken	12.50	Faroe Island Salmon	14.00
Turkey Meatballs	12.50	Chili Rubbed Shrimp	14.00
Vegetarian	12.00		

3 - Pick 2 Sides

Please Call for Chef's Daily Seasonal Vegetables

Roasted Brussel Sprouts	Cauliflower Mash
Roasted Cauliflower	Butternut Squash
Roasted Sweet Potato	Roasted Carrots
Roasted Broccoli	Mac and Cheese

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CHEF-DESIGNED SALADS

BAKED FALAFEL SALAD 10.75
Crisp Romaine & Mixed Greens, Quinoa Falafel Patty, Cucumbers, Carrots, Tomatoes, Red Onions, Fresh Jalapeños and Pickled Peppers
WE RECOMMEND OUR Lemon Tahini

BBQ CHICKEN COBB 10.75
Crisp Romaine, BBQ Chicken, Bacon Bits, Avocado, Hard Boiled Egg, Corn, Crispy Onions
WE RECOMMEND OUR Ranch Dressing

IT'S GREEK TO ME 10.75
Crisp Romaine, Feta Cheese, Kalamata Olives, Tomatoes, Chickpeas, Cucumber and Red Onions
WE RECOMMEND Red Wine Vinegar & EV00

SANTA FE CHICKEN SALAD 10.75
Crisp Romaine, Cajun Chicken, Avocado, Corn, Jack & Cheddar Cheese, Tomatoes, Red Onions and Tortilla Strips
WE RECOMMEND OUR Chipotle Vinaigrette Dressing

ORCHARD SALAD 10.75
Crisp Romaine, Field Greens, Grilled Chicken, Apples, Grapes, Blue Cheese, Craisins and Walnuts
WE RECOMMEND OUR Honey Balsamic Vinaigrette

KALE CHICKEN CAESAR 10.75
Kale & Crisp Romaine, Grilled Chicken, Tomato, Croutons, and Freshly Grated Parmigiano
WE RECOMMEND OUR Homemade Caesar Dressing

CREATE YOUR OWN SALAD

Make Your Salad As Epic As You Are.
Reg. 10.75 Lg. add 1.00 *Low Carb

1 - Select Your Favorite Greens

Arugula	Crisp Romaine	Organic Field Greens
Baby Spinach	Kale	

2 - Choose One Main Ingredient (extra item 3.00)

Baked Tofu*	Smoked Turkey*	Cajun Chicken*
Tuna*	Crispy Chicken	Grilled Chicken*
Roasted Shrimp*	Buffalo Chicken	Falafel Patty

3 - Choose Two Premium Items (extra item 1.50)

Almonds*	Craisins	Mozzarella*
Bacon Bits*	Edamame	Artichokes
Portobello Mushrooms*	Egg Whites*/Boiled Egg*	Romano Cheese*
Brussels Sprouts	Feta Cheese*	Sundried Tomato
Cheddar Cheese*	Fresh Avocado*	Walnuts*

4 - Choose Any Six Toppings (extra item .50)

Apples	Kalamata Olives*	Sprouts*
Beets	Kidney Beans	Sunflower Seeds*
Broccoli*	Mushrooms*	Sweet Corn
Carrots*	Raisins	Sweet Peas
Chickpeas	Bell Peppers*	Tortilla Strips
Tomatoes*	Red Onions*	Quinoa
Croutons	Roasted Peppers*	
Cucumbers*	Scallions	
Grapes	Sesame Noodles	

5 - Select Your Favorite Dressing

Greek Poppy Yogurt	Avocado Chimichurri	LOW-FAT/CARB-FREE
Blue Cheese	Lemon Tahini	Carb-Free Roasted Garlic
Caesar	Sesame Ginger Vinaigrette	Low-Fat 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	

HEARTY 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 4.25 Reg. 5.50 Lg. 6.50

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

DELISH DUOS Half Sandwich & Soup
Reg. 8.75 (8oz) Med. 9.25 (12 oz) Lg. 10.25 (16oz)
Premium Soup 1.00 extra

CREATE YOUR OWN SANDWICH

Create your own sandwich sensation using the best quality meats, farm fresh cheese and artisanal breads. **\$9.75**

1 - 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	

2 - Choose Your Protein (double your meat 3.00)

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

3 - Choose Your Cheese

Cheddar	Provolone
Fresh Mozzarella	Swiss
Pepper Jack	

4 - 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	

5 - Delicious Add-Ons

Avocado 2.00	Bacon 2.00
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6 - Pick a Dressing

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

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