

HOT PRESSINI *melts*™

Our hot pressinis are toasted to perfection.

SMOKED TURKEY CHEDDAR 9.75
Avocado, Tomato and Chipotle Aioli on a Sesame Hero

CAJUN CHICKEN 9.75
Pepper Jack Cheese, Roasted Peppers, Onions and Chipotle Pepper Spread served on an Onion and Pepper Ciabatta

CHICKEN CALABRESE 9.75
Pesto Grilled Chicken, Italian Plum Tomatoes, Roasted Peppers and Fresh Mozzarella served on a Pesto-Cheese Ciabatta

CHICKEN PARMIGIANA 9.75
Pan-Fried Cutlet with Pomodoro Sauce, Fresh Mozzarella and Parmesan Cheese served on a Sesame Hero

METRO STEAK & CHEESE 9.75
Sirloin Steak with Sautéed Peppers, Onions, Mushrooms and Provolone Cheese with Roasted Garlic Aioli served on an Onion-Cheese Focaccia

TURKEY CUBAN 9.75
Smoked Turkey, Ham, Sliced Pickles, Swiss Cheese and Russian Dressing served on a Sesame Hero

CHEF'S *sandwiches*

(Made To Order) **\$9.95**

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.)

FIESTA CHICKEN
Chicken Cutlet, Bacon, Avocado, Cheddar Cheese, Tomatoes and Chipotle Aioli

OLD SCHOOL
Pastrami, Swiss Cheese, Cole Slaw and Russian Dressing

PEPPER JOE
Shaved Roast Beef, Caramelized Onions, Roasted Poblano Peppers, Sundried Tomatoes with Pepper Jack Cheese and Roasted Garlic Aioli

ITALIAN SUBMARINE
Capicola Ham, Genoa Salami, Provolone, Red Onions, Hot Peppers, Lettuce, Oil and Vinegar

FRENCH MELT
Ham, Gruyère Cheese, Apple Slices and Grain Mustard

CRISPY CHICKEN BLT
Swiss Cheese, Bacon, Lettuce, Tomato and Chipotle Aioli

GONDOLA
Roasted Turkey Breast, Provolone, Roasted Peppers, Red Onions, Tomato, Lettuce with Pesto Mayo

CHICKEN CALABRESE
Pesto, Grilled Chicken, Italian Plum Tomatoes, Roasted Peppers and Fresh Mozzarella

PITA *classics*

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

TUNA SALAD 9.75
Low-Fat Mayo, Lettuce and Tomatoes

FRESH TURKEY 9.75
Tomatoes, Low-Fat Mayo and Cracked Black Pepper

CALIFORNIA TURKEY 9.75
Smoked Turkey, Avocado, Cucumbers, Tomatoes, Sprouts and Lemon-Herb Dressing

CREATE *your own sandwich*

Create your own sandwich sensation using the best quality meats, farm fresh cheese and artisanal breads. **\$9.95**

Choose Your Bread

Seven-Grain Bread	Jewish Rye	Whole-Wheat Square
Pita Pocket	Italian Hero	
Whole-Wheat Wrap	Ciabatta	

Choose Your Protein

Avocado Chicken Salad	Chicken Cutlet	Roast Beef
Rosemary Grilled Chicken	Smoked Turkey	Roasted Turkey
Cajun Chicken	Pastrami	Turkey Salad with Cranberries
Smoked Ham	Tuna Salad	

Choose Your Cheese

Brie	Cheddar	Fresh Mozzarella
Provolone	Pepper Jack	Swiss

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

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

Delicious Add-Ons

Avocado	2.00	Bacon	1.50
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Pick a Dressing

Chipotle Aioli	Roasted Garlic Aioli	Sriracha Aioli
Oil and Vinegar	Mayonnaise	
Yellow Mustard	Russian Dressing	

