

## SMOOTHIES

All of our smoothies are made with non-fat yogurt and fresh fruit. Add Protein Powder +1.00

Reg. 16oz 8.95 Lg. 24oz 9.95

<b>BERRY CRUSH</b> Strawberries, Raspberries and Blueberries	<b>STRAWBERRY BANANA BLAST</b> Strawberries and Bananas	<b>PB PROTEIN +I</b> Banana, Peanut Butter, Almond Milk, Cacao Nibs and Protein Powder
<b>FRUIT BLISS</b> Peaches, Bananas, Melons	<b>TROPICAL BREEZE</b> Mango, Pineapple, Splash of OJ	<b>AVOCADO SPLASH +I</b> Avocado, Spinach, Blueberries, Bananas, Strawberries
<b>GREEN ENERGY</b> Kale, Spinach, Ginger Cucumber, Banana,		

## COFFEE BAR

Proudly serving Lavazza coffee.

<b>HOT BEVERAGES</b>	Reg.12oz	Lg. 16oz
CAFÉ METRO ROAST	2.50	3.25
DECAF	2.50	3.25
FLAVORED COFFEE	2.50	3.25
BREWED LEAF TEA	2.50	3.25
CAPPUCCINO	4.25	4.75
LATTE	4.25	4.75
CAFÉ AU LAIT	4.25	4.75
HOT CHOCOLATE (100% MILK)	3.50	3.95
ESPRESSO	2.75	Double 3.50
<b>COLD BEVERAGES</b>	Reg.16oz	Lg.24oz
ICED COFFEE	3.50	3.95
ICED FLAVORED COFFEE	3.50	4.75
DECAF COFFEE	3.50	3.95
UNSWEETENED ICED TEA	3.50	3.95
ICED LATTE	4.50	4.75
ICED CAPPUCCINO	4.50	4.95
ICED MOCHACCINO	4.75	5.25
ICED ESPRESSO	4.50	

we now offer almond and oat milk +.50

## BEVERAGES

<b>SNAPPLE</b>	2.75	<b>HAL'S SODAS</b>	2.75
<b>KOMBUCHA</b>	4.75	<b>VITAMIN WATER</b>	3.25
<b>POPPI SODA</b>	3.75	<b>CAN SODA</b>	2.25
<b>FRESH LEMONADE</b>			2.95
<b>FRESH SQUEEZED OJ</b>			4.95
<b>ORGANIC APPLE JUICE</b>			4.25
<b>SMART WATER</b>			1.95   2.50
<b>POLAND SPRING</b>			1.75   2.25

## BREAKFAST

Start your day off right with a complete and healthy breakfast from Café Metro

## SANDWICHES

Served on your choice of Roll, Bagel, Toast, Wrap, English Muffin (Brioche, GF Wrap, Croissant +1.00)

<b>2 EGGS</b> 3.95	<b>NEW YORKER</b> 7.50
<b>BEC</b> 6.50	Four Egg Whites, Bacon, American Cheese and Avocado
Two Eggs, Bacon and Cheese	
<b>WESTERN</b> 6.50	<b>BREAKFAST QUESADILLA</b> 9.95
Two Eggs, Ham, Peppers and Onions	Two Eggs, Choice of Breakfast Protein, Melted Cheese and Avocado served with Homemade Spicy Pico de Gallo and Sour Cream
<b>FLORENTINE</b> 7.50	<b>ADD GUAC +\$2</b>
Four Egg Whites, Mushrooms, Baby Spinach, Tomatoes and Swiss Cheese	

## SMASHED AVOCADO TOAST

<b>PICO DE GALLO</b> 9.25	<b>CLASSIC TOAST</b> 8.95
Avocado and Homemade Spicy Pico De Gallo	Olive Oil, Chili Flakes and Sea Salt
<b>EVERYTHING BUT THE BAGEL</b> 9.50	<b>SMOKED SALMON</b> 12.95
Avocado, Everything Bagel Spice, Hard Boiled Egg	Avocado, Cream Cheese, Cucumber, and Black Sesame Seeds

## PLATTERS

<b>2 EGGS ANY STYLE</b> 6.75
with Potatoes and Toast
<b>Sandwich and Platter Add Ons:</b>
Hash Brown 1.00. Extra Egg 1.00
Cheese 1.00 Avocado 2.00
Egg Whites 1.00 Breakfast Protein 2.00

## NY BAGELS

<b>HAND ROLLED AND WATER BOILED</b>			
Plain 1.95	Butter 2.25		
Cream Cheese 3.75	Peanut Butter 2.95		
Scallion Cream Cheese 3.75	Vegetable Cream Cheese 3.75		
Smoked Salmon with Cream Cheese, Tomatoes and Onions 10.95			

## BAKERY

Muffins 3.50	Butter Croissant 3.25
Chocolate/Almond Croissant 3.50	Danish 4.00
Smoked Ham and Cheese Croissant 6.95	
Smoked Turkey and Cheese Croissant 6.95	

## CREATE YOUR OWN OMELETTE

Three Eggs, Any Three Fillings 8.95  
Served with Breakfast Potatoes and Toast.

