

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)

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

BLT 7.95

Bacon, Lettuce, Tomato and Mayo on Deli Toast

GRILLED CHEESE 5.95

ADD ONS:

Cheese	1.00	Fried Egg	1.00	Sweet Potato Wedges	5.00
Bacon	2.00	Smoked Ham	2.00		
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

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 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

15 METROTECH CENTER

BROOKLYN

718.237.4800

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	

PASTA FAVORITES

PENNE A LA VODKA 10.50

Vodka Sauce, Fresh Mozzarella, Green Peas, Tomatoes

PENNE "CARBONARA" 11.25

Creamy Alfredo Sauce, Bacon, Mushrooms, Green Peas, Parmesan Cheese

LINGUINI PESTO 11.25

Fresh Basil Pesto, Broccoli, Sun Dried Tomatoes, Fresh Mozzarella, Parmesan Cheese

LINGUINI CACCIATORE 12.95

Tomato Basil, Grilled Chicken, Onions, Peppers, Mushrooms

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
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2 - Pick your Protein

Baked Tofu	12.95	Chicken Cutlet	13.95
Vegetable Platter	12.95	Faroe Island Salmon	16.95
Lemon Herb Chicken	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 JALEPEN0 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