QUESA *dillas*

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

CHEESE QUESADILLA 8.75
Classic with Three Types of Cheese

CHICKEN HABANERO 9.25
Chipotle Spiced BBQ Chicken

SANTA FE WILD MUSHROOM 9.25
with Roasted Mushrooms

SPICY SHRIMP 9.75
Chili Rubbed Rock Shrimp

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
Reg. 5.35 Lg. 6.35

PREMIUM SOUPS
Reg. 1.00 extra Lg. 1.00 extra

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) 10.75
Kalamata Olives, Feta Cheese, Tomatoes, Chick Peas and Scallions with Roasted Garlic Vinaigrette
Add Chicken 2.75 Add Shrimp 3.50

THE TANGO 11.75
Grilled Chicken, Kidney Beans, Scallions, Cilantro and Red Peppers in a Chimichurri Sauce

VEGAN ENERGY (Vegan) 10.75
Smoked Tofu, Broccoli, Mushrooms, Scallions and Brussels Sprouts in a Sweet Chili Sauce

CHICKEN FIESTA 11.75
Chicken, Corn, Tomatoes, Kidney Beans, Cilantro, Tortilla Strips in a Chipotle Vinaigrette

KING CREOLE 11.75
Grilled Chicken, Chicken Chorizo, Tomatoes, Green Peppers and Roasted Onions in a Jambalaya Sauce

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. **\$8.50**

1 - Choose Your Pasta

Penne	Linguine	Rotelli
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2 - Choose Your Sauce

Alfredo Romano	Alla Vodka	Arrabbiata
Fresh Basil Pesto	Tomato Basil	

3 - Choose Your Toss Ins

Roasted Shrimp	3.50	Portabello Mushrooms	1.50	Sun-Dried Tomatoes	.50
Crispy Chicken	2.75	Fresh Mozzarella	1.00	Roasted Eggplant	.50
Grilled Chicken	2.75	Broccoli Florets	.50	Sweet Peas	.50
Tuscan Meatballs	2.75	Caramelized Onions	.50	Roasted Peppers	.50
Italian Sausage	2.75	Chopped Tomatoes	.50	Roasted Zucchini	.50
Artichoke Hearts	1.50	Kalamata Olives	.50		

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 4.95

CAPE COD TURKEY SALAD 6.95
Toasted Almonds and Dill

SEASONAL QUINOA SALAD 4.95

TUNA SALAD 6.95
Albacore Tuna, Celery and Mayo

ORGANIC SPICY SESAME GINGER THAI NOODLES 4.95

AVOCADO CHICKEN SALAD 6.95
Grilled Chicken, Pico De Gallo, Avocado, Jalapeño, Lemon, Celery, Cilantro, 0% Greek Yogurt

EGG SALAD 5.95
Farm Fresh Eggs and Mayo

take away & catering

212.581.6545

CHEF-DESIGNED *salads*

SRIRACHA SHRIMP TACO SALAD 11.95
Crisp Romaine & Mixed Greens, Shrimp, Avocado, Kidney Beans, Scallions, Tomatoes, Radish, Peppers, Tortilla Strips
WE RECOMMEND OUR Avocado Chimichurri & A Splash of Sriracha

SANTA FE CHICKEN SALAD 11.75
Crisp Romaine, Cajun Chicken, Avocado, Corn, Jack & Cheddar Cheese, Tomatoes, Red Onions and Tortilla Strips
WE RECOMMEND OUR Chipotle Vinaigrette Dressing

BBQ CHICKEN COBB 11.75
Crisp Romaine, BBQ Chicken, Bacon Bits, Avocado, Hard Boiled Egg, Corn, Crispy Onions
WE RECOMMEND OUR Ranch Dressing

BAKED FALAFEL SALAD 10.25
Crisp Romaine & Mixed Greens, Quinoa Falafel Patty, Cucumbers, Carrots, Tomatoes, Red Onions, Fresh Jalapeños and Pickled Peppers
WE RECOMMEND OUR Tzatziki Dressing

