

# HOT PRESSINI MELTS™

Our hot pressinis are toasted to perfection **\$9.50**

## CAJUN CHICKEN

Pepper Jack Cheese, Roasted Peppers, Onions and Chipotle Pepper Spread served on a Ciabatta

## SMOKED TURKEY CHEDDAR 9.25

Avocado, Tomato and Chipotle Aioli on a Sesame Hero

## CHICKEN CALABRESE

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

## CHICKEN PARMIGIANA

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

## TURKEY CUBAN

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

## OLD SCHOOL

First Cut Pastrami, Swiss Cheese, Coleslaw, and Russian Dressing on Seeded Rye

## MEATBALL PARMIGIANA

Turkey Meatballs with Pomodoro Sauce, Fresh Mozzarella and Parmigiano Cheese on a Sesame Hero

## TUNA MELT

Bumble Bee Tuna, Tomatoes, and Melted Swiss Cheese on Seeded Rye

# CHEF-DESIGNED 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.) **\$9.50**

## CALIFORNIA TURKEY PITA

Smoked Turkey, Avocado, Cucumbers, Tomatoes, Sprouts and Garlic Aioli

## FRESH TURKEY PESTO

Fresh Turkey, Provolone Cheese, Tomato, Red Onions, Arugula and Pesto Mayo on Seven-Grain Bread

## SMOKED SALMON

Smoked Salmon, Cream Cheese, Capers Tomato and Onion on Seeded Rye

## FIESTA CHICKEN

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

## BUFFALO CHICKEN

Spicy Chicken, Blue Cheese and Romaine on Ciabatta

## BISTRO AMERICANO

Roast Beef, Fresh Turkey, Crisp Red Onion Rings, Cheddar Cheese, Lettuce + Tomato with Zesty Bistro Sauce on Ciabatta

## TUSCAN CHICKEN

Roasted Peppers, Lemon Braised Kale and Artichoke Aioli on Ciabatta

## TUNA SALAD

Vine Ripe Tomatoes and Lettuce on Seven-Grain Bread

# CREATE YOUR OWN SANDWICH

Create your own sandwich using the best quality meats, farm

fresh ingredients. Starting at **\$8.50**

## 1 - Choose Your Bread

Kaiser Roll	Seven-Grain Bread
Pita Pocket	Seeded Rye
Whole-Wheat Ciabatta	Ciabatta
Semolina Hero	

## 2 - Choose Your Protein

Chicken Cutlet	Grilled Chicken
First Cut Pastrami	Smoked Ham
Roasted Turkey	Bumble Bee Tuna Salad
Smoked Turkey	Cajun Chicken
Roast Beef	

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

Caramelized Onion	Roasted Peppers
Shaved Red Onion	Shredded Lettuce
Pickled Onion	Pickled Jalapeños
Sour Pickle	Tomato
Banana Peppers	Sliced Cucumber

## 4 - Delicious Add-Ons

Avocado 1.50	Bacon 1.50
Cheddar 1.00	Provolone 1.00
Fresh Mozzarella 1.00	Finlandia Swiss 1.00
Pepper Jack 1.00	Feta 1.00

## 5 - Pick a Dressing

Chipotle Aioli	Oil and Vinegar
Deli Mustard	Roasted Garlic Aioli
Mayonnaise	Russian Dressing
Pesto Aioli	Dijon Mustard
Honey Mustard	

# SOUPS

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

Ask about our daily soup specials.