Tomato | Broccoli | Baby Spinach | Kale | Mushrooms | Bell Peppers | Kalamata Olives | Red Onions | Scallions | Jalapeño Peppers | Feta | Fresh Mozzarella | American | Swiss | Pepper Jack | Cheddar | Provolone | **Extra Topping +1.00**

Bacon | Turkey Bacon | Smoked Turkey | Pork Sausage | Smoked Ham | Grilled Chicken | **Extra Protein +2.00**

<b>Omelette Add Ons</b>			
Hash Brown 1.00	Extra Egg 1.00		
Cheese 1.00	Avocado 2.00		
Egg Whites 1.00	Breakfast Protein 2.00		

## CHEF CRAFTED OMELETTES

Served with Breakfast Potatoes and Toast. (made with three eggs)

<b>GREEK</b> 10.95	<b>HIGH PROTEIN / LOW CARB</b> 12.95
Tomatoes, Feta Cheese, Kalamata Olives, Red Onions and Bell Peppers	5 Egg Whites, Grilled Chicken and Baby Spinach
<b>VEGETARIAN</b> 10.95	<b>HUNGRY BEAR</b> 11.95
Kale, Baby Spinach, Mushrooms, Tomatoes and Red Onions	Bacon, Ham and Sausage Pepper Jack Cheese
<b>PEASANTS</b> 11.95	
Bacon, Cheddar Cheese, Caramelized Onions and Mushrooms	

## GRIDDLE ORIGINALS

<b>SHORT STACK</b> 5.95	<b>CLASSIC STACK</b> 6.95
Two Buttermilk Pancakes	Three Buttermilk Pancakes
Chocolate Chips +1.00   Bananas and Nuts +2.00   Mixed Berry +2.00   Extra Topping +1.00	

**CHALLAH FRENCH TOAST** 6.95

<b>Griddle Add Ons</b>			
Hash Brown 1.00	Avocado 2.00		
Egg Whites 1.00	Breakfast Protein 2.00		
Two Eggs 2.00			

## THE GRILL

<b>CHICKEN FINGERS</b> 7.95	<b>GRILLED CHEESE</b> 5.95
BBQ, Sweet Chili or Buffalo	
<b>TURKEY BURGER</b> 8.95	<b>BLT</b> 7.95
Lettuce, Tomato, Onions and Pickles on a Brioche Bun	Bacon, Lettuce, Tomato and Mayo on Deli Toast

<b>ADD ONS:</b>				
Cheese 1.00	Fried Egg 1.00	French Fries 4.00		
Bacon 2.00	Smoked Ham 2.00	Sweet Potato Wedges 5.00		
Avocado 2.00	Turkey Bacon 2.00			

## ORGANIC OATMEAL

**HEARTY OATMEAL**  
SM 4.50 LG 4.75  
With Cinnamon and Brown Sugar  
**PICK TWO COMPLIMENTARY TOPPINGS** (extra topping + .25)  
Apples | Bananas | Granola | Honey | Raisins | Walnuts | Almonds | Strawberries | Blueberries

Agave | Peanut Butter | Cacao Nibs + 50

## FRUIT & PARFAITS

**GRANOLA & VANILLA YOGURT PARFAIT**  
Reg. (8 oz.) 3.95  
Delicious Crunchy Honey Granola served with Non-Fat Yogurt and Fresh Seasonal Berries

<b>BIRCHER MUESLI PARFAIT</b> 4.95	<b>MIXED BERRY COMPOTE</b> 4.95	<b>FRESH FRUIT SALAD</b> 5.25
<b>HONEY BANANA COMPOTE</b> 4.95	<b>SLICED APPLES AND PEANUT BUTTER</b> 4.50	<b>ORANGE</b> 1.50
<b>BANANA</b> .75	<b>GALA APPLE</b> 1.25	

## TREATS

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

<b>COOKIES</b> 3.25		
Black & White	M+M Candy	Peanut Butter
Honey Oatmeal Raisin	Chocolate Chunk	
<b>MINI BROWNIES</b> 2.00		
Blondie		
Chocolate Truffle		