IT'S GREEK TO ME 8.50
Crisp Romaine, Feta Cheese, Kalamata Olives, Tomatoes, Chickpeas, Cucumber and Red Onions
WE RECOMMEND Red Wine Vinegar & EV00

KALE CHICKEN CAESAR 9.25
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. **\$4.75**

1 - Select Your Favorite Greens

Arugula	Crisp Romaine	Organic Field Greens
Baby Spinach	Kale	

2 - Choose Your Toppings (.50 each)

Beets	Kalamata Olives	Sprouts
Broccoli	Kidney Beans	Sunflower Seeds
Boiled Egg	Mushrooms	Sweet Corn
Carrots	Raisins	Sweet Peas
Chickpeas	Bell Peppers	Pita Chips
Tomatoes	Red Onions	Tortilla Strips
Croutons	Roasted Peppers	Pasta
Cucumbers	Scallions	
Grapes	Sesame Noodles	

3 - Choose A Cheese (1.00 each)

Blue	Feta	Fresh Mozzarella
Jack & Cheddar	Grated Parmigiana	

4 - Premium Items (1.50 each)

Almonds	Avocado	Edamame
Bacon Bits	Artichokes	Butternut Squash
Portobello Mushrooms	Sundried Tomato	Quinoa
Brussels Sprouts	Walnuts	

5 - Choose Your Main Ingredient

Grilled Chicken	2.75	Buffalo Chicken	2.75	Falafel Patty	2.75
Crispy Chicken	2.75	Smoked Turkey	2.75	Albacore Tuna	2.75
Cajun Chicken	2.75	Baked Tofu	2.75	Roasted Shrimp	3.50

6 - 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	

there's no line when you order online

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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. 6.95 Lg. 7.95

Add Protein Powder or Ginseng to any Smoothie for 1.00

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

FRESH PRESSED juice

12oz 9.25 16oz 10.25

KALE ME CRAZY Kale, Spinach, Cucumber, Celery	CITRUS GREEN Kale, Spinach, Pineapple, Oranges, Ginger	GREEN HARVEST Kale, Spinach, Apple, Cucumber, Lime, Mint
LEMON LIME GINGERLY Carrot, Apple, Ginger	THE DETOX Celery, Spinach, Apple, Carrots	HANGOVER JUICE Coconut Water, Spinach, Valencia Oranges, Apples

BEVERAGES

HOT BEVERAGES	12oz Reg.	16oz Lg.
CAFÉ METRO ROAST	2.50	2.95
PURE WATER DECAF/FLAVORED	2.50	2.95
BREWED LEAF TEA	2.50	2.95
CAPPUCCINO/LATTE	4.75	5.29
CAFÉ AU LAIT	4.29	4.40
HOT CHOCOLATE (100% MILK)	3.75	4.29
ESPRESSO	2.75	Double 2.95

COLD BEVERAGES	Reg.	Med.	Lg.
ICED COFFEE/TEA	2.75	3.19	3.50
ICED FLAVORED/DECAF COFFEE	2.75	3.19	3.50
ICED LATTE/CAPPUCCINO	4.00	4.50	4.90
ICED MOCHACCINO	4.25	4.75	5.10
CANNED SODA	1.75		

SWEET treats

COOKIES 3.25	Black & White	Chocolate Chunk
	Oatmeal Raisin	Peanut Butter
DECADENT BROWNIES 4.50	Blondie	Chocolate Decadence
	Peanut Butter	Walnut
		Oreo Cookie
RICE KRISPY TREATS 3.25	N.Y. CHEESECAKE (Regular or Strawberry) 6.25	
CHOCOLATE PUDDING 3.50	CHOCOLATE MOUSSE 6.25	
RICE PUDDING 3.50	TIRAMISU 6.25	

