

# CHEF'S *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.)

**TUNA SALAD** 8.99  
Vine Ripe Tomatoes and Lettuce on Seven-Grain Ciabatta

**BUFFALO CHICKEN WRAP** 8.99

Spicy Chicken, Blue Cheese, Carrots and Celery in a Southwest Wrap

**CHICKEN CAESAR WRAP** 8.99  
Grilled Chicken tossed with Romaine Hearts and Caesar Dressing in an Herb Wrap

**CHICKEN VERA CRUZ WRAP** 8.99

Grilled Chicken with Avocado, Bean & Corn Salad and Lettuce in a Black Bean Wrap

**CAPE COD TURKEY SALAD** 9.29

White Meat Turkey Salad with Cranberries, Almonds and Ginger on Seven-Grain Bread

**CHICKEN SAMBA** 9.29  
Pulled Chicken, Arugula, Tomato, Avocado Chimichurri on a Ciabatta Roll

**ITALIAN SUBMARINE** 9.29  
Genoa, Cappicola, Ham, Provolone, Onions, Hot Peppers, Lettuce, Oil and Vinegar on a Hero

**SMOKED TURKEY & BRIE** 9.29  
Apple Slices, Arugula and Grain Mustard on Seven-Grain Bread

**TUSCAN CHICKEN** 9.29  
Roasted Peppers, Lemon Braised Kale and Artichoke Aioli in an Olive Pocket

**FRESH TURKEY PESTO** 9.29  
Fresh Turkey, Provolone Cheese, Tomato, Red Onions, Arugula, Pesto Mayo on Seven Grain Bread

**BISTRO AMERICANO** 9.29  
Roast Beef, Fresh Turkey, Crisp Red Onion Rings, Cheddar Cheese, Lettuce + Tomato with Zesty Bistro Sauce in an Onion

**CRISPY CHICKEN BLT** 9.29  
Swiss Cheese, Bacon, Lettuce + Tomato and Chipotle Aioli on a Ciabatta Roll

## LOW-FAT & LOW-CAL PITA SANDWICHES

Nutritionist-selected low-fat/low-calorie sandwiches. Our pitas are made from stone ground whole wheat and baked fresh daily.

**TUNA SALAD PITA** 8.99  
Low-Fat Mayo, Lettuce and Tomatoes (4.74 Grams of Fat, 308-338 Calories)

**CALIFORNIA TURKEY PITA** 8.99  
Smoked Turkey, Avocado, Cucumbers, Tomatoes, Sprouts and Lemon-Herb Dressing

**VEGETARIAN PITA** 8.99  
Avocado, Tomatoes, Sprouts, Carrots and Lettuce with Chipotle-Pepper Spread (3.49 Grams of Fat, 280-310 Calories)

(9.79 Grams of Fat, 382-412 Calories)  
**FRESH TURKEY PITA** 8.99  
Tomatoes, Low-Fat Mayo and Cracked Black Pepper (6.85 Grams of Fat, 290-340 Calories)

# METRO LUNCH *combos*

Small Soup & Half Sandwich 8.99  
Medium Soup & Half Sandwich 9.99  
Large Soup & Half Sandwich 10.99

Premium Soup is additional

# QUESA *dillas*

Generously filled with melted cheese, garden fresh roasted peppers, onions, poblano chiles and scallions. Served with sour cream and our homemade salsa.

**CHEESE QUESADILLA** 7.99  
Classic with Three Types of Cheese

**CHICKEN HABANERO** 8.99  
Chipotle Spiced BBQ Chicken

**SANTA FE WILD MUSHROOM** 8.99  
with Roasted Mushrooms

**SPICY SHRIMP** 9.69  
Chili Rubbed Rock Shrimp

# HOT PRESSINI *melts*™

Our hot pressinis are toasted to perfection.

**EGGPLANT MILANESE** (Vegetarian) 8.99  
Italian Eggplant with Pesto, Tomatoes and Melted Mozzarella served on a Sesame Hero

**SMOKED TURKEY CHEDDAR** 9.29  
Avocado, Tomato and Chipotle Aioli on a Sesame Hero

**CAJUN CHICKEN** 9.29  
Pepper Jack Cheese, Roasted Peppers, Onions and Chipotle Pepper Spread served on an Onion and Pepper Ciabatta

**CHICKEN CALABRESE** 9.29  
Pesto Grilled Chicken, Italian Plum Tomatoes, Roasted Peppers and Fresh Mozzarella served on a Pesto-Cheese Ciabatta

**CHICKEN PARMIGIANA** 9.29  
Pan-Fried Cutlet with Pomodoro Sauce, Fresh Mozzarella and Parmesan Cheese served on a Sesame Hero

