

ORDER
ONLINE
TODAY

café
metro
WHERE THE CITY EATS

162 WEST 56TH
212.581.6545
CAFEMETRONY.COM



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. 7.25 Lg. 8.25

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

FUZZY MONKEY

Peaches and Bananas

TROPICAL BREEZE

Mango, Guava and Pineapple

KALE MANGO

Kale and Mango

CREATE YOUR OWN

Choose up to 3 items

PB+PROTEIN

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

FRESH PRESSED JUICE

12oz 9.50 16oz 10.50

KALE ME CRAZY

Kale, Spinach, Cucumber, Celery

CITRUS GREEN

Kale, Spinach, Pineapple, Oranges, Ginger

GREEN HARVEST

Kale, Spinach, Apple, Cucumber, Lime, Mint

LEMON LIME GINGERLY

Carrot, Apple, Ginger

THE DETOX

Celery, Spinach, Apple, Carrots

HANGOVER JUICE

Coconut Water, Spinach, Valencia Oranges, Apples

BEVERAGES

HOT BEVERAGES

	12oz Reg.	16oz Lg.
CAFÉ METRO ROAST	2.50	2.95
PURE WATER DECAF/FLAVORED	2.50	2.95
BREWED LEAF TEA	2.50	2.95
CAPPUCCINO/LATTE	4.75	5.30
CAFÉ AU LAIT	4.30	4.50
HOT CHOCOLATE (100% MILK)	3.75	4.30
ESPRESSO	2.75	Double 2.95

COLD BEVERAGES

	Reg.	Med.	Lg.
ICED COFFEE/TEA	2.75	3.25	3.50
ICED FLAVORED/DECAF COFFEE	2.75	3.25	3.50
ICED LATTE/CAPPUCCINO	4.00	4.50	4.90
ICED MOCHACCINO	4.25	4.75	5.10
CANNED SODA	1.75		

SWEET TREATS

COOKIES 3.35

Black & White	Chocolate Chunk
Oatmeal Raisin	Peanut Butter

DECADENT BROWNIES 4.60

Blondie	Chocolate Decadence	Oreo Cookie
Peanut Butter	Walnut	

RICE KRISPY TREATS 3.35 RICE PUDDING 3.60

CHOCOLATE PUDDING 3.60 CHOCOLATE MOUSSE 6.75

N.Y. CHEESECAKE (Regular or Strawberry) 6.75 TIRAMISU 6.75

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 3.65

Served on your choice of Roll, Bagel or Toast

SIGNATURES

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

WESTERN 7.15

Scrambled Eggs, Ham, Peppers and Onions

FLORENTINE 7.15

Egg Whites, Mushrooms, Spinach, Tomato and Swiss Cheese

NEW YORKER 7.15

Egg Whites, Bacon, Cheese and Avocado

SMOKED SALMON SCRAMBLE 9.50

with Onions, Tomato and Cucumber

SOUTH OF THE BORDER 7.15

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

ADD ONS:

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

FROM THE GRIDDLE

BUTTERMILK PANCAKES 7.75

Classic Stack	
Chocolate Chunk	+1.50
Banana Nut	+1.50
Berry Good	+1.50

CLASSIC FRENCH TOAST 7.75

BELGIAN WAFFLES 7.75

EXTRAS (2.25 each)

Bacon	Sausage	Turkey Sausage
Ham	Turkey Bacon	

HOT CEREAL BAR

HEARTY OATMEAL

Sm. 3.75 Lg. 4.50

with Cinnamon and Brown Sugar (optional)

PICK TWO COMPLIMENTARY TOPPINGS (extra topping add .50)

Apples	Bananas	Granola
Honey	Raisins	

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PLATTERS

TWO EGGS ANY STYLE 6.75

with Potatoes and Toast

ADD ONS: Ham, Bacon, or Sausage 2.25

OMELETTE CREATIONS

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

MY BIG FAT GREEK 9.95

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

LOX EGGS

AND RED ONION 13.95

Tomato, Onion, Lox and Bagel with Cream Cheese

VEGETARIAN 9.95

Kale, Spinach, Mushrooms, Tomato and Onion

PEASANTS 11.95

Bacon, Cheddar, Caramelized Onions, Mushrooms and Potato

HIGH PROTEIN

LOW CARB 11.95

7 Egg Whites, Grilled Chicken, Smoked Turkey and Spinach

HUNGRY BEAR 13.95

Bacon, Ham and Sausage topped with Pepper Jack Cheese

YOU'RE THE CHEF

Create Your Own Omelette

\$9.25

Served with Potatoes and Toast

3 Eggs with 3 Toss ins

TOSS INS: (Additional toss ins .50 each)