BREAKFAST buffet

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

BREAKFAST sandwiches

2 EGGS 3.50
Served on your choice of Roll, Bagel or Toast

SIGNATURES

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

WESTERN 6.95 Scrambled Eggs, Ham, Peppers and Onions	FLORENTINE 6.95 Egg Whites, Mushrooms, Spinach, Tomato and Swiss Cheese
NEW YORKER 6.95 Egg Whites, Bacon, Cheese and Avocado	SMOKED SALMON SCRAMBLE 9.25 with Onions, Tomato and Cucumber

SOUTH OF THE BORDER 6.95
Fried Eggs, Chorizo Sausage, Poblano Peppers, Queso and Salsa

ADD ONS:

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

FROM the griddle

BUTTERMILK PANCAKES 7.50	CLASSIC FRENCH TOAST 7.50
Classic Stack	
Chocolate Chunk	+1.50
Banana Nut	+1.50
Berry Good	+1.50
EXTRAS (2.25 each)	
Bacon	Sausage
Ham	Turkey Bacon
	Turkey Sausage
	BELGIAN WAFFLES 7.50

HOT CEREAL bar

HEARTY OATMEAL
Sm. 3.60 **Lg.** 4.35
with Cinnamon and Brown Sugar (optional)

PICK TWO COMPLIMENTARY TOPPINGS (extra topping add .50)

Apples	Bananas	Granola
Honey	Raisins	

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PLATTERS

TWO EGGS ANY STYLE 6.50
with Potatoes and Toast
ADD ONS: Ham, Bacon, or Sausage 2.25

OMELETTE creations

Omelette creations made with 4 eggs. Served with Potatoes and Toast

MY BIG FAT GREEK 9.75 Tomatoes, Feta Cheese, Kalamata Olives, Spinach and Bell Peppers	HIGH PROTEIN LOW CARB 11.75 7 Egg Whites, Grilled Chicken, Smoked Turkey and Spinach
VEGETARIAN 9.75 Kale, Spinach, Mushrooms, Tomato and Onion	LOX EGGS AND RED ONION 13.75 Egg Whites, Mushrooms, Spinach, Tomato and Swiss Cheese
PEASANTS 11.75 Bacon, Cheddar, Caramelized Onions, Mushrooms and Potato	HUNGRY BEAR 13.75 Bacon, Ham and Sausage topped with Pepper Jack Cheese

YOU'RE the chef

Create Your Own Omelette **\$8.95**
Served with Potatoes and Toast

3 Eggs with 3 Toss ins

TOSS INS: (Additional toss ins .50 each)

Broccoli	Scallions	Swiss Cheese
Tomatoes	Spinach	Cheddar Cheese
Mushrooms	Kalamata Olives	Feta Cheese
Peppers	Jalapeño Peppers	Mozzarella Cheese
Onions	American Cheese	Pepper Jack

EXTRAS

Bacon	2.25	Sausage	2.25	Turkey Sausage	2.25
Ham	2.25	Turkey Bacon	2.25	Avocado	1.50

HOMEMADE GRANOLA & YOGURT PARFAIT
Reg. (8 oz.) 3.80 Lg. (12 oz.) 4.80

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

BIRCHER MUESLI PARFAIT 4.50	MIXED BERRY COMPOTE 4.25	FRESH FRUIT SALAD 4.95
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N.Y. BAGELS

Buttered	2.00	Scallion Cream Cheese	3.25
Cream Cheese	2.95	Fat-Free Cream Cheese	3.25
Peanut Butter	3.25	Vegetable Cream Cheese	3.25

HOMEMADE MUFFINS 3.25

Banana Chocolate	Lemon Blueberry	Orange Cranberry
Chip Walnut	Morning Glory	
Raisin Bran	Corn	

CROISSANTS

Butter	3.25	Almond	3.75	Smoked Turkey and Cheese	5.75
Chocolate	3.75	Ham and Cheese	5.75		

DELIVERY MENU

ORDER ONLINE TODAY

We do corporate and event catering

café metro
WHERE THE CITY EATS

162 WEST 56TH
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