**EGGPLANT FRITA** (Vegetarian) 9.29  
Eggplant, Avocado, Pickled Jalapeno, Pickled Onions, Oven Dried Tomatoes, Queso Fresco and Chipotle Spread on a Tomato Cheese Faccacia

**METRO STEAK & CHEESE** 9.29  
Sirloin Steak with Sautéed Peppers, Onions, Mushrooms and Provolone Cheese with Roasted Garlic Aioli served on an Onion-Cheese Foccacia

**TURKEY CUBAN** 9.29  
Smoked Turkey, Ham, Sliced Pickles, Swiss Cheese and Russian Dressing served on a Sesame Hero

# CREATE *your own sandwich*

Create your own sandwich sensation using the best quality meats, farm fresh cheese and artisanal breads. **\$9.49**

## Choose Your Bread

Kaiser Roll	Seven-Grain Bread
Pita Pocket	Whole-Wheat Ciabatta add 1.00
Jewish Rye	Ciabatta add 1.00
Whole-Wheat	Italian Hero add 1.00
Whole-Wheat Wrap	

## Choose Your Protein (double your meat 3.00)

Chicken Cutlet	Rosemary Grilled Chicken
Pastrami	Smoked Ham
Roast Beef	Smoked Turkey
Roasted Turkey	Tuna Salad

## Choose Your Cheese

Cheddar	Provolone
Fresh Mozzarella	Swiss
Pepper Jack	

## Choose Your 3 Favorite Toppings (extra topping add .50)

Caramelized Onions	Roasted Peppers
Cucumbers	Shaved Red Onions
Hot Peppers	Shredded Lettuce (complimentary)
Pickles	Tomatoes
Poblano Peppers	

## Delicious Add-Ons

Avocado 2.00	Bacon 1.50
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## Pick a Dressing

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

# HEALTHY GRAIN *bowls*

A fusion of brown rice or quinoa, kale and healthy ingredients provide you with a tasty vitamin rich dish.

**ATHENS BOWL** (Vegetarian) 10.49  
Kalamata Olives, Feta Cheese, Tomatoes, Chick Peas and Scallions with Roasted Garlic Vinaigrette  
Add Chicken 2.75    Add Shrimp 3.50

**VEGAN ENERGY** (Vegan) 10.99  
Smoked Tofu, Broccoli, Mushrooms, Scallions and Brussels Sprouts in a Sweet Chili Sauce

**KING CREOLE** 11.79  
Grilled Chicken, Chicken Chorizo, Tomatoes, Green Peppers and Roasted Onions in a Jambalaya Sauce

**THE TANGO** 11.79  
Grilled Chicken, Kidney Beans, Scallions, Cilantro and Red Peppers in a Chimichurri Sauce

**CHICKEN FIESTA** 11.79  
Chicken, Corn, Tomatoes, Kidney Beans, Cilantro, Tortilla Strips in a Chipotle Vinaigrette

*a healthy serving of delicious.*

# PASTA *bowls*

We put fresh, homemade sauces, the best quality pasta and market fresh ingredients in every dish. You'll taste the difference. Starting at **\$8.49**

## 1 - Choose Your Pasta

Penne	Linguine
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## 2 - Select Your Favorite Sauce

Alfredo Romano	Fresh Basil Pesto
Alla Vodka	Tomato Basil
Arrabbiata	

## 3 - Add Your Favorite Ingredients

Crispy Chicken	2.50	Broccoli Florets	.50
Grilled Chicken	2.50	Caramelized Onions	.50
Tuscan Meatballs	2.50	Chopped Tomatoes	.50
Italian Sausage	2.50	Kalamata Olives	.50
Roasted Shrimp	3.00	Roasted Eggplant	.50
Artichokes Hearts	1.00	Roasted Peppers	.50
Portabello Mushrooms	1.00	Roasted Zucchini	.50
Fresh Mozzarella	1.00	Sun-Dried Tomatoes	.50
		Sweet Peas	.50

# Entrées

Our chef's wholesome meals are prepared fresh daily. Served with Potato and Roasted Vegetables or Pasta.