Broccoli	Scallions	Swiss Cheese
Tomatoes	Spinach	Cheddar Cheese
Mushrooms	Kalamata Olives	Feta Cheese
Peppers	Jalapeño Peppers	Mozzarella Cheese
Onions	American Cheese	Pepper Jack

EXTRAS

Bacon	2.25	Sausage	2.25	Turkey Sausage	2.25
Ham	2.25	Turkey Bacon	2.25	Avocado	1.50

HOMEMADE GRANOLA & YOGURT PARFAIT

Reg. (8 oz.) 3.95 Lg. (12 oz.) 4.95

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 5.10

N.Y. BAGELS

Buttered	2.10	Scallion Cream Cheese	3.35
Cream Cheese	3.10	Fat-Free Cream Cheese	3.35
Peanut Butter	3.35	Vegetable Cream Cheese	3.35

HOMEMADE MUFFINS 3.35

Banana Chocolate Chip Walnut	Morning Glory Corn	Orange Cranberry Apple Cinnamon
Lemon Blueberry		

CROISSANTS

Butter	3.35	Almond	3.85	Smoked Turkey and Cheese	5.85
Chocolate	3.85	Ham and Cheese	5.85		

HOT PRESSINI MELTS™

Our hot pressinis are toasted to perfection.

SMOKED TURKEY CHEDDAR 9.95
Avocado, Tomato and Chipotle Aioli on a Sesame Hero

CAJUN CHICKEN 9.95
Pepper Jack Cheese, Roasted Peppers, Onions and Chipotle Pepper Spread served on an Onion and Pepper Ciabatta

METRO STEAK & CHEESE 9.95
Sirloin Steak with Sautéed Peppers, Onions, Mushrooms and Provolone Cheese with Roasted Garlic Aioli served on an Onion-Cheese Focaccia

TURKEY CUBAN 9.95
Smoked Turkey, Ham, Sliced Pickles, Swiss Cheese and Russian Dressing served on a Sesame Hero

CHICKEN PARMIGIANA 9.95
Pan-Fried Cutlet with Pomodoro Sauce, Fresh Mozzarella and Parmesan Cheese served on a Sesame Hero

CHICKEN CALABRESE 9.95
Pesto Grilled Chicken, Italian Plum Tomatoes, Roasted Peppers and Fresh Mozzarella served on a Pesto-Cheese Ciabatta

CHEF'S SANDWICHES

(Made To Order) **\$10.25**

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.)

FRESH TURKEY PESTO
Fresh Turkey, Provolone Cheese, Tomato, Red Onions, Arugula, Pesto Mayo

TUNA MELT
Albacore Tuna, Tomatoes and Melted Swiss Cheese on Rye

OLD SCHOOL
Pastrami, Swiss Cheese, Cole Slaw and Russian Dressing

CRISPY CHICKEN BLT
Swiss Cheese, Bacon, Lettuce, Tomato and Chipotle Aioli

ITALIAN SUBMARINE
Capicola Ham, Genoa Salami, Provolone, Red Onions, Hot Peppers, Lettuce, Oil and Vinegar

BISTRO AMERICANO
Roast Beef, Fresh Turkey, Crispy Onions, Cheddar Cheese, Lettuce + Tomato with Zesty Bistro Sauce

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

FIESTA CHICKEN
Chicken Cutlet, Bacon, Avocado, Cheddar Cheese, Tomatoes and Chipotle Aioli

PITA CLASSICS

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

TUNA SALAD 9.95
Low-Fat Mayo, Lettuce and Tomatoes

FRESH TURKEY 9.95
Tomatoes, Low-Fat Mayo and Cracked Black Pepper

CALIFORNIA TURKEY 9.95
Smoked Turkey, Avocado, Cucumbers, Tomatoes, Sprouts and Lemon-Herb Dressing

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CREATE YOUR OWN SANDWICH

Create your own sandwich sensation using the best quality meats, farm fresh cheese and artisanal breads. **\$10.25**

1 - Choose Your Bread

Seven-Grain Bread	Jewish Rye	Whole-Wheat Square
Pita Pocket	Italian Hero	
Whole-Wheat Wrap	Ciabatta	

2 - Choose Your Protein

Avocado Chicken Salad	Chicken Cutlet	Roast Beef
Rosemary Grilled Chicken	Smoked Turkey	Roasted Turkey
Cajun Chicken	Pastrami	Turkey Salad with Cranberries
Smoked Ham	Tuna Salad	

3 - Choose Your Cheese

Brie	Cheddar	Fresh Mozzarella
Provolone	Pepper Jack	Swiss

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

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

5 - Delicious Add-Ons

Avocado 2.00	Bacon 2.00
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6 - Pick a Dressing