<b>CHEX CRISPY TREAT</b> 4.95	<b>CHOCOLATE PUDDING</b> 3.50
<b>N.Y. CHEESECAKE</b> 6.95	<b>RICE PUDDING</b> 3.50
Regular or Strawberry	<b>FRUIT JELLO</b> 3.50
<b>CHOCOLATE MOUSSE</b> 6.95	<b>PEANUT BUTTER ENERGY BITES</b> 4.95
<b>PALEO COCONUT ALMOND MACAROON BITES (GF)</b> 4.95	<b>HAL'S CHIPS</b> 2.25

**CHOCOLATE COCONUT MACAROONS** 4.95

café  
**metro**  
WHERE THE CITY EATS

2062 BROADWAY  
(71ST AND BROADWAY)  
212.353.1234  
CAFEMETRONY.COM  
ORDER ONLINE TODAY!



## MELTS

Toasted to perfection **\$10.50**

### SMOKED TURKEY CHEDDAR

Avocado, Tomato and Chipotle Aioli on a Sesame Hero

### CHICKEN CALABRESE

Grilled Chicken, Tomatoes, Roasted Peppers and Fresh Mozzarella on Ciabatta Hero

### CHICKEN PARM

Chicken Cutlet, Fresh Mozzarella, Parmigiano Cheese and Pomodoro Sauce on a Sesame Hero

### SMOKED TURKEY PESTO

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

### TURKEY CUBAN

Smoked Turkey, Ham, Sliced Pickles, Swiss Cheese and Mustard on a Sesame Hero

### 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

### CRISPY CHICKEN BLT (+1.00)

Chicken Cutlet, Swiss Cheese, Bacon, Lettuce, Tomato, Chipotle Aioli on Ciabatta Hero

## COLD SANDWICHES \$10.50

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.)

### CALIFORNIA TURKEY PITA

Smoked Turkey, Avocado, Cucumbers, Tomatoes, Sprouts and Lemon Herb Dressing in a Whole Wheat Pita

### BUFFALO CHICKEN WRAP

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

### CHICKEN CAESAR WRAP

Grilled Chicken, Parmesan Cheese, Roasted Red Peppers, Caesar Dressing in a Whole Wheat Wrap

### ITALIAN SUBMARINE

Smoked Ham, Genoa Salami, Provolone Cheese, Red Onions, Hot Peppers, Lettuce, Olive Oil and Red Wine Vinegar on a Sesame Hero

### AVOCADO VEGGIE (VEGAN)

Tomatoes, Red Onions, Baby Spinach, Avocado, Roasted Peppers, Hummus on Whole Wheat Toast

### CAPRESE MOZERELLA

Sundried Tomatoes, Fresh Mozerella, Pesto Aioli on a Ciabatta Hero

## DELI CLASSICS \$8.95

Old School Deli Sandwiches served on toast of your

### TUNA SALAD

Vine Ripe Tomatoes and Lettuce

### EGG SALAD

Farm Fresh Eggs and Mayo

*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 **\$9.95**

### 1 - Choose Your Bread

Kaiser Roll	Multi Grain Bread
Whole Wheat Pita Pocket	Seeded Rye
Whole Wheat Wrap	Sesame Hero
Bagel	GF Wrap +1
Brioche Roll +1	Italian Hero +1
Ciabatta Hero	

### 2 - Choose Your Protein (double protein \$3.95)

Chicken Cutlet	Grilled Chicken
Genoa Salami	Smoked Ham
Sirloin Cut Steak +2	Tuna Salad
Smoked Turkey	

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

Caramelized Onions	Roasted Peppers
Red Onion	Shredded Lettuce
Jalapeños	Spinach
Pickles	Tomato
Red Peppers	Cucumbers
Alfalfa Sprouts	Poblano Chili

### 4 - Delicious Add-Ons

Avocado 2.00	Bacon 2.00
Cheddar 1.00	Provolone 1.00
Fresh Mozzarella 1.00	Swiss 1.00
Pepper Jack 1.00	American 1.00

### 5 - Pick a Dressing

Chipotle Aioli	Oil and Vinegar
Deli Mustard	Lemon Herb Dressing
Mayo	Russian Dressing
Pesto Aioli	Honey Dijon
Buffalo Sauce	Hummus 1.00

## SOUPS

At Café Metro, we take our soups seriously and make them fresh daily.