**ROASTED VEGETABLES** 9.49

**MEAT ENTRÉE** 14.79

**HERB GRILLED CHICKEN** 12.99

**PAN SEARED SALMON OR FISH** 14.79

**CHICKEN PARMIGIANA** 12.99

Available from 11am - 4pm

## take away & catering

212.391.7800

# CHEF-DESIGNED *salads*

**SRIRACHA SHRIMP TACO SALAD** 10.49  
Crisp Romaine & Mixed Greens, Shrimp, Avocado, Kidney Beans, Scallions, Tomatoes, Radish, Peppers, Tortilla Strips  
WE RECOMMEND OUR Avocado Chimichurri & A Splash of Sriracha

WE RECOMMEND OUR Greek Poppy Yogurt Dressing  
**SANTA FE CHICKEN SALAD** 10.49  
Crisp Romaine, Cajun Chicken, Avocado, Corn, Jack & Cheddar Cheese, Tomatoes, Red Onions and Tortilla Strips  
WE RECOMMEND OUR Chipotle Vinaigrette Dressing

**BBQ CHICKEN COBB** 10.49  
Crisp Romaine, BBQ Chicken, Bacon Bits, Avocado, Hard Boiled Egg, Corn, Crispy Onions  
WE RECOMMEND OUR Ranch Dressing

## AVOCADO CHICKEN

**SALAD** 10.49  
Kale & Crispy Romaine, Avocado Chicken Salad, Tomatoes, Cucumbers, Radish, Pickled Jalapeños, Scallions and Corn Nuts

**BAKED FALAFEL SALAD** 10.49  
Crisp Romaine & Mixed Greens, Quinoa Falafel Patty, Cucumbers, Carrots, Tomatoes, Red Onions, Fresh Jalapeños and Pickled Peppers  
WE RECOMMEND OUR Tzatziki Dressing

**KALE CHICKEN CAESAR** 10.49  
Kale & Crisp Romaine, Grilled Chicken, Tomato, Croutons, and Freshly Grated Parmigiano  
WE RECOMMEND OUR Homemade Caesar Dressing

# CREATE *your own salads*

Make Your Salad As Epic As You Are.

Reg. 10.49    Lg. add 1.00    \*Low Carb

## 1 Select Your Favorite Greens

Arugula	Crisp Romaine	Organic Field Greens
Baby Spinach	Kale	

## 2 Choose One Main Ingredient (extra item 3.00)

Baked Tofu*	Smoked Turkey*	Cajun Chicken*
Tuna*	Crispy Chicken	Grilled Chicken*
Roasted Shrimp*	Buffalo Chicken	Falafel Patty

## 3 Choose Two Premium Items (extra item 1.50)

Almonds*	Craisins	Mozzarella*
Bacon Bits*	Edamame	Artichokes
Portobello Mushrooms*	Egg Whites*/Boiled Egg*	Romano Cheese*
Brussels Sprouts	Feta Cheese*	Sundried Tomato
Cheddar Cheese*	Fresh Avocado*	Walnuts*

## 4 Choose Any Six Toppings (extra item .50)

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

## 5 Select Your Favorite Dressing

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

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# METRO *side salads*

The perfect accompaniment to any soup or sandwich. We make these salads healthy by using fresh, all-natural ingredients.

Low-Fat    Vegetarian

## LEMON CHICKPEA SALAD 4.99

## SEASONAL QUINOA SALAD 4.99

## ORGANIC SPICY SESAME GINGER THAI NOODLES 4.99

## EGG SALAD 5.79

Farm Fresh Eggs and Mayo

## CAPE COD TURKEY SALAD 6.99

Toasted Almonds and Dill

## TUNA SALAD 6.99

Albacore Tuna, Celery and Mayo

## AVOCADO CHICKEN SALAD 6.99

Grilled Chicken, Pico De Gallo, Avocado, Jalapeño, Lemon, Celery, Cilantro, 0% Greek Yogurt

# HEARTY *soups*

At Café Metro, we take our soups seriously. We make them fresh daily, using market fresh ingredients. Ask about our daily soup specials.

