CHEF’s sandwiches
Cafe 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

TUNA SALAD 8.99

ITALIAN SUBMARINE 9.29

Roast Beef, Turkey, Ham & Cheese

TUSCAN CHICKEN 9.29

Avocado, Tomato, Sprouts, Carrots and 8.99

Cajun Turkey 8.99

Low-Fat Mayo, Lettuce and Tomatoes

CHICKEN CALABRESE 9.29

Pesto, Grilled Chicken, Seven-Grain Bread

Cajun Turkey 8.99

Smoked Turkey, Bacon, Lettuce and Tomato on whole wheat roll

TUNA WRAP 8.99

Grilled Tuna with Cilantro, Cucumber, Sun-Dried Tomatoes, Jalapeno, and Green Apple Slices served on a Sesame Hero

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CHEF’s, salads

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Roast Beef, Turkey, Ham & Cheese

TUSCAN CHICKEN 9.29

Avocado, Tomato, Sprouts, Carrots and 8.99

CHICKEN CALABRESE 9.29

Pesto, Grilled Chicken, Seven-Grain Bread

CHICKEN SAMBA 8.99

on Seven-Grain Bread

CREATE your own sandwich
Create your own sandwich sensation using the best quality meats, farm fresh cheese and artisanal breads. $8.49

CHOICE OF MEAT

Sliced Turkey, Roast Beef, Smoked Turkey, Genoa, Cappicola, Ham, Provolone, Crispy Red Onions, Hot Peppers, Sliced Pickles, and Articoke Aioli in an Olive Pocket

EGGPLANT MILANESE (Vegetarian) 8.99

Italian Eggplant with Pesto, Tomatoes and Mixed Mushrooms served on a Sesame Hero

EGGPLANT FRITA (Vegetarian) 9.29

Eggplant, Avocado, Poblano Jalapenos, Pickled Onions, Oven Dried Tomatoes, Queso Fresco and Chipotle Spread on a Tomato Cheese Focaccia

METRO STEAK & CHEESE 9.29

Sirloin Steak with Sautéed Onions, Or- tang, Mushrooms and Provolone Cheese with Roasted Garlic Aioli served on an Onion Cheese Focaccia

TURKEY CUBAN 9.29

Smoked Turkey, Ham, Pickled Pepper, Swiss Cheese and Russian Dressing served on a Sesame Hero

ROASTED TURKEY & BRIE 9.29

Grilled Chicken, Turkey, Roasted Peppers, Caramelized Onions Roasted Garlic Aioli served on a Sesame Hero

BISTRO AMERICANO 9.29

Roast Beef, Fresh Turkey, Grilled Chicken, Seven Grain Bread

SMOKED TURKEY 9.29

Apple Slices, Arugula and Grain Mustard on a Hero

SMOKED TURKEY & BRIE 9.29

Grilled Turkey, Turkey, Roasted Peppers, Caramelized Onions Roasted Garlic Aioli served on a Sesame Hero

CAJUN CHICKEN 9.29

Grilled Chicken with Poblano, Onions, Oregano, and Chipotle Pepper Spread served on an Onion and Pepper Ciabatta

Cajun Turkey 8.99

Smoked Turkey, Bacon, Lettuce and Tomato on whole wheat roll

CRISPY CHICKEN BLT 9.29

Swiss Cheese, Lettuce, Bacon and Chipotle Aioli on a Ciabatta Roll

SMOKED TURKEY & BRIE 9.29

Grilled Turkey, Turkey, Roasted Peppers, Caramelized Onions Roasted Garlic Aioli served on a Sesame Hero

