

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

BERRY CRUSH

Strawberries, Raspberries and Blueberries

STRAWBERRY BANANA BLAST

Strawberries and Bananas

PB PROTEIN +I

Banana, Peanut Butter, Almond Milk, Cacao Nibs and Protein Powder

FRUIT BLISS

Peaches, Bananas, Melons

TROPICAL BREEZE

Mango, Pineapple, Splash of OJ

AVOCADO SPLASH +I

Avocado, Spinach, Blueberries, Bananas, Strawberries

GREEN ENERGY

Kale, Spinach, Ginger Cucumber, Banana,

COFFEE BAR

Proudly serving La Colombe coffee.

HOT BEVERAGES 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 |

COLD BEVERAGES 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

| | | | |
|---------------------|------|---------------|-------------|
| SNAPPLE | 2.75 | HAL'S SODAS | 2.75 |
| KOMBUCHA | 4.75 | VITAMIN WATER | 3.25 |
| POPPI SODA | 3.75 | CAN SODA | 2.25 |
| FRESH LEMONADE | | | 2.95 |
| FRESH SQUEEZED OJ | | | 4.95 |
| ORGANIC APPLE JUICE | | | 4.25 |
| SMART WATER | | | 1.95 2.50 |
| POLAND SPRING | | | 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)

2 EGGS 3.95

BEC 6.50
Two Eggs, Bacon and Cheese

WESTERN 6.50

Two Eggs, Ham, Peppers and Onions

FLORENTINE 7.50

Four Egg Whites, Mushrooms, Baby Spinach, Tomatoes and Swiss Cheese

NEW YORKER 7.50

Four Egg Whites, Bacon, American Cheese and Avocado

BREAKFAST QUESADILLA 9.95

Two Eggs, Choice of Breakfast Protein, Melted Cheese and Avocado served with Homemade Spicy Pico de Gallo and Sour Cream
Add guac +\$2

SMASHED AVOCADO TOAST

PICO DE GALLO 9.25

Avocado and Homemade Spicy Pico De Gallo

CLASSIC TOAST 8.95

Olive Oil, Chili Flakes and Sea Salt

SMOKED SALMON 12.95

Avocado, Cream Cheese, Cucumber, and Black Sesame Seeds

EVERYTHING BUT THE BAGEL 9.50

Avocado, Everything Bagel Spice, Hard Boiled Egg

PLATTERS

2 EGGS ANY STYLE 6.75

with Potatoes and Toast

Sandwich and Platter Add Ons:

| | | | |
|------------|-------|-------------------|------|
| Hash Brown | 1.00. | Extra Egg | 1.00 |
| Cheese | 1.00 | Avocado | 2.00 |
| Egg Whites | 1.00 | Breakfast Protein | 2.00 |

NY BAGELS

HAND ROLLED AND WATER BOILED

| | | | |
|--|------|------------------------|-------|
| 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

Omelette Add Ons

| | | | |
|------------|------|-------------------|------|
| 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)

GREEK 10.95

Tomatoes, Feta Cheese, Kalamata Olives, Red Onions and Bell Peppers

VEGETARIAN 10.95

Kale, Baby Spinach, Mushrooms, Tomatoes and Red Onions

PEASANTS 11.95

Bacon, Cheddar Cheese, Caramelized Onions and Mushrooms

HIGH PROTEIN / LOW CARB 12.95

5 Egg Whites, Grilled Chicken and Baby Spinach

HUNGRY BEAR 11.95

Bacon, Ham and Sausage Pepper Jack Cheese

GRIDDLE ORIGINALS

SHORT STACK 5.95

Two Buttermilk Pancakes

CLASSIC STACK 6.95

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

Griddle Add Ons

| | | | |
|------------|------|-------------------|------|
| Hash Brown | 1.00 | Avocado | 2.00 |
| Egg Whites | 1.00 | Breakfast Protein | 2.00 |
| Two Eggs | 2.00 | | |

THE GRILL

CHICKEN FINGERS 7.95

BBQ, Sweet Chili or Buffalo

GRILLED CHEESE 5.95

TURKEY BURGER 8.95

Lettuce, Tomato, Onions and Pickles on a Brioche Bun

BLT 7.95

Bacon, Lettuce, Tomato and Mayo on Deli Toast

ADD ONS:

| | | | | | |
|---------|------|--------------|------|---------------------|------|
| Cheese | 1.00 | Fried Egg | 1.00 | French Fries | 4.00 |
| Bacon | 2.00 | Smoked Ham | 2.00 | Sweet Potato Wedges | |
| Avocado | 2.00 | Turkey Bacon | 2.00 | 5.00 | |

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

BIRCHER MUESLI PARFAIT 4.95

MIXED BERRY COMPOTE 4.95

FRESH FRUIT SALAD 5.25

HONEY BANANA COMPOTE 4.95

SLICED APPLES AND PEANUT BUTTER 4.50

ORANGE 1.50

BANANA .75

GALA APPLE 1.25

TREATS

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

COOKIES 3.25

| | | |
|----------------------|-----------------|---------------|
| Black & White | M+M Candy | Peanut Butter |
| Honey Oatmeal Raisin | Chocolate Chunk | |

MINI BROWNIES 2.00

Blondie
Chocolate Truffle

CHEX CRISPY TREAT 4.95

Regular or Strawberry

N.Y. CHEESECAKE 6.95

Regular or Strawberry

CHOCOLATE MOUSSE 6.95

PALEO COCONUT ALMOND MACAROON BITES (GF) 4.95

CHOCOLATE COCONUT MACAROONS 4.95

CHOCOLATE PUDDING 3.50

RICE PUDDING 3.50

FRUIT JELLO 3.50

PEANUT BUTTER ENERGY BITES 4.95

HAL'S CHIPS 2.25

café
metro

WHERE THE CITY EATS

475 LEXINGTON

(CORNER OF 46TH STREET)

212.697.3700

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 | Market Table Proteins: |
| 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* | LOW-FAT/CARB-FREE |
| 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