### OUR DAILY SOUPS

Reg. 6.95 | Lg. 7.95

### 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 +1	

### 2 - Select Your Favorite Sauce

Alfredo	Fresh Basil Pesto
Vodka Sauce	Pesto Cream
Tomato Basil	Extra Virgin Olive Oil

### 3 - Add Your Favorite Ingredients

Broccoli Florets .50	Sun Dried Tomato 1.50
Caramelized Onions .50	Grilled Chicken 2.75
Kalamata Olives .50	Crispy Chicken 2.75
Mushrooms .50	Fresh Baked Tofu 2.75
Green Peas .50	Roasted Shrimp 3.75
Fresh Spinach .50	Chicken Parm 5.95
Tomato .50	Faroe Island Salmon 7.95
Fresh Mozzarella 1.00	

## GRAIN BOWLS

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

### ATHENS BOWL (Vegetarian) 10.95

Kalamata Olives, Feta Cheese, Tomatoes, Red Onions, Bell Peppers, with Roasted Garlic Vinaigrette  
Add Tofu 2.75  
Add Chicken 2.75  
Add Shrimp 3.75

### VEGAN ENERGY (Vegan) 13.50

Baked Tofu, Broccoli, Mushrooms, Scallions and Brussels Sprouts in a Sweet Chili Sauce

### GRILLED CHICKEN FIESTA 13.50

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

### TURKEY CHILI BOWL 14.50

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

### FAROE ISLAND SALMON 16.95

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

## 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	Organic Mixed Greens	
Baked Tofu	12.95	Turkey Meatballs	13.95
Vegetable Platter	12.95	Turkey Burger	13.95
Lemon Herb Chicken	13.95	Faroe Island Salmon	16.95
Chicken Cutlet	13.95		

### 3 - Pick 2 Sides

Please call for our seasonal vegetable options.

Roasted Sweet Potatoes	Broccoli
Mac and Cheese	

## QUESADILLAS

Generously filled with cheddar cheese, caramelized onions, and poblano chiles. and scallions Served with sour cream and our homemade spicy pico de gallo. Add guacamole +2.00

**CHEESE 8.95**

**SPICY BUFFALO CHICKEN 10.95**

**PORTOBELLO MUSHROOM 10.95**

**SHRIMP JALEPENO 11.95**

## METRO SIDE SALADS

Low-Fat  Vegetarian

**LEMON CHICKPEA SALAD 4.95**

**SEASONAL SIDE SALAD 5.50**

**EGG SALAD 6.00**

Farm Fresh Eggs and Mayo

**TUNA SALAD 7.00**

Albacore Tuna, Celery and Mayo

**CAPE COD TURKEY SALAD 7.00**

**AVOCADO CHICKEN SALAD 7.00**

Pulled Chicken Thigh, Homemade Spicy Pico De Gallo, Avocado, Jalapeño, Lemon, Celery, Cilantro, 0% Greek Yogurt

**POWER SNACK 3.00**

2 Eggs, Spinach and Black Pepper

## CREATE YOUR OWN SALAD

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

### Select Your Favorite Greens

Mixed Cabbage	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 Chips
Cucumbers*	Red Onions*	

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

Almonds*	Egg Whites*	Sun-Dried Tomatoes
Crispy Bacon*	Boiled Egg*	Walnuts*
Portobello	Feta Cheese*	
Blue Cheese	Fresh Avocado* +2.00	
Cheddar Cheese*	Fresh Mozzarella*	
Craisins	Parmesan Cheese*	

### Proteins

Grilled Chicken*+2.75	Cajun Chicken*+2.25	<b>Market Table Proteins:</b>
Crispy Chicken+2.75	Baked Tofu*+2.75	Faroe Island Salmon* +7.95
BBQ Chicken+2.75	Roasted Shrimp*+3.75	Lemon Herb Chicken* +4.95

### Select Your Favorite Dressing

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

## CHEF-DESIGNED SALADS

**GREEK SALAD 9.75**

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

WE RECOMMEND Red Wine Vinegar & EVOO

**SANTA FE SALAD 9.75**

Romaine Lettuce, Avocado, Corn, Jack & Cheddar Cheese, Tomatoes, Red Onions and Tortilla Chips

WE RECOMMEND OUR Chipotle Vinaigrette Dressing

**ORCHARD SALAD 9.95**

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

WE RECOMMEND OUR Balsamic Vinaigrette

**CLASSIC CAESAR 8.95**

Crisp Romaine Lettuce, Tomato, Croutons, and Freshly Grated Parmigiano

WE RECOMMEND OUR Homemade Caesar Dressing

**BBQ CHICKEN COBB 11.95**

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

WE RECOMMEND OUR Chipotle Ranch Dressing

**SRIRACHA SHRIMP 12.95**

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

WE RECOMMEND OUR Avocado Chimichurri & A Splash of Sriracha