## OUR DAILY SOUPS

**Cup** 3.75 | **Reg.** 4.95 | **Lg.** 5.95

## PREMIUM SOUPS

**Cup** .50 extra | **Reg.** 1.00 extra  
**Lg.** 1.00 extra

# CREATE YOUR OWN PASTA

Fresh, homemade sauces, barilla pasta and market fresh

ingredients in every dish. Starting at **\$7.95**

## 1 - Choose Your Pasta

Penne	Linguine
Zucchini Noodles	Rigatoni

## 2 - Select Your Favorite Sauce

Alfredo Romano	Fresh Basil Pesto
Vodka Sauce	Pesto Cream
Pomodoro Sauce	

## 3 - Add Your Favorite Ingredients

Broccoli Florets .50	Green Peas .50
Caramelized Onions .50	Fresh Spinach .50
Kalamata Olives .50	Pickled Jalapeños .50
Roasted Eggplant .50	Sun-Dried Tomato .50
Roasted Peppers .50	Scallions .50
Mushrooms .50	

## 4- Add Premiums

Fresh Mozzarella 1.00	Grilled Chicken 2.75
Artichokes 1.50	Crispy Chicken 2.75
Spicy Italian Sausage 2.75	Poached Shrimp 3.25
Turkey Meatballs 2.75	

# PASTA FAVORITES

## CHICKEN PENNE VODKA 11.00

Vodka Sauce with Green Peas

## RIGATONI SAUSAGE 13.50

Spicy Sausage, Spinach, Sun-Dried Tomatoes, Roasted Peppers, Artichoke, Parmigiano and Fresh Basil Pesto

## SHRIMP LINGUINI 12.50

Sun-Dried Tomato, Mushrooms, Caramelized Onions and Alfredo Sauce

## CHICKEN RIGATONI 13.00

Roasted Eggplant, Mushrooms, Tomatoes, Peppers, Onions, and Pomodoro Sauce

## CAJUN CHICKEN 12.50

Penne Pasta, Cherry Tomatoes, Bell Peppers, Corn, Crispy Onions with Fresh Basil Pesto

## SHRIMP VERDE 11.50

Zucchini Noodles, Crispy Onions, Pesto Cream

# 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
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## 2 - Pick your Protein

Lemon Herb Chicken 12.00	Faroe Island Salmon 14.00
Spicy Adobo Chicken 12.00	Chili Rubbed Shrimp 14.00
Baked Tofu 11.00	Turkey Meatballs 12.00
Marinated Flank Steak 13.00	

## 3 - Pick 2 Sides

Please Call for Chef's Daily Seasonal Vegetables

Roasted Brussels Sprouts	Cauliflower Mash
Roasted Beets	Butternut Squash
Roasted Potatoes	Roasted Carrots
Roasted Cauliflower	Mac and Cheese
Baked Sweet Potatoes	Broccoli

# HEALTHY GRAIN BOWLS

Made with brown rice or quinoa, kale and healthy, fresh ingredients.

## ATHENS BOWL (Vegetarian) 10.50

Kalamata Olives, Feta Cheese, Tomatoes, Chick Peas and Scallions with Roasted Garlic Vinaigrette  
Add Chicken 2.75    Add Shrimp 3.25

## VEGAN ENERGY (Vegan) 10.95

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

## KING CREOLE 11.75

Grilled Chicken, Chicken Chorizo, Tomatoes, Green Peppers and Roasted Onions in a Jambalaya Sauce

## THE TANGO 11.75

Grilled Chicken, Kidney Beans, Scallions, Cilantro and Red Peppers in a Chimichurri Sauce

## CHICKEN FIESTA 11.75

Chicken, Corn, Tomatoes, Kidney Beans, Cilantro, Tortilla Strips in a Chipotle Vinaigrette

## TURKEY CHILI BOWL 11.75

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

# CREATE YOUR OWN SALAD

Make Your Salad As Epic As You Are. **\$10.50** \*Low Carb

## 1 - Select Your Favorite Greens

Organic Arugula Baby Spinach	Crisp Romaine Local Kale	Organic Mixed Greens
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## 2 - Choose Any 4 Toppings (extra item +.50)

Apples	Croutons	Pita Chips	Sunflower Seeds*
Beets	Cucumbers*	Raisins	Sweet Corn
Bell Peppers*	Grapes	Red Onions*	Green Peas
Broccoli*	Kalamata Olives*	Roasted Peppers*	Tomatoes*
Carrots*	Kidney Beans	Scallions	Tortilla Strips
Chickpeas	Mushrooms*	Sesame Noodles	
Crispy Onions	Pickled Jalapeños	Sprouts*	