CREATIVE COMBO

Smoked Turkey, Bacon, Lettuce and Tomato on whole wheat roll

CREATE your own salads

1 Select Your Favorite Greens

Avocado $1.00 Sun-Dried Tomatoes $.50

2 - Select Your Favorite Sauce

4 Select Any Toppings (extra item $.50)

Apples $1.00

Baked Tofu $8.49

Chickpeas Bell Peppers $1.00

Tuna* Crispy Chicken Grilled Chicken*

Roasted Tuna* 2.50

Baked Tofu* Smoked Turkey* Cajun Chicken*

Mozzarella*

Crispy Chicken 2.50

Breaded Tofu

Tomato* Crispy Romaine, Avocado, Hard Boiled Egg, Corn, Tomatoes, Red Onions, Fresh Jalapenos

SOUPS

Cream of Tomato 9.29

CHICKEN HABANERO 8.99

Cajun Spiced Black Bean Stew

VEGETARIAN PITA 9.99

Tomato, Slices of Roasted Garlic and Cilantro on a Pita Pocket

CHICKEN CAESAR WRAP 8.99

Grilled Chicken, Romaine, Parmesan Cheese and Caesar Dressing on a Seven-Grain Ciabatta

CHICKEN CALABRESE 9.29

Pesto Grilled Chicken, Seven-Grain Bread

CREATIVE COMBO

Smoked Turkey, Bacon, Lettuce and Tomato on whole wheat roll

1 Select Your Favorite Greens

Avocado $1.00 Sun-Dried Tomatoes $.50

2 - Select Your Favorite Sauce

4 Select Any Toppings (extra item $.50)

Apples $1.00

Baked Tofu $8.49

Chickpeas Bell Peppers $1.00

Tuna* Crispy Chicken Grilled Chicken*

Roasted Tuna* 2.50

Baked Tofu* Smoked Turkey* Cajun Chicken*

Mozzarella*
A salad for every taste or craving. Each salad includes a signature dressing and a wedge of hearth baked artisan bread.

ENTRÉE salads

Vegetarian

GRILLED CHICKEN CAESAR SALAD 10.49
Grilled Breast of Chicken over our Crisp Romaine Lettuce, Grilled Chicken, Pico De Gallo, Jalapeno, Poblano, Corn, Tomato, Scallion, Cilantro, 0% Greek Yogurt, Granola, Bell Peppers, Onions, Black & White Cocolate Chunk

THAI NOODLES
Asian Chili Chicken 10.49
Japanese Soba Noodles, Spicy and Sweet Chili Sauce

SESAME GINGER AVOCADO dressing and a wedge of earth baked artisan bread. and ice. Each one contains over 100-mg of antioxidants.

EGG SALAD 5.99
Avocado, Jalapeno, Lemon, Celery, Farm Fresh Eggs and Mayo

LEMON CHICKPEA CAPE COD SALAD 4.99
Tossed Almonds and Dill

CHICKEN SALAD 6.99
Albacore Tuna, Celery and Mayo

BUZZY MONKEY Peaches and Bananas

KALE MANGO Kale and Mango

BEVERAGES

HOT BEVERAGES
Reg. Med. Lg.

ICE EXPRESSO 2.69 2.99 3.29
ICE COLD BEVERAGES
Reg. Med. Lg.

Joe 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
Brewd leaf Tea 2.29 2.59 2.89
Cappuccino 3.79 4.10 4.74
Café Au Lait 3.29 3.69 3.99
Hot Chocolate (100% Milk) 2.69 3.29 3.69
Expresso 2.69 3.29

COLD BEVERAGES
Reg. Med. Lg.

Ice coffee/tea 2.89 3.29 3.59
Ice flavored/decaf coffee 2.89 3.29 3.59
Ice latte/cappuccino 3.99 4.40 4.99
Ice moccacino 4.10 4.60 5.05
Lemonade 2.49 2.79 3.19
Fresh orange Juice 3.29 4.29
Snapple 2.49
Bottled water 1.89 2.79
Tropicana juices 3.29
Bottled soda 2.49

