

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, Cappelletti, 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)

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

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

(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

take away & catering

212.697.3700

there's no line when you order online

CAFEMETRONY.COM

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

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

SANTA FE WILD MUSHROOM 8.99
with Roasted Mushrooms

CHICKEN HABANERO 8.99
Chipotle Spiced BBQ Chicken

SPICY SHRIMP 9.69
Chili Rubbed Rock Shrimp

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

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
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

BAKED FALAFEL SALAD 10.49
Crisp Romaine & Mixed Greens, Quinoa Falafel Patty, Cucumbers, Carrots, Tomato, Croutons, and Freshly Grated Parmigiano
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	Mozzerella*
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	LOW-FAT/CARB-FREE
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	

ENTRÉE *salads*

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

Low-Fat Vegetarian

FALAFEL SALAD 9.79

Quinoa Falafel, Hummus, Grape Tomatoes, Cucumbers, Whole Wheat, Cous Cous, Pickled Red Onions, Pomegranate Seeds, Mixed Greens, Lemon Tahini Dressing

BISTRO SALAD 9.79

Blue Cheese, Caramelized Pears, Raisins, Grapes, Candied Walnuts and Field Greens with White Wine Vinaigrette

GREEK SALAD 9.79

Crisp Lettuce, Feta Cheese, Stuffed Grape Leaves, Tomatoes and Kalamata Olives

GRILLED CHICKEN CAESAR SALAD 10.49

Grilled Breast of Chicken over our Crisp Caesar Salad

ASIAN CHILI CHICKEN 10.49

Japanese Soba Noodles, Sweet and Spicy Chili Sauce

WASABI SALMON SALAD 12.29

Over Local Greens with Japanese Soba Noodles and Sesame Ginger Dressing

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 5.99

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

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	4.79
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 MOCHACINO	4.19	4.69	5.09
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		

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 3.59

there's no line when you order online

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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 3.69
2 Eggs & Bacon 4.69

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 5.29

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 Egg Whites with Three Fillings 7.59

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. 4.09 Lg. 4.39

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 4.89

FRESH FRUIT SALAD 4.59

BAGELS

Buttered	1.59	Peanut Butter	2.79
Cream Cheese	2.49	Scallion Cream Cheese	2.79
Fat-Free Cream Cheese	2.79	Vegetable Cream Cheese	2.79

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 2.99
Ham and Cheese 5.49
Smoked Turkey and Cheese 5.49

DELIVERY MENU

ORDER ONLINE TODAY

We do corporate and event catering

café
metro
WHERE THE CITY EATS

14 EAST 42ND STREET
212.697.3700
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