



METRO

LUNCH MENU

STARTERS

ARTICHOKE SPINACH DIP 10.95
TOPPED WITH PARMESAN & FRESH DICED TOMATO. SERVED WITH FRIED BAGEL BITES.

GRILLED PRAWNS 14.95
APRICOT CREAM, REMOULADE, BUFFALO GARLIC SAUCE.

PEAR & BLUE CHEESE FLATBREAD 10.95
CARAMELIZED ONIONS, ARUGULA, TOASTED WALNUTS, WITH BALSAMIC REDUCTION.

ROASTED GARLIC HUMMUS 8.95
SERVED WITH GRILLED PITA, CELERY & CARROT STICKS

***MINI WELLINGTONS** 14.95
TENDERLOIN WRAPPED IN PUFF PASTRY WITH MUSHROOM DUXELLE & SERVED WITH HOLLANDAISE SAUCE

SOUPS

BAKED FRENCH ONION 3.95/5.95
BAKED WITH HOUSE MADE CROUTONS, GRUYERE AND PARMESAN CHEESES.

SOUP OF THE DAY 2.95/4.95
ASK YOUR SERVER ABOUT TODAY'S HOME MADE SELECTION.

CHILI 3.95/5.95
OUR CHILI IS MADE FROM SCRATCH AND CAN BE A LITTLE ON THE SPICY SIDE.

SALADS

ROASTED BEET & BUTTERNUT SQUASH 9.95
GREEN BEANS, ROMAINE, SPINACH TOSSED WITH HONEY BALSAMIC DRESSING.

CHORIZO COBB 13.95
SPRING GREENS, TOMATOES, ONION, AVOCADO, CHORIZO, GRILLED CHICKEN, MONTERAY JACK CHEESE & HONEY LIME DRESSING.

ZUCCHINI & FETA 7.95
LEEKS, ARUGULA, ROASTED BELL PEPPERS, AND KALAMATA OLIVES.

GRILLED SALMON 13.95
BIBB LETTUCE, PICKLED CUCUMBERS, FETA CHEESE, ROASTED RED BELL PEPPERS, AND FETA DILL DRESSING.

MARINATED FLANK STEAK SALAD 15.95
CHERRY TOMATOES, PICKLED CUCUMBERS, GRILLED AND SLICED FLANK STEAK, ROMAINE LETTUCE WITH SWEET SOUR DRESSING.

PASTA'S

PASTA RAPIDO 15.95
BASIL, GARLIC, PARMESAN, RED PEPPER FLAKE, VIRGIN OLIVE OIL, GRILLED CHICKEN BREAST.

GNOCCHI WITH ARUGULA PESTO 12.95
SHAVED PARMESAN, CHERRY TOMATOES.

SHRIMP FETTUCCINE 14.95
ARTICHOKE HEARTS, SUN DRIED TOMATOES, AND SAUTEED SPINACH IN A GARLIC PARMESAN CREAM.





METRO

LUNCH MENU

SANDWICHES

INCLUDES HOME MADE CHIPS, FRENCH FRIES, OR SWEET POTATO CHIPS.

SMOKED SALMON BAGEL 10.95

TOASTED BAGEL WITH CAPER CREAM CHEESE, SALT CURED NORWEGIAN SALMON, SLICED RED ONION, SLICED BEEFSTEAK TOMATOES.

STEAK FRITES 12.95

GRILLED FLANK STEAK SLICED THIN AND SERVED OVER GRILLED TUSCAN BREAD. SERVED WITH SHOESTRING FRIES.

BBQ PULLED BEEF 10.95

SLOW ROASTED SHORT RIB IN HOMEMADE BBQ SAUCE SERVED ON A TOASTED KAISER WITH MELTED CHEDDAR.

BLACKENED CHICKEN SANDWICH 10.95

SAUTEED MUSHROOMS, BRIE CHEESE, AND ROMA TOMATOES ON GRILLED TUSCAN BREAD.

HANGOVER 8.95

PULLED HAM, AGED CHEDDAR CHEESE, AVOCADO, BACON, FRIED EGG, AND ARUGULA. SERVED OPEN FACE ON GRIDDLED SOURDOUGH.

MEATBALL SANDWICH 10.95

BLENDED BEEF & PORK MEATBALLS ON TOASTED FRENCH BREAD WITH HOUSE MADE TOMATO SAUCE.

BURGERS

INCLUDES HOUSE MADE CHIPS, SHOE STRING FRIES, OR SWEET POTATO CHIPS

TURKEY BURGER 9.95

HOUSE MADE GROUND TURKEY BURGER PAN-FRIED AND SERVED WITH YOUR CHOICE OF CHEESE ON A TOASTED KAISER.

CAJUN BURGER 9.95

FRESH 8 OZ BURGER DUSTED WITH CAJUN SPICES AND GRILLED TO YOUR LIKING. SERVED WITH PEPPER JACK CHEESE AND CARAMELIZED ONIONS ATOP A TOASTED KAISER.

HANGOVER PART DEUX 13.95

YEAH.. BASICALLY A HANGOVER SANDWICH WITH A BURGER SLID IN THE MIDDLE!

VEGETARIAN

GRILLED VEGETABLE 8.95

GRILLED ZUCCHINI, ROASTED RED PEPPERS, YELLOW SQUASH, AND RED ONION ON TOASTED TUSCAN BREAD WITH AN HERB GOAT CHEESE.

HUMMUS PITA 8.95

ROASTED RED PEPPERS, GARLIC HUMMUS, STEAMED AND CHILLED ASPARAGUS, FETA CHEESE, SLICED RED ONIONS, AND DICED TOMATOES ON A GRILLED PITA.

ROASTED VEGETABLE SALAD 9.95

BEETS, ROASTED RED PEPPERS, PICKLED ASPARAGUS, TOMATOES, CARROTS, AND RED ONIONS. OVER BABY SPINACH WITH A GRILLED VEGETABLE GARNISH AND A BALSAMIC VINAIGRETTE.

MUSHROOM LENTIL BURGER 9.95

CRIMINI MUSHROOMS, BLACK LENTILS, AND GOAT CHEESE BURGER. TOPPED WITH MELTED PEPPER JACK CHEESE AND SAUTEED SPINACH. SERVED WITH CAJUN MAYONNAISE.

PANINI & WRAPS

SHRIMP PO'BOY WRAP 12.95

FRIED SHRIMP, SHREDDED ROMAINE, REMOULADE SAUCE, HOUSE MADE PICKLE SLICES, AND SLICED TOMATOES IN A FLOUR TORTILLA.

BUFFALO CHICKEN WRAP 9.95

10 INCH FLOUR TORTILLA, BLUE CHEESE DRESSING, BUFFALO MARINATED CHICKEN BREAST, PEPPER JACK CHEESE AND SHREDDED ROMAINE LETTUCE.

TURKEY & BACON 9.95

AVOCADO, BRIE CHEESE WITH BALSAMIC DRIZZLE ON TUSCAN BREAD.

HAM & PEAR 9.95

STONE GROUND MUSTARD, MOZZARELLA CHEESE, SHAVED VIRGINIA HAM, SLICED BARTLETT PEAR ON SOUR DOUGH.