SMOOTHIES

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

Add Protein Powder or Greens or any Smoothie for Lg. 7.29

BERRY CRUSH
Strawberries, Raspberries and Blueberries

STRAWBERRY BANANA BLAST Red Ripe Strawberries and Bananas

FUZZY MONKEY
Peaches and Bananas

TROPICAL BREEZE Mango, Guava and Pineapple

KALE MANGO
Kale and Mango

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 3.89
2 Eggs & Bacon 4.69

ADD-ON:
Bacon, Ham, or Sausage 1.50
Boil or Turkey Sausage 1.30
Avocado 2.00
Cheese .75
Egg Whites 1.00
Extra Egg 1.00

TWO EGGS ANY STYLE 5.29
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 6.59
Five Eggs Whites with Three Fillings 7.95

TOSS-INS
Bell Peppers Scallions American Bacon Broccoli Tomatoes Cheddar Ham Mushrooms Spinach Swiss Saussage Onions

GRIDDLE ORIGINALS
Buttermilk Pancakes 6.29
Challah French Toast 6.29
EXTRAS: Ham, Bacon, or Sausage 1.50 Turkey Bacon or Turkey Sausage 1.70

HOT CEREAL BAR Reg. 4.09 Lg. 4.93
Hearty Oatmeal or Cream of Wheat with Cinnamon & Brown Sugar (optional)

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

HOT CEREAL BAR Reg. 4.09 Lg. 4.93
Hearty Oatmeal or Cream of Wheat with Cinnamon & Brown Sugar (optional)

CHICKEN SALAD 6.99
Farm Fresh Eggs and Mayo

HOMEMADE GRANOLA & YOGURT PARFAIT Reg. (6 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 MEXICAN BERRY COMPOTE 4.89

FRESH FRUIT SALAD 4.59

BAGELS
Buttered 1.59
Cream Cheese 2.49
Fat Free Cream Cheese 2.79

MUFFINS 2.79
Banana Chocolate Chip Walnut Morning Glory Corn Fat Free Fiber Bran Honey Raisin Bran Lemon Blueberry

CROISSANTS Butter 2.79 Chocolate or Almond 2.99 Ham and Cheese 5.49 Smoked Turkey and Cheese 6.49

BÉNÉS

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.

HEARTY soups

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

FLAVORS

LEMON CHICKPEA SALAD 4.99
Seasonal Quinoa Salad 4.99
Organic Spicy Sesame Ginger Thai Noodles 4.99
EGG SALAD 5.99 Farm Fresh Eggs and Mayo

CAFE COD TURKEY SALAD 6.99
Tuna Salad 6.99
Organic Spicy Sesame Ginger Thai Noodles 4.99

GOURMET soups

Soup of the Day: 6.49
Our Daily Specials: 6.29
Premium Soups: 6.59
Our Daily Soup of the Day: 6.79
Two Eggs Any Style: 5.29
Sausage, Ham, or Bacon: 1.50
TWO EGGS ANY STYLE: 5.29
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 6.59
Five Eggs Whites with Three Fillings 7.95

TOSS-INS
Bell Peppers Scallions American Bacon Broccoli Tomatoes Cheddar Ham Mushrooms Spinach Swiss Saussage Onions

GRIDDLE ORIGINALS
Buttermilk Pancakes 6.29
Challah French Toast 6.29
EXTRAS: Ham, Bacon, or Sausage 1.50 Turkey Bacon or Turkey Sausage 1.70

HOT CEREAL BAR Reg. 4.09 Lg. 4.93
Hearty Oatmeal or Cream of Wheat with Cinnamon & Brown Sugar (optional)

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

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

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

CROISSANTS Butter 2.79 Chocolate or Almond 2.99 Ham and Cheese 5.49 Smoked Turkey and Cheese 6.49

BÉNÉS

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 4.49
Blondie Peanut Butter Chocolate Decadence Ore Cookie

FRUIT JELLO 2.79
RICE PUDDING 3.59

there’s no line when you order online

Café Metro
WHERE THE CITY EATS
14 EAST 42ND STREET
212.697.3700
CAFEMETRONY.COM