## 3 - Select 2 Premium Toppings (extra item +1.50)

Almonds*	Edamame	Blue Cheese
Artichokes	Fresh Avocado*	Cheddar Cheese
Bacon Bits*	Sun dried Tomato	Feta Cheese
Brussels Sprouts	Walnuts*	Mozzarella
Butternut Squash	Whole Egg/Egg White	Parmigiano Cheese
Craisins		

## 4 - Choose 1 Protein (extra item +2.75 | Shrimp+3.25)

Grilled Chicken	Smoked Turkey	Poached Shrimp
Crispy Chicken	Baked Tofu	Portobello Mushroom
Cajun Chicken	Baked Falafel	Roasted Turkey
Buffalo Chicken	Bumble Bee Tuna	

## 5 - Select Your Favorite Dressing

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

# CHEF-DESIGNED SALADS

## SRIRACHA SHRIMP

**TACO SALAD 10.50**

Romaine & Mixed Greens, Shrimp, Avocado, Kidney Beans, Scallions, Tomatoes, Radish, Peppers, Tortilla Strips  
WE RECOMMEND OUR Avocado Chimichurri & A Splash of Sriracha

## BBQ CHICKEN COBB 10.50

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

WE RECOMMEND OUR Chipotle Ranch Dressing

## ITS GREEK TO ME 10.50

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

WE RECOMMEND Red Wine Vinegar & EVOO

## SANTA FE CHICKEN

**SALAD 10.50**

Romaine Lettuce, Cajun Chicken, Avocado, Corn, Jack & Cheddar Cheese, Tomatoes, Red Onions and Tortilla Strips

WE RECOMMEND OUR Chipotle Vinaigrette Dressing

## QUINOA FALAFEL SALAD 10.50

Romaine & Mixed Greens, Falafel Patty, Cucumbers, Carrots, Tomatoes, Red Onions, Fresh Jalapeños and Pickled Peppers

WE RECOMMEND OUR Tzaziki Dressing

## KALE CHICKEN CAESAR 10.50

Kale & Romaine Lettuce, Grilled Chicken, Tomato, Croutons, and Freshly Grated Parmigiano

WE RECOMMEND OUR Homemade Caesar Dressing

*there's no line when you order online*

CAFEMETRONY.COM

## SMOOTHIES

All of our smoothies are made with all-natural, non-fat yogurt, fresh fruit and ice. Each smoothie contains over 100-mg of antioxidants.

**Med.** 5.95 **Lg.** 6.95

Add Protein Powder or Ginseng to any Smoothie for 1.00

<b>BERRY CRUSH</b> Strawberries, Raspberries and Blueberries	<b>STRAWBERRY BANANA BLAST</b> Red Ripe Strawberries and Bananas	<b>PB + PROTEIN</b> Banana, Peanut Butter, Vanilla Almond Milk, Cacao Nips and Protein Powder
<b>FUZZY MONKEY</b> Peaches and Bananas	<b>TROPICAL BREEZE</b> Mango, Guava and Pineapple	<b>CREATE YOUR OWN</b> Choose up to 3 items
<b>KALE MANGO</b> Kale and Mango		

## BEVERAGES

HOT BEVERAGES	12 oz Reg.	16oz Lg.
CAFÉ METRO ROAST	2.25	2.60
PURE WATER DECAF	2.25	2.60
FLAVORED COFFEE	2.25	2.60
BREWED LEAF TEA	2.25	2.60
CAPPUCCINO/LATTE	3.75	4.25
CAFÉ AU LAIT	3.75	4.25
HOT CHOCOLATE (100% MILK)	2.75	3.25
ESPRESSO	2.50	Double 2.95