Chipotle Aioli	Roasted Garlic Aioli	Sriracha Aioli
Oil and Vinegar	Mayonnaise	
Yellow Mustard	Russian Dressing	

QUESADILLAS

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

CHEESE QUESADILLA 8.95
Classic with Three Types of Cheese

CHICKEN HABANERO 9.50
Chipotle Spiced BBQ Chicken

SANTA FE WILD MUSHROOM 9.50
with Roasted Mushrooms

SPICY SHRIMP 9.95
Chili Rubbed Rock Shrimp

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
Reg. 5.50 Lg. 6.50

PREMIUM SOUPS
Reg. 1.00 extra Lg. 1.00 extra

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) 10.95
Kalamata Olives, Feta Cheese, Tomatoes, Chick Peas and Scallions with Roasted Garlic Vinaigrette
Add Chicken 2.75 Add Shrimp 3.50

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

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

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

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

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

a healthy serving of delicious.

PASTA BOWLS

We put fresh, homemade sauces, the best quality pasta and market fresh ingredients in every dish. You'll taste the difference. **\$8.95**

1 - Choose Your Pasta

Penne	Linguine	Rotelli
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2 - Choose Your Sauce

Alfredo Romano	Alla Vodka	Arrabbiata
Fresh Basil Pesto	Tomato Basil	

3 - Choose Your Toss Ins

Roasted Shrimp 3.50	Portabello Mushrooms 1.50	Sun-Dried Tomatoes .50
Crispy Chicken 2.75	Fresh Mozzarella 1.00	Roasted Eggplant .50
Grilled Chicken 2.75	Broccoli Florets .50	Sweet Peas .50
Tuscan Meatballs 2.75	Caramelized Onions .50	Roasted Peppers .50
Italian Sausage 2.75	Chopped Tomatoes .50	Roasted Zucchini .50
Artichoke Hearts 1.50	Kalamata Olives .50	

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

EGG SALAD 5.95
Farm Fresh Eggs and Mayo

SEASONAL QUINOA SALAD 4.95

TUNA SALAD 6.95
Albacore Tuna, Celery and Mayo

ORGANIC SPICY SESAME GINGER THAI NOODLES 4.95

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

take away & catering

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CHEF-DESIGNED SALADS

BAKED FALAFEL SALAD 10.50
Crisp Romaine & Mixed Greens, Quinoa Falafel Patty, Cucumbers, Carrots, Tomatoes, Red Onions, Fresh Jalapeños and Pickled Peppers
WE RECOMMEND OUR Lemon Tahini

SANTA FE CHICKEN SALAD 11.95
Crisp Romaine, Cajun Chicken, Avocado, Corn, Jack & Cheddar Cheese, Tomatoes, Red Onions and Tortilla Strips
WE RECOMMEND OUR Chipotle Vinaigrette Dressing

BBQ CHICKEN COBB 11.95
Crisp Romaine, BBQ Chicken, Bacon Bits, Avocado, Hard Boiled Egg, Corn, Crispy Onions
WE RECOMMEND OUR Ranch Dressing

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

IT'S GREEK TO ME 8.75
Crisp Romaine, Feta Cheese, Kalamata Olives, Tomatoes, Chickpeas, Cucumber and Red Onions
WE RECOMMEND Red Wine Vinegar & EV00

KALE CHICKEN CAESAR 9.50
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. **\$4.95**

1 - Select Your Favorite Greens

Arugula	Crisp Romaine	Organic Field Greens
Baby Spinach	Kale	

2 - Choose Your Toppings (.50 each)

Beets	Kalamata Olives	Sprouts
Broccoli	Kidney Beans	Sunflower Seeds
Boiled Egg	Mushrooms	Sweet Corn
Carrots	Raisins	Sweet Peas
Chickpeas	Bell Peppers	Pita Chips
Tomatoes	Red Onions	Tortilla Strips
Croutons	Roasted Peppers	Pasta
Cucumbers	Scallions	
Grapes	Sesame Noodles	

3 - Choose A Cheese (1.00 each)

Blue	Feta	Fresh Mozzarella
Jack & Cheddar	Grated Parmigiana	

4 - Premium Items (1.50 each)

Almonds	Avocado	Edamame
Bacon Bits	Artichokes	Butternut Squash
Portobello Mushrooms	Sundried Tomato	Quinoa
Brussels Sprouts	Walnuts	

5 - Choose Your Main Ingredient

Grilled Chicken 2.75	Buffalo Chicken 2.75	Falafel Patty 2.75
Crispy Chicken 2.75	Smoked Turkey 2.75	Albacore Tuna 2.75
Cajun Chicken 2.75	Baked Tofu 2.75	Roasted Shrimp 3.50

6 - 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	