

## 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 Whole Wheat Wrap

### CHICKEN CAESAR WRAP 9.25

Grilled Chicken tossed with Romaine Hearts and Caesar Dressing in a Whole Wheat Wrap

### CHICKEN VERA CRUZ WRAP 9.25

Grilled Chicken with Avocado, Bean and 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 Seven Grain Bread

### 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 PANINI MELTS

Our hot paninis 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 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 Ciabatta

### ANCHO CHILI CRISPY CHICKEN BREAST 9.50

Crispy Chicken, Pepper Jack Cheese, Pickles, Lettuce, Tomato with Soy Ancho Chili Aioli on Brioche

### 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

### TURKEY CUBAN 9.50

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

### EGGPLANT MILANESE (Vegetarian) 9.25

Italian Eggplant with Pesto, Tomatoes and Melted Mozzarella 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. **\$9.75**

### 1 - Choose Your Bread

Kaiser Roll	Seven-Grain Bread
Pita Pocket	Whole-Wheat Ciabatta add 1.00
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

## 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

### 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

## 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	Whole Wheat Penne
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### 2 - Select Your Favorite Sauce

Alfredo Romano	Fresh Basil Pesto
Alla Vodka	Tomato Basil
Arrabiatta	

### 3 - Add Your Favorite Ingredients

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

## 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

### SANTA FE WILD MUSHROOM 9.25

with Roasted Mushrooms

### CHICKEN HABANERO 9.25

Chipotle Spiced BBQ Chicken

### SPICY SHRIMP 9.85

Chili Rubbed Rock Shrimp

## CHEF-DESIGNED SALADS

### KALE CAESAR 8.95

Kale & Crisp Romaine, Tomato, Croutons, and Freshly Grated Parmigiano

WE RECOMMEND OUR Homemade Caesar Dressing

### IT'S GREEK TO ME 8.95

Crisp Romaine, Feta Cheese, Kalamata Olives, Tomatoes, Chickpeas, Cucumber and Red Onions

WE RECOMMEND Red Wine Vinegar & EVOO

### SANTA FE SALAD 8.95

Crisp Romaine, Avocado, Corn, Jack & Cheddar Cheese, Tomatoes, Red Onions and Tortilla Strips

WE RECOMMEND OUR Chipotle Vinaigrette Dressing

### ORCHARD SALAD 8.95

Crisp Romaine, Field Greens, Apples, Grapes, Blue Cheese, Craisins and Walnuts

WE RECOMMEND OUR Honey Balsamic Vinaigrette

### BAKED FALAFEL SALAD 11.50

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

WE RECOMMEND OUR Tahini Dressing

### BBQ CHICKEN COBB 11.50

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

WE RECOMMEND OUR Ranch Dressing

## CREATE YOUR OWN SALAD

Make Your Salad As Epic As You Are. **\$8.95** \*Low Carb

### Select Your Favorite Greens

Arugula	Crisp Romaine	Organic Field Greens
Baby Spinach	Kale	

### Select Four Toppings (extra item .50)

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

### Select Two Premium Items (extra item 1.50)

Almonds*	Cheddar Cheese*	Mozzarella*
Bacon Bits*	Craisins	Artichokes
Portobello Mushrooms*	Egg Whites*/Whole Egg*	Romano Cheese*
Brussels Sprouts	Feta Cheese*	Sun-Dried Tomatoes
Blue Cheese	Fresh Avocado*	Walnuts*

### Proteins

Grilled Chicken*+2.75	Cajun Chicken*+2.75	Tuna*+2.75
Crispy Chicken+2.75	Baked Tofu*+2.75	Roasted Shrimp*+3.50
BBQ Chicken+2.75	Falafel +2.75	

### Select Your Favorite Dressing

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

## BREAKFAST

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

## SANDWICHES

2 Eggs 3.50

### ADD-ONS:

Cheese	1.00
Bacon, Ham, or Sausage	1.50
Beef or Turkey Sausage	1.70
Avocado	2.00

**NEW YORKER** 6.95  
Egg Whites, Bacon, Cheese and Avocado

**SOUTH OF THE BORDER** 6.95  
Fried Eggs, Chorizo Sausage, Poblano Peppers, Queso and Salsa

**FLORENTINE** 6.95  
Egg Whites, Mushroom, Spinach and Swiss Cheese

## PLATTERS

**TWO EGGS ANY STYLE** 5.45  
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 6.95  
Five Egg Whites with Three Fillings 7.95

### TOSS-INS

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

## GRIDDLE ORIGINALS

### 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

## ORGANIC OATMEAL

**HOT CEREAL BAR** Reg. 4.25 Lg. 4.50  
Hearty Oatmeal or Cream of Wheat  
with Cinnamon & Brown Sugar (optional)

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

## FRUIT & PARFAITS

**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

## CHEF-CRAFTED OMELETTES

4 Egg Omelette Served with Potatoes and Toast

### MY BIG FAT GREEK OMELETTE

7.50  
Feta Cheese, Kalamata Olives, Spinach and Bell Peppers

### THE PEASANT

7.95  
Bacon, Cheddar, Caramelized Onions and Breakfast Potatoes

### HIGH PROTEIN / LOW CARB

8.95  
5 Egg Whites, Grilled Chicken and Spinach

### HUNGRY BEAR

9.95  
Bacon, Ham and Sausage topped with Pepper Jack Cheese

### LOX, EGGS & RED ONION OMELETTE

11.95  
Smoked Salmon, Tomato and Red Onion with a Bagel and Cream Cheese

## AVOCADO TOAST

### PICO DE GALLO

8.95  
Avocado and Spicy Pico De Gallo

### EVERYTHING BAGEL

8.95  
Avocado, Everything Bagel Spice, and Hard Boiled Egg

### CLASSIC TOAST

8.95  
Olive Oil, Chili Flakes and Sea Salt

### SMOKED SALMON

10.95  
Avocado, Cream Cheese, Cucumber, and Black Sesame Seeds

## BEVERAGES

### HOT BEVERAGES

	Reg.	Med.	Lg.
CAFÉ METRO ROAST	2.35	2.65	2.95
BREWED LEAF TEA	2.35	2.65	2.95
CAPPUCCINO/LATTE	3.85	4.25	4.85
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 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		

## 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

Strawberries and Bananas

### TROPICAL BREEZE

Mango, Guava and Pineapple

### KALE MANGO

Kale and Mango

## BAKERY

### BAGELS

Buttered	1.75	Peanut Butter	2.95
Cream Cheese	2.75	Scallion Cream Cheese	2.95
Fat-Free Cream Cheese	2.95	Vegetable Cream Cheese	2.95
Sliced Smoked Salmon & Cream Cheese	9.95		

### MUFFINS

2.95  
Banana Chocolate Chip Walnut  
Corn  
Lemon Blueberry

### CROISSANTS

Butter 2.95  
Chocolate or Almond 3.25  
Ham and Cheese 5.95  
Smoked Turkey and Cheese 5.95

## SWEET TREATS

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

### COOKIES

3.25  
Black & White Chocolate Chunk  
Honey Oatmeal Raisin Peanut Butter

### DECADENT BROWNIES

2.10  
Blondie Chocolate Truffle

**CHEX CRISPY** 3.50

**FRUIT JELLO** 2.85

**RICE PUDDING** 3.75

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DELIVERY  
MENU

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