COLD BEVERAGES	Reg.	Med.	Lg.
ICED COFFEE/TEA	2.75	2.95	3.25
ICED FLAVORED/DECAF COFFEE	2.75	2.95	3.25
ICED LATTE/CAPPUCCINO	4.00	4.60	4.95
ICED MOCHACCINO	4.00	4.60	4.95
BOTTLED WATER	1.75	2.50	
CANNED SODA	1.75		

## SWEET TREATS

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

<b>COOKIES</b> 3.00	
Black & White	Chocolate Chunk
Honey Oatmeal Raisin	Peanut Butter

<b>DECADENT BROWNIES</b> 4.25	
Blondie	Chocolate Decadence
Peanut Butter	Oreo Cookie Walnut

**RICE CRISPY TREATS** 3.25 **N.Y. CHEESECAKE** 5.95

**RICE PUDDING** 3.50 Regular or Strawberry **RED VELVET CAKE** 5.95

## BREAKFAST

Start your day off right with a complete and healthy breakfast from Café Metro. Breakfast is served from 6 AM — 11:00 AM

## SANDWICHES

<b>2 EGGS</b> 3.50 Served on your choice of Roll, Bagel or Toast				
<b>Add Ons:</b>				
Bacon 1.50	Cheese .75	Extra Egg 1.00		
Smoked Ham 1.50	Egg Whites 1.00	Avocado 1.50		
Pork Sausage 1.50				

<b>WESTERN</b> 5.50 Ham, Peppers and Onions	<b>FLORENTINE</b> 6.50 Egg Whites, Mushrooms, Spinach, Tomato and Swiss Cheese
<b>NEW YORKER</b> 6.50 Egg Whites, Bacon, American Cheese and Avocado	<b>SMOKED SALMON SCRAMBLE</b> 9.95 with Onions, Tomato and Cucumber
<b>SOUTH OF THE BORDER</b> 6.50 Eggs, Spicy Sausage, Pickled Jalapeño and Pepper Jack	

## PLATTERS

<b>2 EGGS ANY STYLE</b> 5.95 with Potatoes and Toast	
with Bacon, Ham or Sausage 7.95	Add Avocado +1.50

## ORGANIC OATMEAL

<b>HEARTY OATMEAL SM</b> 3.25 <b>LG</b> 3.75 With Cinnamon and Brown Sugar	
<b>PICK TWO COMPLIMENTARY TOPPINGS</b> (extra topping add .50) Apples   Banana   Granola   Honey   Raisins	

## FRUIT & PARFAITS

<b>HOMEMADE GRANOLA &amp; YOGURT PARFAIT</b> Reg. (8 oz.) 3.75 <b>Lg.</b> (12 oz.) 4.25	
Delicious Crunchy Honey Granola served with Non-Fat Yogurt and Fresh Seasonal Berries	
<b>MIXED BERRY COMPOTE</b> 4.00	<b>FRESH FRUIT SALAD</b> 4.50
<b>BIRCHER MUESLI PARFAIT</b> 4.00	

## BAKERY

<b>HAND ROLLED BAGELS</b>			
Buttered 1.85	Fat-Free Cream Cheese 3.00		
Cream Cheese 2.75	Scallion Cream Cheese 3.00		
Peanut Butter 2.75	Vegetable Cream Cheese 3.00		
Smoked Salmon, Tomato & Onion 9.95	Lox Spread 4.95		

**CROISSANTS** 3.50  
Butter | Almond | Chocolate

**MUFFINS** 2.95  
Banana Chocolate Chip Walnut | Raisin Bran | Lemon Blueberry | Morning Glory | Corn | Orange Cranberry

## CREATE YOUR OWN OMELETTE

**Choose 3 Regular Toppings.** 7.95

Served with Breakfast Potatoes and Toast.