## OUR DAILY SOUPS

Cup 4.09    Reg. 5.29    Lg. 6.29

## PREMIUM SOUPS

Cup .50 extra    Reg. 1.00 extra    Lg. 1.00 extra

# DESSERTS

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

## GIANT COOKIES 2.99

Black & White    Chocolate Chunk  
Honey Oatmeal Raisin    Peanut Butter

## BROWNIES 4.19

Blondie    Chocolate Decadence    Oreo Cookie  
Peanut Butter    Walnut

## FRUIT JELLO 2.79

## RICE PUDDING 3.49

# SIGNATURE *Breakfast*

Served on your choice of Wrap or English Muffin/Platter add 2.25

## WESTERN 6.95

Scrambled Eggs, Ham, Peppers and Onions

## NEW YORKER 6.95

Egg Whites, Bacon, Cheese and Avocado

## SOUTH OF THE BORDER 6.95

Fried Eggs, Chorizo Sausage, Poblano Peppers, Queso and Salsa

## ADD ONS:

Bacon	1.50	Egg Whites	1.00
Sausage	1.50	Extra Egg	1.00
Cheese	.75	Avocado	2.00

## FLORENTINE 6.95

Egg Whites, Mushrooms, Spinach, Tomato and Swiss Cheese

## SMOKED SALMON SCRAMBLE 9.25

with Onions, Tomato and Cucumber

# SMOOTHIES

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

Reg. 5.29    Med.. 6.29    Lg. 7.29

Add Protein Powder or Ginseng to any Smoothie for 1.00

## BERRY CRUSH

Strawberries, Raspberries and Blueberries

## FUZZY MONKEY

Peaches and Bananas

## KALE MANGO

Kale and Mango

## STRAWBERRY BANANA BLAST

Red Ripe Strawberries and Bananas

## TROPICAL BREEZE

Mango, Guava and Pineapple

# BEVERAGES

## HOT BEVERAGES

	Reg.	Med.	Lg.
CAFÉ METRO ROAST	2.29	2.59	2.89
PURE WATER DECAF	2.29	2.59	2.89
FLAVORED COFFEE	2.29	2.59	2.89
BREWED LEAF TEA	2.29	2.59	2.89
CAPPUCCINO/LATTE	3.79	4.19	4.69
CAFÉ AU LAIT	3.29	3.69	3.99
HOT CHOCOLATE (100% MILK)	2.69	3.29	3.69
ESPRESSO	2.69	3.29	

## COLD BEVERAGES

	Reg.	Med.	Lg.
ICED COFFEE/TEA	2.89	3.29	3.59
ICED FLAVORED/DECAF COFFEE	2.89	3.29	3.59
ICED LATTE/CAPPUCCINO	3.99	4.49	4.89
ICED MOCHACCIANO	4.19	4.69	4.99
LEMONADE	2.49	2.79	3.29
FRESH ORANGE JUICE	3.29	4.29	
SNAPPLE	2.49		
BOTTLED WATER	1.89	2.79	
TROPICANA JUICES	3.29		
BOTTLED SODA	2.39		

# BREAKFAST *buffet*

Jump start your day with a complete and healthy breakfast from Café Metro. Eat-in, on-the-go, or free delivery. Breakfast is served from 6 AM - 10:30 AM Monday through Friday

## EGG SANDWICHES ON A ROLL

2 Eggs 3.99  
2 Eggs & Bacon 4.99

## ADD ONS:

Bacon, Ham, or Sausage	1.50
Beef or Turkey Sausage	1.70
Avocado	2.00
Cheese	.75
Egg Whites	1.00
Extra Egg	1.00

## TWO EGGS ANY STYLE 5.59

with Potatoes and Toast

EXTRAS: Ham, Bacon, or Sausage 1.50    Turkey Bacon or Turkey Sausage 1.70

## CREATE YOUR OWN OMELETTE

Three Eggs with Three Fillings 6.49  
Five Egg Whites with Three Fillings 7.49

## TOSS-INS

Bell Peppers	Scallions	American	Bacon
Broccoli	Tomatoes	Cheddar	Ham
Mushrooms	Spinach	Swiss	Sausage
Onions		Feta	

## GRIDDLE ORIGINALS

Buttermilk Pancakes 6.29    Chocolate Chip Pancakes add 1.00  
Challah French Toast 6.29

EXTRAS: Ham, Bacon, or Sausage 1.50    Beef or Turkey Sausage 1.70

## HOT CEREAL BAR Reg. 3.59 Lg. 4.19

Hearty Oatmeal or Cream of Wheat with Cinnamon & Brown Sugar (optional)

PICK TWO COMPLIMENTARY TOPPINGS (extra topping add .50¢):

Apples	Honey
Bananas	Raisins
Granola	

## HOMEMADE GRANOLA & YOGURT PARFAIT

Reg. (8 oz.) 3.79    Lg. (12 oz.) 4.79

Delicious Crunchy Honey Granola served with Non-Fat Yogurt and Fresh Seasonal Berries

## BIRCHER MUESLI PARFAIT 4.59

## MIXED BERRY COMPOTE 4.19

## FRESH FRUIT SALAD 4.59

## BAGELS

Buttered	1.79	Peanut Butter	2.89
Cream Cheese	2.59	Scallion Cream Cheese	2.89
Fat-Free Cream Cheese	2.89	Vegetable Cream Cheese	2.89

## MUFFINS 2.79

Banana Chocolate Chip Walnut  
Morning Glory  
Corn  
Fat-Free Fiber Bran  
Honey Raisin Bran  
Lemon Blueberry

## DANISH 3.29

Apple Turnover  
Cheese  
Cherry  
Cinnamon Bun

## POUND CAKE 3.29

Double Chocolate  
Marble  
Iced Lemon  
Plain

## CROISSANTS

Butter 2.79  
Chocolate or Almond 3.29  
Ham and Cheese 4.99  
Smoked Turkey and Cheese 4.99

DELIVERY MENU

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