

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. 6.95 **Lg.** 7.95

Add any Vegan or Whey Protein Powder to any Smoothie for 1.00

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

BEVERAGES

HOT BEVERAGES	12 oz Reg.	16oz Lg.
CAFÉ METRO ROAST	2.50	2.95
PURE WATER DECAF	2.50	2.95
FLAVORED COFFEE	2.50	2.95
BREWED LEAF TEA	2.50	2.95
CHAI LATTE	4.00	4.50
CAPPUCINO/LATTE	4.00	4.50
CAFÉ AU LAIT	4.00	4.50
HOT CHOCOLATE (100% MILK)	3.00	3.50
ESPRESSO	2.50	Double 3.00
COLD BEVERAGES	Med.	Lg.
ICED COFFEE/TEA	3.25	3.60
ICED FLAVORED/DECAF COFFEE	3.25	3.60
ICED LATTE/CAPPUCINO	4.60	5.00
ICED MOCHACCINO	4.60	5.00
BOTTLED WATER	1.75	2.50
CANNED SODA	1.75	

SWEET TREATS

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

COOKIES 3.25 Black & White Honey Oatmeal Raisin	M+M Candy Chocolate Chunk	Peanut Butter
DECADENT BROWNIES 2.10 Blondie Chocolate Truffle		
CHEX CRISPY 3.50	ENERGY BITES 4.95	
N.Y. CHEESECAKE 5.95 Regular or Strawberry	CHOCOLATE PUDDING 2.95	
CHOCOLATE MOUSSE 5.95	RICE PUDDING 3.50	
	FRUIT JELLO 2.95	
PALED MACARON BITES (GF) 4.95		
CHOCOLATE MACAROONS 4.95		
PEANUT BUTTER		

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 3.75
Served on your choice of Roll, Bagel, Toast, Wrap. (Brioche or Croissant +1.00)

Add Ons:

Hash brown	.75	Extra Egg	1.00	Pork Sausage	1.50
Cheese	1.00	Bacon	1.50	Avocado	1.50
Egg Whites	1.00	Smoked Ham	1.50		

WESTERN 6.50

Ham, Peppers and Onions

FLORENTINE 7.50

Egg Whites, Mushrooms, Spinach, Tomato and Swiss Cheese

NEW YORKER 7.50

Egg Whites, Bacon, American Cheese and Avocado

BREAKFAST QUESADILLA 8.95

Eggs, Choice of Breakfast Meat, Melted Cheese and Avocado served with Salsa and Sour Cream

SMOKED SALMON SCRAMBLE 10.95

with Onions, Tomato and Cucumber

PLATTERS

2 EGGS ANY STYLE 6.00

with Potatoes and Toast
with Bacon, Ham or Sausage 7.95

Add Avocado +1.50

ORGANIC OATMEAL

HEARTY OATMEAL

SM 3.50 **LG** 3.75
With Cinnamon and Brown Sugar

PICK TWO COMPLIMENTARY TOPPINGS (extra topping add .50)

Apples | Banana | Granola | Honey | Raisins | Walnuts | Almonds

FRUIT & PARFAITS

HOMEMADE GRANOLA & YOGURT PARFAIT
Reg. (8 oz.) 3.85

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

MIXED BERRY FRUIT SALAD 4.75

HONEY BANANA COMPOTE 4.95

CREATE YOUR OWN OMELETTE

Choose 3 Regular Toppings. 8.95

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 | Pepper Jack | Cheddar | Provolone

3 - ADD-ONS: 1.95

Bacon | Pork Sausage | Smoked Ham | Fruit Salad +1.50

CHEF-CRAFTED OMELETTES

MY BIG FAT GREEK OMELETTE 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 10.95

Lox, Tomato, Red Onion

HIGH PROTEIN / LOW CARB 10.50

5 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 +1.00 | Strawberry +1.00
Banana Nut +1.00 | Blueberry +1.00 |

CHALLAH FRENCH TOAST 6.50

ADD ONS:

Bacon	1.95	Pork Sausage	1.95	Avocado	1.50
Smoked Ham	1.95	Turkey Bacon	1.95	2 Eggs	2.00

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

BAKERY

HAND ROLLED BAGELS

Buttered	1.85		
Cream Cheese	2.75	Scallion Cream Cheese	3.00
Peanut Butter	2.75	Vegetable Cream Cheese	3.00
Smoked Salmon, Tomato & Onion	9.95		

MUFFINS 3.25

Banana Walnut
Double Chocolate Chip
Blueberry
Corn

CROISSANTS

Butter 3.25
Chocolate 3.50
Ham and Cheese 6.95
Smoked Turkey and Cheese 6.95

THE GRILL

CHICKEN FINGERS 7.25

BBQ, Sweet Chili or Buffalo
Add Fries +2.00

TURKEY BURGER 8.95

Lettuce, Tomato, Onions and Pickles on a Brioche Bun

Add Fries +2.00

ADD ONS:

Cheese	1.00	Fried Egg	1.00	Sweet Potato Wedges	2.00
Bacon	1.50	Smoked Ham	1.50		
Avocado	1.50	Turkey Bacon	1.50		

GRILLED CHEESE 5.50

Add Fries +2.00

VEGAN BURGER 7.95

Lettuce, Tomato, Onions and Pickles and Alfalfa Sprouts on a Brioche Bun

Add Fries +2.00

COMPLETE YOUR MEAL

FRENCH FRIES 4.25

CHIPS 2.10

HAL'S SODAS 2.10

HONEST TEAS 2.95

VITAMIN WATER 2.95

BANANA 0.65

GALA APPLE 1.25

ORANGE 1.50

CATERING FAVORITES

SANDWICH PACKAGES

THE C.F.O. 16.00

Assorted Sandwiches & One Side Salad

THE PRESIDENT 19.00

Assorted Sandwiches, One Side Salad & Sweet Tray

THE CHAIRMAN 21.00

Assorted Sandwiches, Two Side Salads & Sweet Tray

THE C.E.O. 22.00

Assorted Sandwiches, Two Side Salads, Sliced Fruit & Berries & Sweet Tray

ADD ONS:

Pricing Applies to Package Guest Count (Per Person)
Side Salad 3.00
Sweet Tray 3.00
Sliced Fruit 3.00

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café
metro
WHERE THE CITY EATS

2062 BROADWAY

(71ST AND BROADWAY)

212.353.1234

CAFEMETRONY.COM



MELTS

Toasted to perfection **\$9.95**

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 PARM

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 a Rye Bread

MEATBALL PARM

Turkey Meatballs with Pomodoro Sauce, Fresh Mozzarella and Parmigiano Cheese on a Sesame Hero

TUNA MELT

Tuna, Tomatoes, and Melted Swiss Cheese on Rye Bread

FIESTA CHICKEN

Chicken Cutlet, Bacon, Cheddar Cheese, Avocado, Tomato, and Chipotle Aioli on a Sesame Hero

PHILLY CHEESESTEAK (+1.00)

Sirloin Cut Steak, Peppers, Onions, Provolone Cheese on a Hero

METRO CLASSICS

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.) **\$9.95**

CAPE COD TURKEY SALAD

Almonds, Dried Cranberries, Ginger and Mayo on Multigrain bread

VEGETARIAN PITA

Avocado, Tomatoes, Sprouts, Carrots and Lettuce with Chipotle-Pepper Spread

CALIFORNIA TURKEY PITA

Smoked Turkey, Avocado, Cucumbers, Tomatoes, Sprouts and Rosemary Roasted Garlic

FRESH TURKEY PESTO

Fresh Turkey, Provolone Cheese, Tomato, Red Onions, Arugula and Pesto Mayo on Ciabatta

SMOKED SALMON

Smoked Salmon, Cream Cheese, Capers Tomato and Onion on Rye Bread

BUFFALO CHICKEN WRAP

Spicy Chicken, Blue Cheese and Romaine in a Whole Wheat Wrap

DELI CLASSICS

Old School Deli Sandwiches served on toast of your choice. **\$7.95**

TUNA SALAD

Vine Ripe Tomatoes and Lettuce

EGG SALAD

Farm Fresh Eggs and Mayo

BLT

Bacon, Lettuce and Tomato
Add Avocado +1.50

there’s no line when you order online

CAFEMETRONY.COM

CREATE YOUR OWN SANDWICH

Create your own sandwich using the best quality meat and farm fresh ingredients. Starting at **\$9.50**

1 - Choose Your Bread

Kaiser Roll	Multi-Grain Bread
Pita Pocket	Seeded Rye
Whole Wheat Wrap	Ciabatta
Semolina Hero	Whole Wheat Toast
White Toast	Bagel

2 - Choose Your Protein

Chicken Cutlet	Grilled Chicken
First Cut Pastrami	Smoked Ham
Roasted Turkey	Tuna Salad
Smoked Turkey	Cajun Chicken
Egg Salad	Cape Cod Turkey Salad

3- Pick Your 3 Favorite Toppings (extra topping +.50)

Caramelized Onions	Roasted Peppers
Shaved Red Onion	Shredded Lettuce
Pickled Jalapeños	Spinach
Sour Pickle	Tomato
Banana Peppers	Sliced Cucumber
Carrots	Coleslaw

