

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 5.95

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

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

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

there's no line when you order online

CAFEMETRONY.COM

SIGNATURE BREAKFAST

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

WESTERN 7.25

Scrambled Eggs, Ham, Peppers and Onions

SOUTH OF THE BORDER 7.25

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

NEW YORKER 7.25

Egg Whites, Bacon, Cheese and Avocado

ADD ONS:

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

FLORENTINE 7.25

Egg Whites, Mushrooms, Spinach, Tomato and Swiss Cheese

SMOKED SALMON SCRAMBLE 9.50

with Onions, Tomato and Cucumber

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. 5.50 Med. 6.50 Lg. 7.50

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	2.35	2.65	2.95
PURE WATER DECAF	2.35	2.65	2.95
FLAVORED COFFEE	2.35	2.65	2.95
BREWED LEAF TEA	2.35	2.65	2.95
CAPPUCCINO/LATTE	3.85	4.25	4.85
CAFÉ AU LAIT	3.35	3.75	4.10
HOT CHOCOLATE (100% MILK)	2.75	3.35	3.75
ESPRESSO	2.75	3.35	

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	4.10	4.60	4.95
ICED MOCHACCINO	4.25	4.75	5.15
SNAPPLE	2.75		
BOTTLED WATER	1.95	2.85	
TROPICANA JUICES	3.50		
BOTTLED SODA	2.75		

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

EGG SANDWICHES ON A ROLL

2 Eggs 4.20
2 Eggs & Bacon 5.20

ADD ONS:

Bacon, Ham, or Sausage	1.50
Beef or Turkey Sausage	1.70
Avocado	2.00
Cheese	.75
Egg Whites	1.00
Extra Egg	1.00

TWO EGGS ANY STYLE 5.85

with Potatoes and Toast
EXTRAS: Ham, Bacon, or Sausage 1.50 Turkey Bacon or Turkey Sausage 1.70

CREATE YOUR OWN OMELETTE

Three Eggs with Three Fillings 6.75
Five Egg Whites with Three Fillings 7.75

TOSS-INS

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

GRIDDLE ORIGINALS

Buttermilk Pancakes 6.50 Chocolate Chip Pancakes add 1.00
Challah French Toast 6.50
EXTRAS: Ham, Bacon, or Sausage 1.50 Beef or Turkey Sausage 1.70

HOT CEREAL BAR Reg. 3.65 Lg. 4.25

Hearty Oatmeal or Cream of Wheat with Cinnamon & Brown Sugar (optional)

PICK TWO COMPLIMENTARY TOPPING (extra topping add .50¢):

Apples	Honey
Bananas	Raisins
Granola	

HOMEMADE GRANOLA & YOGURT PARFAIT

Reg. (8 oz.) 3.85 Lg. (12 oz.) 4.85

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

BIRCHER MUESLI PARFAIT 4.75

MIXED BERRY COMPOTE 4.95

FRESH FRUIT SALAD 4.75

BAGELS

Buttered	1.95	Peanut Butter	3.10
Cream Cheese	2.85	Scallion Cream Cheese	3.10
Fat-Free Cream Cheese	3.10	Vegetable Cream Cheese	3.10

POUND CAKE 3.50

Double Chocolate
Marble
Iced Lemon
Plain

CROISSANTS

Butter 2.95
Chocolate or Almond 3.50
Ham and Cheese 5.25
Smoked Turkey and Cheese 5.25

MUFFINS 2.95

Banana Chocolate Chip Walnut
Morning Glory
Corn
Lemon Blueberry
Apple Cinnamon

DANISH 3.50

Apple Turnover
Cheese
Cinnamon Bun

DELIVERY MENU

ORDER ONLINE TODAY

café
metro
WHERE THE CITY EATS

1221 6TH AVENUE
212.391.7800
CAFEMETRONY.COM



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 9.50
Genoa, Cappicola, Ham, Provolone, Onions, Hot Peppers, Lettuce, Oil and Vinegar on a Hero

CRISPY CHICKEN BLT 9.50
Swiss Cheese, Bacon, Lettuce + Tomato and Chipotle Aioli on a Ciabatta Roll

SMOKED TURKEY & BRIE 9.50
Apple Slices, Arugula and Honey Mustard on French Baguette

BISTRO AMERICANO 9.50
Roast Beef, Fresh Turkey, Crisp Red Onion Rings, Cheddar Cheese, Lettuce + Tomato with Zesty Bistro Sauce in an Onion Pocket

FRESH TURKEY PESTO 9.50
Fresh Turkey, Provolone Cheese, Tomato, Red Onions, Arugula, Pesto Mayo on Seven Grain Bread

CALIFORNIA TURKEY PITA 9.25 Smoked Turkey, Avocado, Cucumbers, Tomatoes, Sprouts and Lemon-Herb Dressing (9.79 Grams of Fat, 382-412 Calories)

VEGETARIAN PITA 9.25
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 9.50
Avocado, Tomato and Chipotle Aioli on a Sesame Hero

CAJUN CHICKEN 9.50
Pepper Jack Cheese, Roasted Peppers, Onions and Chipotle Pepper Spread served on an Onion and Pepper Ciabatta

CHICKEN PARMIGIANA 9.50
Pan-Fried Cutlet with Pomodoro Sauce, Fresh Mozzarella and Parmesan Cheese served on a Sesame Hero

CHICKEN CALABRESE 9.50
Pesto Grilled Chicken, Italian Plum Tomatoes, Roasted Peppers and Fresh Mozzarella served on a Pesto-Cheese Ciabatta

METRO STEAK & CHEESE 9.50
Sirloin Steak with Sautéed Peppers, Onions, Mushrooms and Provolone Cheese with Roasted Garlic Aioli served on an Onion-Cheese Foccacia

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

TURKEY CUBAN 9.50
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.

PASTA BOWLS

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

1 - Choose Your Pasta

Penne Linguine

2 - Select Your Favorite Sauce

Alfredo Romano Fresh Basil Pesto
Alla Vodka Tomato Basil
Arrabbiata

3 - Add Your Favorite Ingredients

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

ENTRÉES

Our chef’s wholesome meals are prepared fresh daily. Served with Potato and Roasted Vegetables or Pasta.

ROASTED VEGETABLES 9.50

MEAT ENTRÉE 14.95

HERB GRILLED CHICKEN 13.00

PAN SEARED SALMON

CHICKEN PARMIGIANA 13.00

OR FISH 14.95

Available from 11am - 4pm

take away & catering

212.391.7800

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 & EVOO

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 Peppercorn Ranch
French	Aged Balsamic Vinegar*	Fat-Free Lemon Herb Vinaigrette
Thousand Island	Extra Virgin Olive Oil*	Fat-Free Raspberry Vinaigrette
Balsamic Vinaigrette	Fresh Lemon Juice*	Low-Fat Honey Dijon Vinaigrette
Chipotle Vinaigrette	Red Wine Vinegar*	
Honey Balsamic Vinaigrette	Splash of Sriracha	

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METRO LUNCH COMBOS

Small Soup & Half Sandwich 9.25
Medium Soup & Half Sandwich 10.25
Large Soup & Half Sandwich 11.25

Premium Soup is additional

QUESADILLAS

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

CHEESE QUESADILLA 8.25
Classic with Three Types of Cheese

CHICKEN HABANERO 9.25
Chipotle Spiced BBQ Chicken

SANTA FE WILD MUSHROOM 9.25
with Roasted Mushrooms

SPICY SHRIMP 9.85
Chili Rubbed Rock Shrimp

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

6 - Pick a Dressing

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