

## 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, Alfalfa Sprouts and Lemon Herb Dressing in a Whole Wheat Pita

### BUFFALO CHICKEN WRAP

Spicy Chicken, Blue Cheese and Carrots 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 Red Peppers, Hummus on Whole Wheat Toast

### CAPRESE MOZERELLA

Sun Dried Tomatoes, Fresh Mozzarella, Pesto Aioli on a Ciabatta Hero

## MELTS \$10.50

Toasted to perfection

### SMOKED TURKEY CHEDDAR

Smoked Turkey, Cheddar Cheese Avocado, Tomatoes and Chipotle Aioli on a Sesame Hero

### CHICKEN CALABRESE

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

### SMOKED TURKEY PESTO

Smoked Turkey, Provolone, Tomatoes, Red Onions, Baby Spinach and Pesto Aioli on Ciabatta Hero

### TURKEY CUBAN

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

### FIESTA CHICKEN

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

### PHILLY CHEESESTEAK (+1.00)

Sirloin Cut Steak, Peppers, Onions, Provolone on an Italian Hero

### CRISPY CHICKEN BLT (+1.00)

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

### CHICKEN PARM +1

Chicken Cutlet, Fresh Mozzarella, Parmesan Cheese and Marinara Sauce on a Sesame Hero

## 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	Seeded Rye
Whole Wheat Wrap	Bagel
Multi Grain Bread	Gluten Free Wrap +1
Sesame Hero	Italian Hero +1
Ciabatta Hero	Brioche Roll +1
Whole Wheat Pita Pocket	

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

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

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

Caramelized Onions	Hot Peppers
Red Onions	Shredded Lettuce
Jalapeños	Baby Spinach
Pickles	Tomatoes
Roasted Red Peppers	Cucumbers
Alfalfa Sprouts	Poblano Chilis

### 4 - Delicious Add-Ons

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

### 5 - Pick a Dressing

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

## SOUPS

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

### OUR DAILY SOUPS

Reg. 5.95 | Lg. 6.95

### 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 Tomatoes 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
Baby Spinach .50	Chicken Parm 5.95
Tomatoes .50	Faroe Island Salmon 7.95
Fresh Mozzarella 1.00	

## QUESADILLAS

Generously filled with cheddar cheese, caramelized onions, poblano chilis and scallions. Served with sour cream and our homemade spicy pico de gallo.

Add guac +2.00

### CHEESE

8.95

### SPICY BUFFALO CHICKEN

10.95

### PORTOBELLO MUSHROOM

10.95

### SHRIMP JALEPEÑO

11.95

## 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

## METRO SIDE SALADS

Low-Fat

Vegetarian

### LEMON CHICKPEA

SALAD 4.95

### SEASONAL SIDE

SALAD prices may vary

### EGG SALAD 6.00

Farm Fresh Eggs and Mayo

### TUNA SALAD 7.00

Albacore Tuna, Celery and Mayo

### AVOCADO CHICKEN SALAD 7.00

Pulled Chicken Thigh, Homemade Spicy Pico De Gallo, Avocado, Jalapeño, Lemon, 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 Mixed Greens
Baby Spinach	Kale	

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

Alfalfa Sprouts	Grapes	Roasted Red Peppers*
Apples	Green Peas	Scallions
Bell Peppers*	Jalapeños	Tomatoes*
Broccoli*	Kalamata Olives*	Tortilla Chips
Carrots*	Kidney Beans	Poblano Chilis
Chickpeas	Mushrooms*	
Crispy Onions	Raisins	
Croutons	Red Onions*	
Cucumbers*	Roasted Corn	

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

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

### Proteins

Baked Tofu*+2.75	Grilled Chicken*+2.75
BBQ Chicken+2.75	Roasted Shrimp*+3.75
Crispy Chicken+2.75	Salmon \$8.95

### Select Your Favorite Dressing

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

## CHEF DESIGNED SALADS

### CLASSIC CAESAR 8.95

Crisp Romaine Lettuce, Tomatoes, Croutons, and Shaved Parmesan

WE RECOMMEND OUR Homemade Caesar Dressing

### GREEK SALAD 9.75

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

WE RECOMMEND Red Wine Vinegar & EVOO

### SANTA FE SALAD 9.75

Crisp Romaine Lettuce, Avocado, Roasted Corn, Cheddar Cheese, Tomatoes, Red Onions and Tortilla Chips

WE RECOMMEND OUR Chipotle Vinaigrette Dressing

### ORCHARD SALAD 9.95

Crisp Romaine, Mixed Greens, Apples, Grapes, Blue Cheese,

Craisins and Walnuts

WE RECOMMEND OUR Balsamic Vinaigrette

### BBQ CHICKEN COBB 11.95

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

WE RECOMMEND OUR Chipotle Ranch Dressing

### SRIRACHA SHRIMP 12.95

Crisp Romaine & Mixed Greens, Roasted Shrimp, Avocado, Kidney Beans, Scallions, Tomatoes, Peppers, and Tortilla Chips

WE RECOMMEND OUR Avocado Chimichurri & A Splash of Sriracha

*there's no line when you order online*

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*we can customize any meal for you!*

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## 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 Lavazza 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)

<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

**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

<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

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)

<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

Griddle Add Ons			
Hash Brown	1.00	Avocado	2.00
Egg Whites	1.00	Breakfast Protein	2.00
Two Eggs	2.00		

## THE GRILL

**BLT** 7.95  
Bacon, Lettuce, Tomato and Mayo on Deli Toast

**GRILLED CHEESE** 5.95

ADD ONS:			
Cheese	1.00	Fried Egg	1.00
Bacon	2.00	Smoked Ham	2.00
Avocado	2.00	Turkey Bacon	2.00
		Sweet Potato Wedges	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

**N.Y. CHEESECAKE** 6.95  
Regular or Strawberry

**CHOCOLATE PUDDING** 3.50

**RICE PUDDING** 3.50

**FRUIT JELLO** 3.50

**CHOCOLATE MOUSSE** 6.95

**PEANUT BUTTER ENERGY BITES** 4.95

**HAL'S CHIPS** 2.25

**PALEO COCONUT ALMOND MACAROON BITES (GF)** 4.95

**CHOCOLATE COCONUT MACAROONS** 4.95

café  
**metro**  
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162 WEST 56<sup>TH</sup> STREET  
(CORNER OF 7<sup>TH</sup> AVENUE)  
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