4 - Delicious Add-Ons

Avocado 1.50	Bacon 1.50
Cheddar 1.00	Provolone 1.00
Fresh Mozzarella 1.00	Swiss 1.00
Pepper Jack 1.00	Feta 1.00
American 1.00	

5 - Pick a Dressing

Chipotle Aioli	Oil and Vinegar
Deli Mustard	Lemon Herb Dressing
Mayonnaise	Russian Dressing
Pesto Aioli	Dijon Mustard
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

Reg. 5.50 | Lg. 6.50

PREMIUM SOUPS

Reg. 1.00 extra

Lg. 1.00 extra

PASTA BOWLS

Fresh, homemade sauces, barilla pasta and market fresh ingredients in every dish. Starting at **\$8.95**

1 - Choose Your Pasta

Penne	Linguine
Whole Wheat	Rigatoni
Alfredo Romano	Fresh Basil Pesto
Vodka Sauce	Pesto Cream
Tomato Basil Sauce	Olive Oil and Roasted Garlic

3 - Add Your Favorite Ingredients

Broccoli Florets	.50	Fresh Mozzarella	1.00
Caramelized Onions	.50	Sun-Dried Tomato	1.50
Kalamata Olives	.50	Artichokes	1.50
Roasted Peppers	.50	Grilled Chicken	2.25
Mushrooms	.50	Crispy Chicken	2.25
Green Peas	.50	Fresh Baked Tofu	2.75
Fresh Spinach	.50	Poached Shrimp	3.25
Pickled Jalapeños	.50	Turkey Meatballs	3.25
Tomato	.50	Chicken Parm	5.50
Scallions	.50	Faroe Island Salmon	6.25

QUESADILLAS

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

CHEESE 8.95

Classic with Three Types of Cheese

WILD MUSHROOM 9.50

Roasted Mixed Mushrooms

CHICKEN HABANERO 9.95

Chipotle Spiced BBQ Chicken

SPICY SHRIMP 10.50

Chili Rubbed Shrimp

MARKET TABLE

Make the perfect plate for lunch or dinner with our healthy, well-balanced options. Please call for chef’s daily specials.

1 - Pick your Base

Seasonal Grain	Brown Rice	Mixed Greens	
Baked Tofu	12.95	Turkey Meatballs	13.95
Vegan Meatballs	12.95	Homemade Chicken Cutlet	13.95
Vegetable Platter	12.95	Homemade Turkey Burger	13.95
Lemon Herb Chicken	13.95	Faroe Island Salmon	15.95

3 - Pick 2 Sides

Please call for our seasonal vegetable options.

Roasted Sweet Potatoes	Mac and Cheese
Roasted Carrots	Broccoli

GRAIN BOWLS

Made with brown rice or seasonal grain, kale and healthy ingredients.

ATHENS BOWL (Vegetarian) 10.50

Kalamata Olives, Feta Cheese, Tomatoes, Chick Peas and Scallions with Roasted Garlic Vinaigrette
Add Tofu 2.75
Add Chicken 2.25
Add Shrimp 3.25

VEGAN ENERGY (Vegan) 10.95

Baked 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

CHICKEN FIESTA 12.00

Chicken, Corn, Tomatoes, Kidney Beans, Cilantro and Tortilla Strips in a Chipotle Vinaigrette

TURKEY CHILI BOWL 12.00

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

FAROE ISLAND SALMON 15.95

Roasted Broccoli, Sweet Potato, Corn, Crispy Onions, and Cilantro in an Avocado Chimichurri

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

Select Two Premium Items (extra item 1.50)

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

Proteins

Grilled Chicken*+2.25	Cajun Chicken*+2.25	Market Table Proteins:
Crispy Chicken+2.25	Baked Tofu*+2.75	Faroe Island Salmon* +6.25
BBQ Chicken+2.25	Roasted Shrimp*+3.25	Lemon Herb Chicken* +4.25

Select Your Favorite Dressing

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

CHEF-DESIGNED SALADS

ITS GREEK TO ME 8.95

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

WE RECOMMEND Red Wine Vinegar & EVOO

SANTA FE SALAD 8.95

Romaine Lettuce, 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 Balsamic Vinaigrette

KALE CAESAR 8.95

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

WE RECOMMEND OUR Homemade Caesar Dressing

BBQ CHICKEN COBB 11.00

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

WE RECOMMEND OUR Chipotle Ranch Dressing

SRIRACHA SHRIMP TACO SALAD 12.00

Romaine & Mixed Greens, Shrimp, Avocado, Kidney Beans, Scallions, Tomato, Peppers, and Tortilla Strips

WE RECOMMEND OUR Avocado Chimichurri & A Splash of Sriracha

we can customize any meal for you!

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