

# 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 Foccacia

**THAI CHICKEN** 9.50  
Chicken Thigh, Cucumber, Shredded Carrots, Cabbage and Cilantro with Sirracha 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	12.00	Faroe Island Salmon	14.00
Spicy Adobo Chicken	12.00	Chili Rubbed Shrimp	14.00
Turkey Meatballs	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

## take away & catering

718.237.4800

# 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	<b>LOW-FAT/CARB-FREE</b>
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	

*there’s no line when you order online*

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## 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, Vanilla 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	

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## 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		

# ORDER ONLINE TODAY

*We do corporate and event catering*

café  
**metro**  
WHERE THE CITY EATS

15 METROTECH CENTER  
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