**I- VEGGIES: EXTRA ITEM +.50**  
Tomato | Broccoli | Spinach | Kale | Mushrooms | Bell Peppers | Sun-dried Tomatoes | Red Onions | Scallions | Jalapeño Peppers

**2 - CHEESE: EXTRA ITEM +1.00**  
Feta | Fresh Mozzarella | American | Swiss | Jack/Cheddar | Provolone

**3 - ADD-ONS: 1.95**  
Bacon | Pork Sausage | Smoked Ham

## CHEF-CRAFTED OMELETTES

<b>MYKONOS</b> 7.95 Tomatoes, Feta Cheese, Kalamata Olives, Spinach and Bell Peppers	<b>LOX OMELETTE</b> 10.50 Lox, Tomato, Red Onion
<b>THE VEG OUT</b> 7.95 Kale, Spinach, Mushrooms, Tomato and Scallions	<b>HIGH PROTEIN / LOW CARB</b> 10.50 7 Egg Whites, Grilled Chicken, and Spinach
<b>THE PEASANT</b> 9.50 Bacon, Cheddar, Caramelized Onions and Breakfast Potatoes	<b>HUNGRY BEAR</b> 10.50 Bacon, Ham and Sausage topped with Pepper Jack Cheese

## GRIDDLE ORIGINALS

<b>BUTTERMILK PANCAKES</b> 6.50 Chocolate Chip   Banana Nutl Blueberry +1.00	<b>CHALLAH FRENCH TOAST</b> 6.50	
<b>ADD ONS:</b>		
Bacon 1.95	Pork Sausage 1.95	Avocado 1.50
Smoked Ham 1.95	Turkey Bacon 1.95	2 Eggs 2.50

## AVOCADO TOAST

**PICO DE GALLO** 7.95  
Avocado, Spicy Pico De Gallo and Crushed Corn Nuts on Rustic Toast

**EVERYTHING BAGEL** 7.95  
With Avocado, Everything Bagel Spice, and Hard Boiled Egg on Rustic Toast

**SMOKED SALMON** 9.95  
With Avocado, Cream Cheese, Cucumber, and Black Sesame Seeds on Rustic Toast

## GLUTEN FREE BOWLS

**HUEVOS RANCHEROS** 8.95  
2 Eggs, Quinoa, Avocado, Cheddar Cheese, Red Onions, Avocado, Tortilla Chips, Cilantro and Chipotle Vinaigrette

**AEGEAN QUINOA** 8.95  
2 Eggs, Quinoa, Feta, Tomatoes, Kalamata Olives, Roasted Garlic Vinaigrette

## CATERING FAVORITES

## LUNCH PACKAGES

All Prices Per Person. 12 Person Minimum.

Sandwiches Purchased A La Carte 9.95 Per Person.

Upgrade Your Sandwich Package With Either Mini Sandwiches (2 Per Person) or Hot Panini's For An Additional 1.00 Per Person.

## SANDWICH PACKAGES

**THE C.F.O.** 15.50  
Assorted Sandwiches and One Side Salad

**THE PRESIDENT** 18.50  
Assorted Sandwiches, One Side Salad and Sweet Tray

**THE CHAIRMAN** 20.50  
Assorted Sandwiches, Two Side Salads, and Sweet Tray

**THE C.E.O.** 21.50  
Assorted Sandwiches, Two Side Salads, Sliced Fruit & Berries and Sweet Tray

**THE METROPOLITAN** 22.95  
Sliced Meat and Cheese Platter with Assorted Relish Tray, Side Salad and Sweet Tray

**CHEESE BOARD** 11.95 PER PERSON  
The Perfect Assortment Of Domestic and International Cheeses Served with Fresh Bread

**CRUDITÉ** 8.95 PER PERSON  
Bite Size Carrot, Celery, Zucchini Sticks Together With Broccoli and Cauliflower Florets Paired With A Perfect Dipping Sauce.

**ADD ONS:**  
Pricing Applies To Package Guest Count (Per Person)

Side Salad 3.00  
Sweet Tray 3.00  
Sliced Fruit 3.00  
Yukon Gold Potato Crisps 2.95  
With Onion Dip 4.95

*corporate and event catering*

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